



# Backpacking

Course 114

Instructor: Shane Watts, Troop 604

The image shows a landscape at sunset or sunrise. The sky is a warm, golden-brown color. In the foreground, two hikers with large backpacks are silhouetted against the bright light of the sun, which is low on the horizon to the right. They are walking along a dark, rocky ridge. The hiker on the left is slightly ahead of the one on the right. Both are using trekking poles. The background features a range of dark, jagged mountains. The overall scene is peaceful and evocative of outdoor adventure.

**This course has four parts...**

# Program



**Program**

**Skills**



**Program**

**Skills**

**Gear**



**Program**

**Skills**

**Gear**

**Location**



**Program**

**Skills**

**Gear**

**Location**





## Backpacking in your program

- Buy-into backpacking
- Wilderness First Aid certification
- Start small
- Go light
- Skills over gear
- Destinations and activities
- Conditioning program
- Marketing

Gothic Basin

-  
2020





Lyman Lakes  
*from  
Spider Gap*  
-  
2019



# Cloudy Pass

*Lyman Lakes  
Basin*

-  
2019

Program

Skills

Gear

Location



# Backpacking Skills

- 1) Pack your backpack
- 2) Adjust the fit of your backpack
- 3) Place and pitch your tent
- 4) Stay reasonably dry in the rain
- 5) Hang a bear bag
- 6) Select and prepare food
- 7) Make and break camp systematically



# Skill: Gear placement

- Weight high, close and centered
- Frequent use items on top/outside
- Food above fuel
- Break down larger items
- Stuff the spaces
- Weight loaded:
  - OK – 25-30% of body weight
  - Better – 20% of body weight
  - Best – 15% or less of body weight



# Where to Pack Your Stuff

## LIGHT GEAR

Accessible while hiking



## MID & LIGHT GEAR

Accessible while stopped & on break



## HEAVY GEAR

Used at camp



## MID & LIGHT GEAR

Used at camp



# Skill: Adjust the fit of your pack

Most scouts begin to care about the adjustment of their pack straps when pain and fatigue start to set in—usually around mile 3-4.

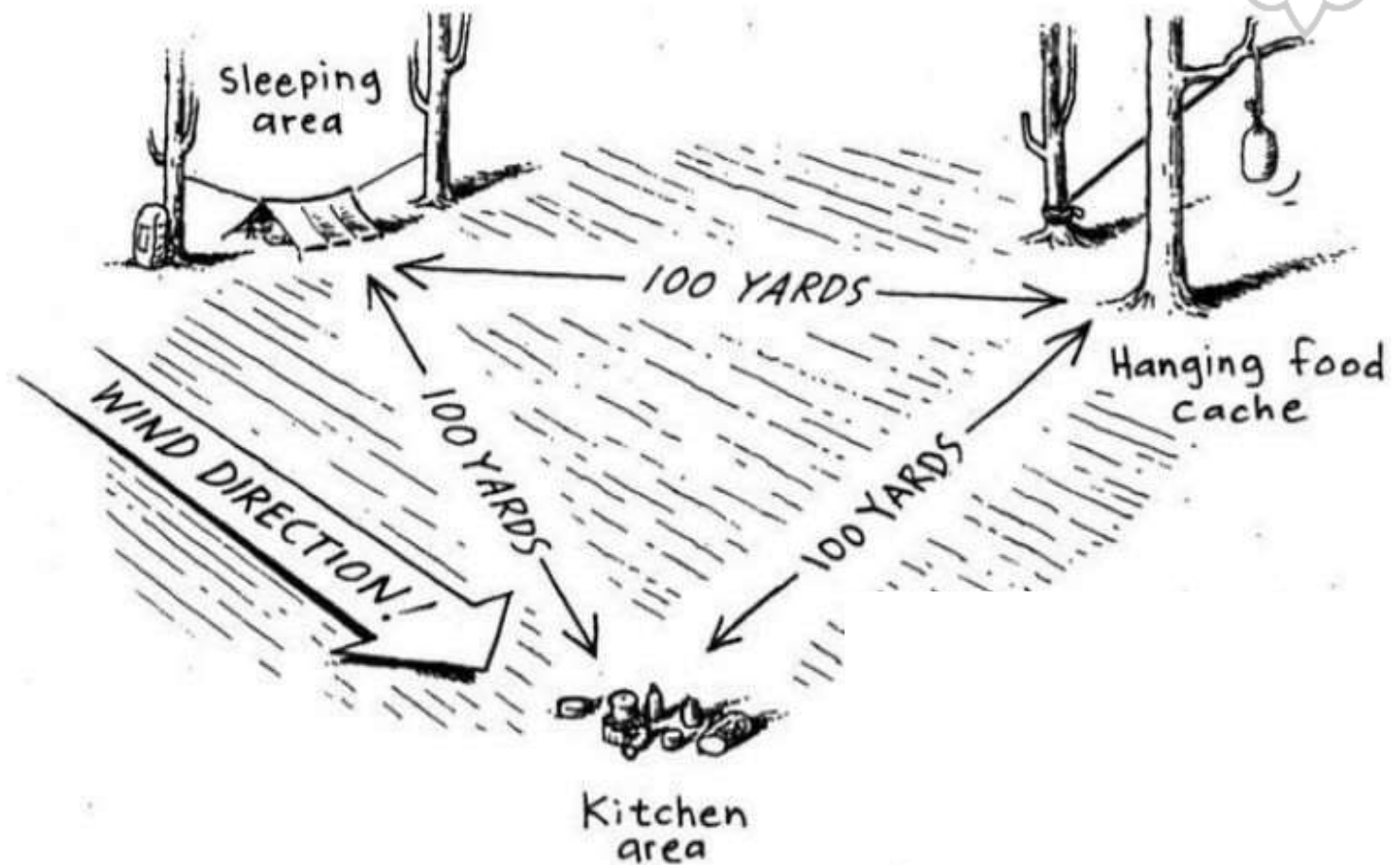
And even then, they only care if they realize that adjusting pack straps can alleviate their suffering.





# Skill: Place & pitch a tent

- Five W's
- Bugs and temperature
- "Bermuda" triangle
- Tight with an air barrier
- Ventilation
- Pitching a tent in the rain



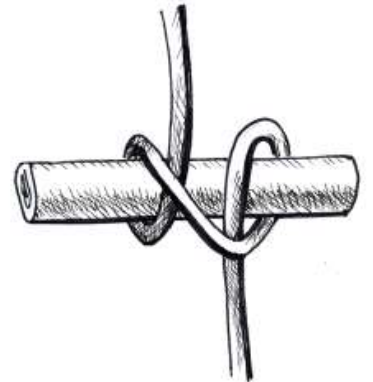
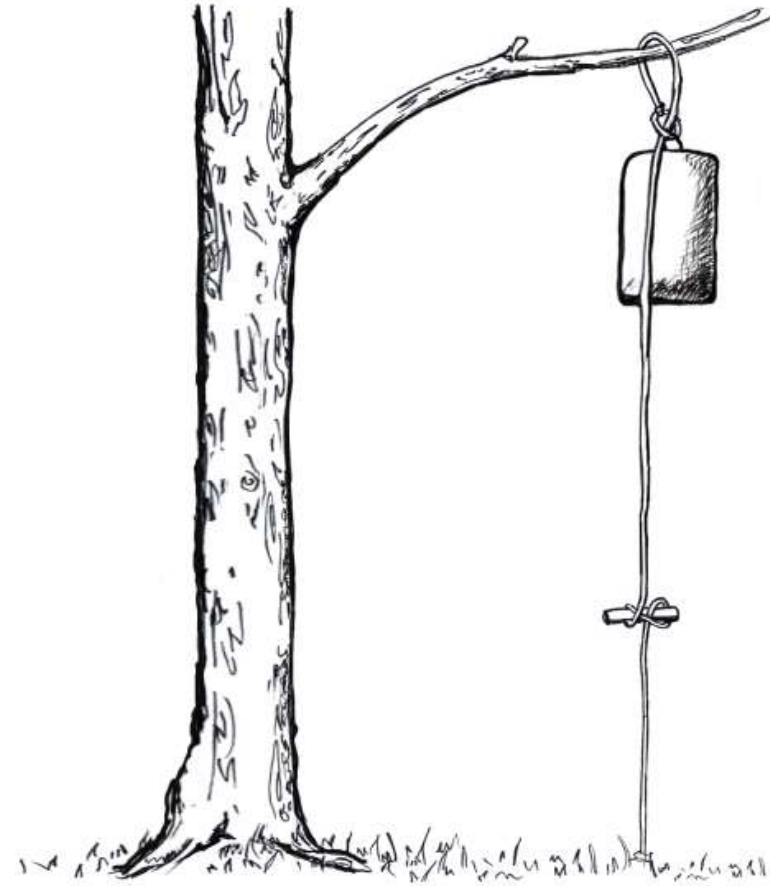
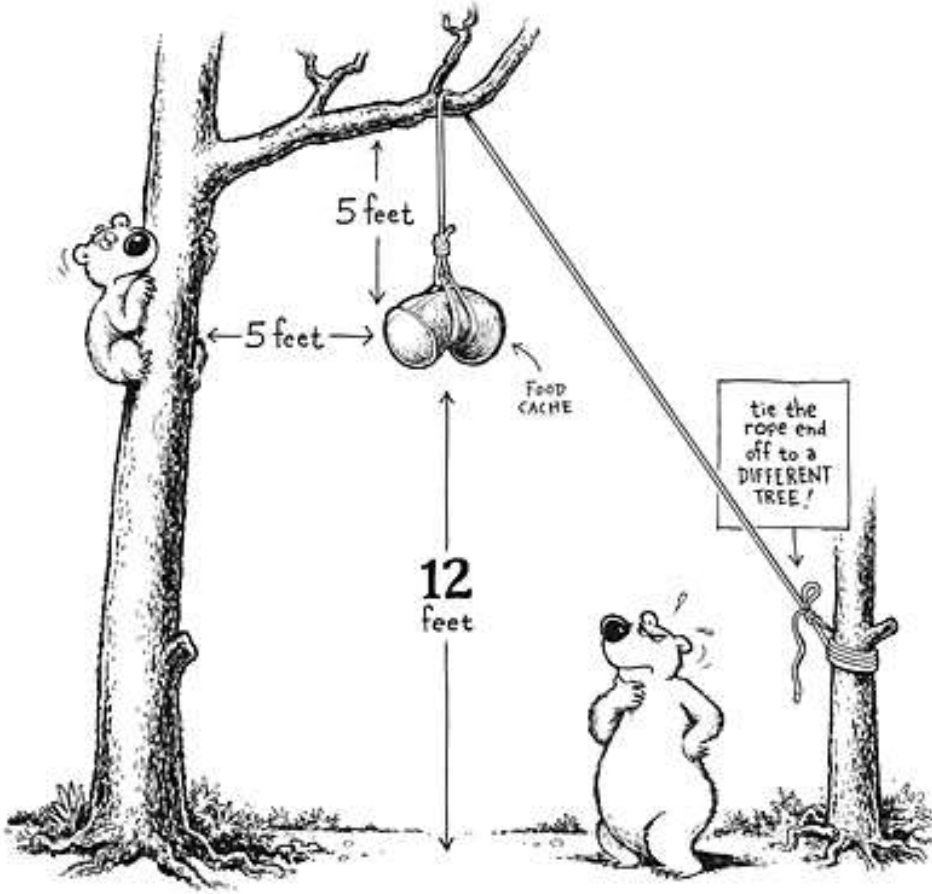




## Skill: Backpacking in the rain

- Embrace reality
- Stay warm and comfortable, if not dry
- DWR your rain gear
- When to put on rain gear
- Shorter breaks, more snacks
- Keep your important stuff dry
- Pitch your *backpacking* tent right
- Keep wet stuff outside
- Dry before you lie

# Skill: Hang a bear bag



Ursack



## SKIN. Select and prepare food

- Your food philosophy
- Freeze dried vs. regular
- Cook vs. non-cook

- Practice stove and meals at home
- Eat heavy/bulky food first
- Calorie-dense, durable foods
- 2,500-3,000 calories per day (1.5-2 lbs)

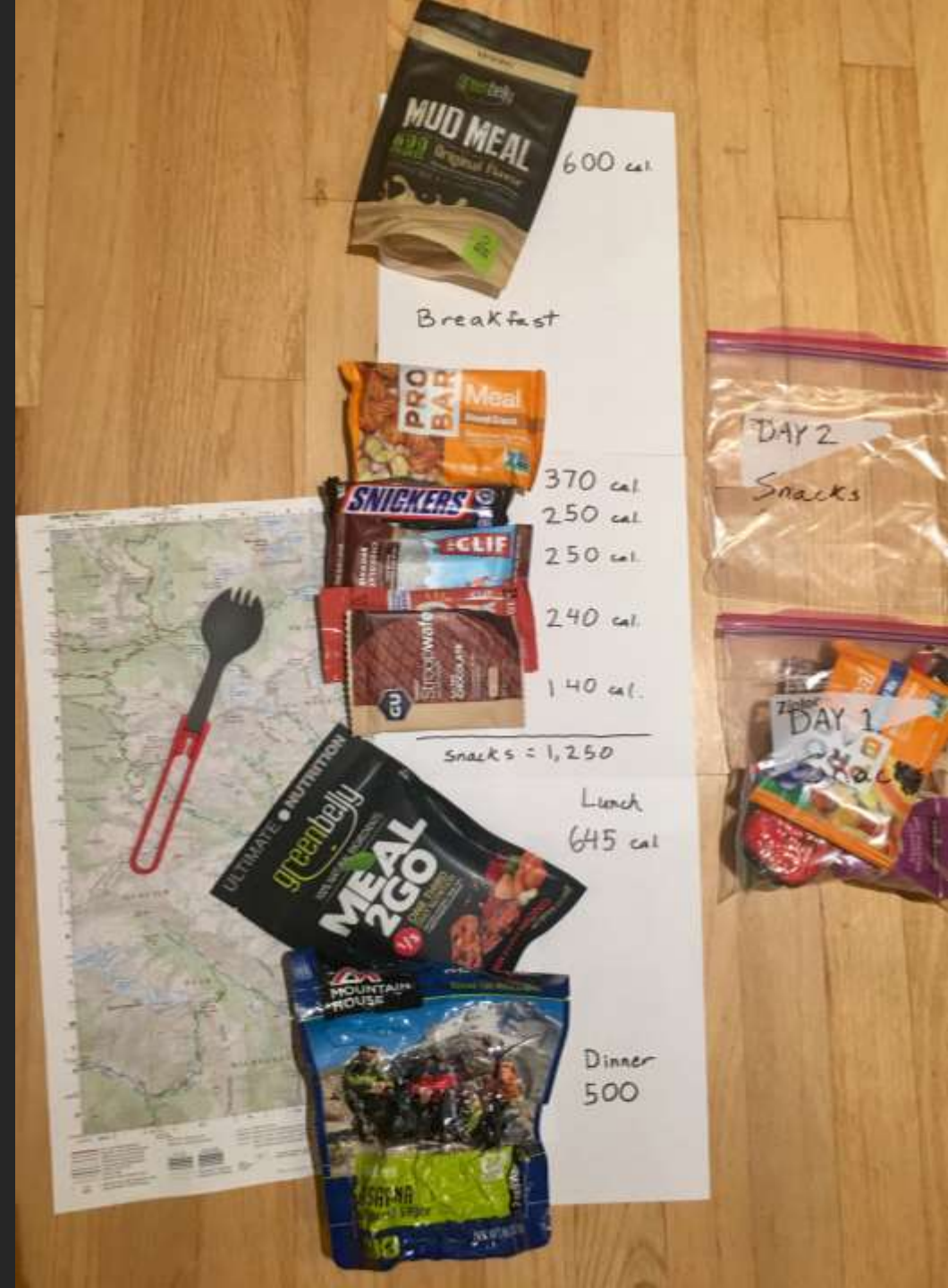
# Food

Divide into 4 categories

- Breakfast (~500 calories)
- Lunch (~500 calories)
- Dinner (~500 calories)
- Snacks (~1,000 calories)

Count calories (~2500 per day)

Place snacks into labeled bags to ensure you eat enough but don't over-eat



## SKILL: Backpacking systems

- Have a gear storage system
- Have a packing system—  
pack the same every time
- Practice, practice, practice
- Duty roster
- Promote performance



It's Demo Time!

Gear Storage System



Program

Skills

**Gear**

Location



# What's in my backpack?





# About Lightweight Backpacking

- 40+ pound backpacks are not fun, especially if you're 12 years old and only weigh 80 pounds.
- Heavy backpack = I'm tired. This hurts. Backpacking is too hard—I don't like it.
- Light backpack = Hey, look at that! Whoa, that's awesome! Let's go!
- Only take what you will use.
- Prepare for possibilities; pack for probabilities.
- Don't pack your fears.



# Gear Bag Storage System

## Bag 1: Clothes & Sleeping

- 1 Underwear
- 1-2 socks
- 1 Insulating layer
- 1 Sleeping top
- 1 Sleeping bottom
- 1 T-shirt
- Sleeping bag
- Inflatable pillow

## Bag 2: Ditties

- Hygiene kit
- First aid kit
- Sunscreen
- Bug repellent
- Fire starter

## Bag 3: TP

- 1 Toilet Paper
- 1 Hand sanitizer

## Bag 4: Cooking Kit

- 1 Stove\*
- 1 Fuel\*
- 1 Pot\*
- 1 Fire starter

\* Group gear items

## Bag 5: Food

- # Breakfasts
- # Lunches
- # Dinners
- # Snack bags

## Bag 6: Tent

- 1 Tent (or part)\*
- Stakes\*

\* Group gear items

# Backpacking Checklist

Personal Equipment: Clothing (NO COTTON!)		Location
1 Long sleeve trekking shirt	Lightweight synthetic	Worn
1 Pants or shorts	Lightweight synthetic fabric. Pants with zip-off legs are great!	Worn
2 Underwear	Synthetic—no cotton; should be a dark color	Worn, Bag 1
2-3 pairs of socks	Light-to-mid weight synthetic running or hiking socks—no cotton	Worn, Bag 1
1 Hat with a brim		Worn
1 pair shoes	Trail runners. In good condition. This should be the only pair of shoes you bring on this trip.	Worn
1 pair running gaiters	Not required but highly recommended if you're wearing trail runners to keep bits of gravel out of your shoes. Recommend: <a href="https://dirtygirlgaiters.com/shop/">https://dirtygirlgaiters.com/shop/</a> -or- <a href="http://www.simblissity.net/levagaiter.htm">http://www.simblissity.net/levagaiter.htm</a>	Worn
1 Rain shell	Waterproof (not merely water resistant)	n/a
1 Rain pants (optional)	Recommend DriDucks (if you don't already have rain pants). No heavy plastic/rubber rain pants.	n/a
1 Insulating layer	e.g. fleece or down sweater. Avoid heavy windproof fleece—blocking wind and rain is the job of your rain shell.	Bag 1
1 T-shirt	Synthetic	Bag 1
1 Set sleeping clothes	1 lightweight top and bottom; 1 lightweight knit cap	Bag 1
1 Pair gloves or mittens	Synthetic, lightweight—glove liners work.	n/a
1 Bandana	Yes, this one item may be cotton.	n/a
Personal Equipment: Sleep System		
1 Sleeping bag	Lightweight summer bag 20-35 degrees EN rating. Down or synthetic fill are fine.	Bag 1
1 Dry bag for sleeping bag & clothes	Roll-top dry sack made of silnylon-type fabric, just big enough to fit your sleeping bag and clothes. Alternatively, you can line the inside of your pack with a trash compactor bag.	Bag 1
1 Sleeping pad	Recommend Thremarest Ridge Rest or insulated inflatable pad	n/a
1 inflatable pillow (optional)	If you choose to bring a pillow, please bring an inflatable pillow that weighs only a few ounces and takes little space.	Bag 1

# Backpacking Checklist (cont.)

Personal Equipment: Gear		
<b>Backpack</b>	45-65 Liters, <3 lbs empty	n/a
<b>2 Water containers</b>	Must equal 2-3 liters capacity. Don't bring a single 3 liter container—you'll want one 1 liter container for holding flavored drinks, which must then be bear bagged at night.	n/a
<b>1 Personal hygiene kit</b>	Should fit in a Ziploc sandwich bag. Includes: Small soap (unscented Dr.Bronerscan double as toothpaste), Small toothbrush, Personal medications (prescription meds needlabels)	Bag 2
<b>5 gallon-size Ziploc freezer bags</b>	Make sure they are freezer bags, not the thinner sandwich bags.	n/a
<b>1 Small knife</b>	Must be folding knife with <3 inch blade. Smaller is better.	n/a
<b>1 Headlamp</b>	Make sure it has fresh batteries	n/a
<b>1 Compass</b>		n/a
<b>1 First aid kit</b>	(very) Small--should fit in a Ziploc half-sandwich bag	Bag 2
<b>1 Sunscreen</b>	Recommend repackaging into smaller container. A good hat and long sleeve shirt can alleviate the need to take too much sun screen.	Bag 2
<b>1 Sunglasses (optional)</b>	Polarized is a bonus, but recommend keeping it cheap here.	n/a
<b>1 Lip Balm</b>	Chapstick or similar with SPF of 25+	n/a
<b>1 Bug repellent</b>	Small, or repackaging into smaller container.	Bag 2
<b>2 Fire starters</b>	Small lighter, magnesium striker or waterproof matches	Bag 2, Bag 4
<b>1 Toiletry kit</b>	One roll of toilet paper and one small hand sanitizer in a gallon-size Ziploc freezer bag	Bag 3
<b>1 Hand sanitizer</b>	Small container that won't leak	Bag 3
<b>1 Spoon</b>	Long handle	Bag 4

# Backpacking Checklist (cont.)

## Group Gear (to be divided among patrol members)

<b>1 Stove</b>	Lightweight backpacking stoves (1 stove for every 3-4 people)	Bag 4
<b>1 Fuel</b>	Canister fuel. 20 oz for 12 people for 5 dinners	Bag 4
<b>1 Pots w/lid</b>	One 4 liter pot and one 2 liter port per patrol	Bag 4
<b>1 Tent (tent part)</b>	Tent parts to be divided with your tent mates	Tent Bag
<b>1 Water Filter</b>	1 high quality pump filter +1 Sawyer Squeeze as backup per patrol	n/a
<b>1 Trowels</b>	1 per patrol	n/a
<b>1 Detail maps</b>	Coated; 1 per patrol member	n/a
<b>1 GPS tracker</b>	1 per patrol	n/a
<b>1 Bear bags + line</b>	3-4 per patrol	Food Bag

## Food (1 of each item per day)

<b># freeze dried dinners</b>	Pro-Pack preferred	Food Bag
<b># Breakfast-in-a-bag</b>	A hearty/granola cereal in a Ziploc freezer bag with three table spoons of powdered milk	Food Bag
<b># lunches</b>	First lunch will be eaten at the trailhead Monday and does not need to be packed away.	Food Bag
<b># days of snacks</b>	Should be packaged and labeled per day. Good variety. Equals 1,200-1,500 calories per day.	Food Bag

# Gear Bag Storage System

## Bag 1: Clothes & Sleeping

- 1 Underwear
- 1-2 socks
- 1 Insulating layer
- 1 Sleeping top
- 1 Sleeping bottom
- 1 T-shirt
- Sleeping bag
- Inflatable pillow

## Bag 2: Ditties

- Hygiene kit
- First aid kit
- Sunscreen
- Bug repellent
- Fire starter

## Bag 3: TP

- 1 Toilet Paper
- 1 Hand sanitizer

## Bag 4: Cooking Kit

- 1 Stove\*
- 1 Fuel\*
- 1 Pot\*
- 1 Fire starter

\* Group gear items

## Bag 5: Food

- # Breakfasts
- # Lunches
- # Dinners
- # Snack bags

## Bag 6: Tent

- 1 Tent (or part)\*
- Stakes\*

\* Group gear items

# Gear Worn

## Item

---

Shirt (long sleeve)

---

Shorts or pants (zip-off legs are great!)

---

Underwear

---

Socks

---

Hat (with brim)

---

Shoes

---

Running gaiters (optional)

---



# Gear Stored Separately

Item	Recommended Location
1 Sleeping pad	Main compartment
1 Rain shell	Top of main compartment or outer mesh pocket
1 Gloves/mittens	Inside rain shell pocket
1 Bandana	Inside pot or an outer pocket
2 Water containers	Side pockets
1 Water filter*	Side or mesh pocket
2-5 Ziploc bags (1-gallon size)	Main compartment
1 Knife	Shorts/pants pocket
1 Headlamp	Shoulder pocket
1 trowel*	Outer mesh pocket
1 Map	Outer mesh pocket
1 GPS*	Shoulder strap
Snacks for the day	Hip belt pocket

\* One per patrol, so scouts may carry one but not all, of these items.



# It's Demo Time!

## Packing My Pack



# Backpack

- Price: Depends, but generally mid-range
- Volume: 45L-65L
- Weight: 2-3lbs
- Torso length: Fits or is adjustable
- Nice features: External mesh, diagonal pockets, hydration port
- Know how to pack and wear it



# Backpack Baseline Sample

- **Gregory – Denali 100**

[www.gregorypacks.com](http://www.gregorypacks.com)

- Volume: 100 liters
- Weight: 6 lbs 10 ounces
- Recommended max load: 60+ lbs
- Three torso and hip belt sizes
- Bells and whistles
- Price: \$400



**NOT RECOMMENDED**



# Backpack – Top 5 Picks



*Gossamer Gear*  
**Mariposa**



*Osprey*  
**Exos 58**



*ULA*  
**Circuit**



*Granite Gear*  
**Crown2 60**



*Hyperlite Mtn Gear*  
**Junction 3400**





# Backpack – Top 5 Picks

Pack	Differentiators	Vol.	Material	Weight	Price
<a href="#">Gossamer Gear</a> - Mariposa	Simplicity, 3 torso & hip belt sizes	60 L	Nylon	2 lb	\$255
<a href="#">Osprey</a> – Exos 58	Comfort, AirSpeed back panel	58 L	Nylon	2 lb 10 oz	\$220
<a href="#">ULA Equipment</a> – Circuit	Big, custom options (straps, belt, color)	68 L	Nylon	2 lb 9 oz	\$235
<a href="#">Granite Gear</a> – Crown2 60	Affordable, durable, adjustable hip belt	60 L	Nylon	2 lb 2 oz	\$199
<a href="#">Hyperlite Mountain Gear</a> – Junction 3400	Light, bombproof, nearly waterproof	55 L	DCF	2 lb	\$345



# Sleep System

## Sleeping bag

- Fill: Synthetic or down?
- EN rating: 20-35 degrees
- Weight: 2-3 lbs

## Sleeping pad

- Type: Air or foam?
- R-value: 2.5–5
- Weight: 1–2 lbs



# Sleeping Bags – Top 5 Picks



*REI*  
**Magma 15**



*REI*  
**Igneo 17**



*Kelty*  
**Cosmic 20**



*NEMO*  
**Disco 15**



*Enlightened Equipment*  
**Revelation 20**



# Sleeping Bags – Top 5 Picks



Sleeping Bag	Differentiators	EN Rating	Fill	Weight	Price
<a href="#">REI</a> – Magma 15	Great value, warmth-to-weight	15°	Down 850	1 lb 12 oz	\$369
<a href="#">REI</a> – Igneo 17	Duck down = lower price, footbox	17°	Duck down	1 lb 15 oz	\$299
<a href="#">Kelty</a> – <i>Cosmic Down 20</i>	Great budget down bag, heavier	20°	Down 600	2 lb 13 oz	\$160
<a href="#">Enlightened Equipment</a> – Revelation 20	Quilt, versatility, lightweight, comfort	20°	Down 850	1 lb 4 oz	\$285
<a href="#">NEMO</a> - Disco 15	Roomy comfort, vents, heavier	15°	Down 650	2 lb 11 oz	\$280





# Sleeping Pads – Top 5 Picks



*Nemo*  
Tensor Insulated



*Sea To Summit*  
Comfort Light Insulated



*Big Agnes*  
Insulated AXL



*Therm-a-rest*  
Z Lite Sol



*Klymit*  
Static V Ultralight SL



# Sleeping Pads – Top 5 Picks



Pad	Differentiators	Packed	R-Value	Weight	Price
<a href="#">Nemo</a> – Tensor Insulated	Comfortable, quiet, light	9.5 x 4	10°-20°	14 oz	\$160
<a href="#">Sea To Summit</a> – Comfort Light Insulated	Dual-chamber, fast inflate/deflate, comfortable	9 x 4.5	4.2	1 lb 6 oz	\$170
<a href="#">Big Agnes</a> – <i>Insulated AXL</i>	Super light, comfortable, expensive	6.5 x 3	n/a	12 oz	\$180
<a href="#">Therm-a-rest</a> – Z Lite Sol	Cheap, light, bulky, not so comfortable	20 x 5 x 5	2.6	14 oz	\$45
<a href="#">Klymit</a> – Static V Ultralight SL	Price, thick materials, durability	8 x 5	4.4	1 lb 4 oz	\$68



# Tents

- Type: Backpacking (dome or hybrid)
- Quality: Mid-to-high
- Size: 2-3 person
- Weight: ~ 2 lbs per person
- Nice features: Air vents, double side entry, roomy vestibules, vertical walls
- Fly: Full-length (no toupee tents!!!)

**WARNING:** *Tents must be unpacked, dried and cleaned after each use!!!*



**Backpacking Tent**



**Summer Car  
Camping Tent**



# Tents - Top 5 Picks



*REI*  
**Half Dome 2 Plus**



*MSR*  
**Hubba Hubba  
NX 2**



*Tarptent*  
**Stratospire 2**



*Big Agnes*  
**Copper Spur HV UL2**



*Marmot*  
**Tungsten 2P UL**



# Tents – Top 5 Picks



2 Person Tent	Differentiators	Floor	Packed	Weight	Price
<a href="#">REI</a> – Half Dome 2 Plus	Great value, roomy, vertical walls	36 sq ft	20 x 7	4 lb 14 oz	\$255
<a href="#">Big Agnes</a> - Copper Spur HV UL 2	Lightweight, interior space, expensive	29 sq ft	20 x 4	2 lb 12 oz	\$450
<a href="#">MSR</a> – Hubba Hubba NX 2	Lightweight, packs small, durable	29 sq ft	18 x 6	3 lb 7 oz	\$400
<a href="#">Marmot</a> – Tungsten 2P UL	Price-to-weight ratio, interior space	32 sq ft	18 x 7	3 lb 4 oz	\$300
<a href="#">Tarptent</a> – Stratospire 2	Uses trekking poles, sleeps 2+, light, huge vestibules, packs small	36 sq ft	16 x 4	2 lb 12 oz	\$359



# Clothing

- No cotton!
- Shell: waterproof with sealed (taped) seams
- Layers: base, mid and outer
- 1-2 sets
- Laundering clothes on the trail



# Rain Shells – Top 5 Picks



*Marmot  
Precip*



*REI  
Drypoint GTX*



*Frogg Toggs  
Ultra Lite 2*



*Outdoor Research  
Foray*



*Patagonia  
Stretch Rainshadow*







# Rain Shells – Top 5 Picks

Rain Shell	Differentiators	Barrier	Weight	Price
<b>Marmot - Precip</b>	Good value, lots of colors	NanoPro	11 oz	\$65
<b>REI – Drypoint GTX</b>	3 layer durability, breathable, very stormworthy	3-layer Gore-Tex	10.5 oz	\$250
<b>Frogg Toggs – Ultra Lite 2</b>	Low cost, lightweight, waterproof, not breathable or durable	Polyethylene	6 oz	\$15
<b>Outdoor Research - Foray</b>	Ventilation, versatility	Gore-Tex PacLite	11 oz	\$215
<b>Patagonia – Stretch Rainshadow</b>	Light, stretchy, packable, comfortable	H <sub>2</sub> No	10.4 oz	\$200



# Footwear

- Boots vs. Shoes
- Weight
- Wet feet and blisters
- Expense
- Socks
- Gaiters
- Orthotics





# Boots vs. Shoes

- Weight (biomechanics)
- Comfort and blisters
- Water
- Support
- Trail debris
- Cost





# Blisters & Friction Injuries

- Causes: Shoes, toenails and trail debris



Too small  
Too big  
Too stiff  
Too narrow in the toe box  
Too wet for too long



- Prevention: Socks and shoes that fit well and are well suited to hiking



# Socks

- No Cotton!
- Wool or synthetic
- Light-to-mid weight
- Form fitting
- Toe socks





# Foot Aches & Pains

- Supportive shoes
- Orthotics
- Carry less weight
- Foot maintenance



- Elevate your feet during breaks
- Swap-out dirty wet socks
- Keep toenails trimmed
- Chill your feet in streams
- Cover hotspots as they occur (athletic tape)
- Keeping your feet clean
- Keeping trail debris out of your shoes
- Use balm or wax





# Top 3 Trail Runner Picks

**#1 Altra  
Timp**

**#2 Brooks  
Cascadia**

**#3 Merrell  
Moab 2 Ventilator**



Footwear	Type	Weight	Price
Altra – Timp	Trail runner	11 oz	\$130
Merrell – Moab 2 Ventilator	Hiking shoe	31 oz	\$110
Brooks - Cascadia	Trail runner	11 oz	\$130

# Stove

- Liquid fuel vs. Canister
- No alcohol stoves
- What are you cooking?
- How big are your pots?
- What will the temperature be?
- How important is weight?
- How far are you going?
- How careful are your Scouts?





# Top 3 Stove Picks



**#1 MSR**  
Pocket Rocket Deluxe  
2.9 ounces  
\$75



**#2 Kovea**  
Spider  
6 ounces  
\$51



**#3 Jetboil**  
Flash  
13.1 ounces  
\$99



# Water Purification

- Filters
- Tablets/drops
- Electric (SteriPen)
- Boiling





# Top 3 Water Filter Picks

**#1** Katadyn  
BeFree 3L  
3.5 ounces  
\$55



**#2**  
HydroBlu  
Versa Flow  
2 ounces  
\$20



**#3** Katadyn  
Hiker  
11 ounces  
\$69





# Resources

○ [CleverHiker.com](http://CleverHiker.com)



○ [OutdoorGearLab.com](http://OutdoorGearLab.com)



○ [BackpackingLight.com](http://BackpackingLight.com)



○ [darwinonthetrail.com](http://darwinonthetrail.com)



Program

Skills

Gear

**Location**



# Where to go backpacking

Glacier Peak

*from  
Miner's Ridge*

-  
2019



**Silver Peak**

*Pacific Crest  
Trail*

-

2020

# Find your own hike

[www.WTA.org](http://www.WTA.org)

## Three Fingers

North Cascades

### LOCATION

North Cascades --  
Mountain Loop Highway  
View map below ▾

### LENGTH

15.0 miles, roundtrip

### ELEVATION

Gain: 4200 ft.  
Highest Point: 6854 ft.

### RATING

★★★★★  
(13 votes) Log in to rate



⚠ Road Washout: Trailhead inaccessible by car, road walk or mountain bike required

**WASHINGTON TRAILS ASSOCIATION**

EVENTS | ABOUT US | Search Site | Go

Find a Hike | Hiking Resources | Blog | Take Action | Volunteer | Membership

My Backpack  
Save hikes, plan trips, write Trip Reports.

Home » Find a Hike » Hike Finder Map  
Find your next hike! Use your mouse to explore the map and click the icons for more details. Search WTA's Hiking Guide or filter results using the panel at right. **Zoom in from the statewide view to see many more results.** The map only displays hikes with trail coordinates. Happy Hiking!

Note: Do you like this website? Please consider donating to WTA. [DONATE >](#)

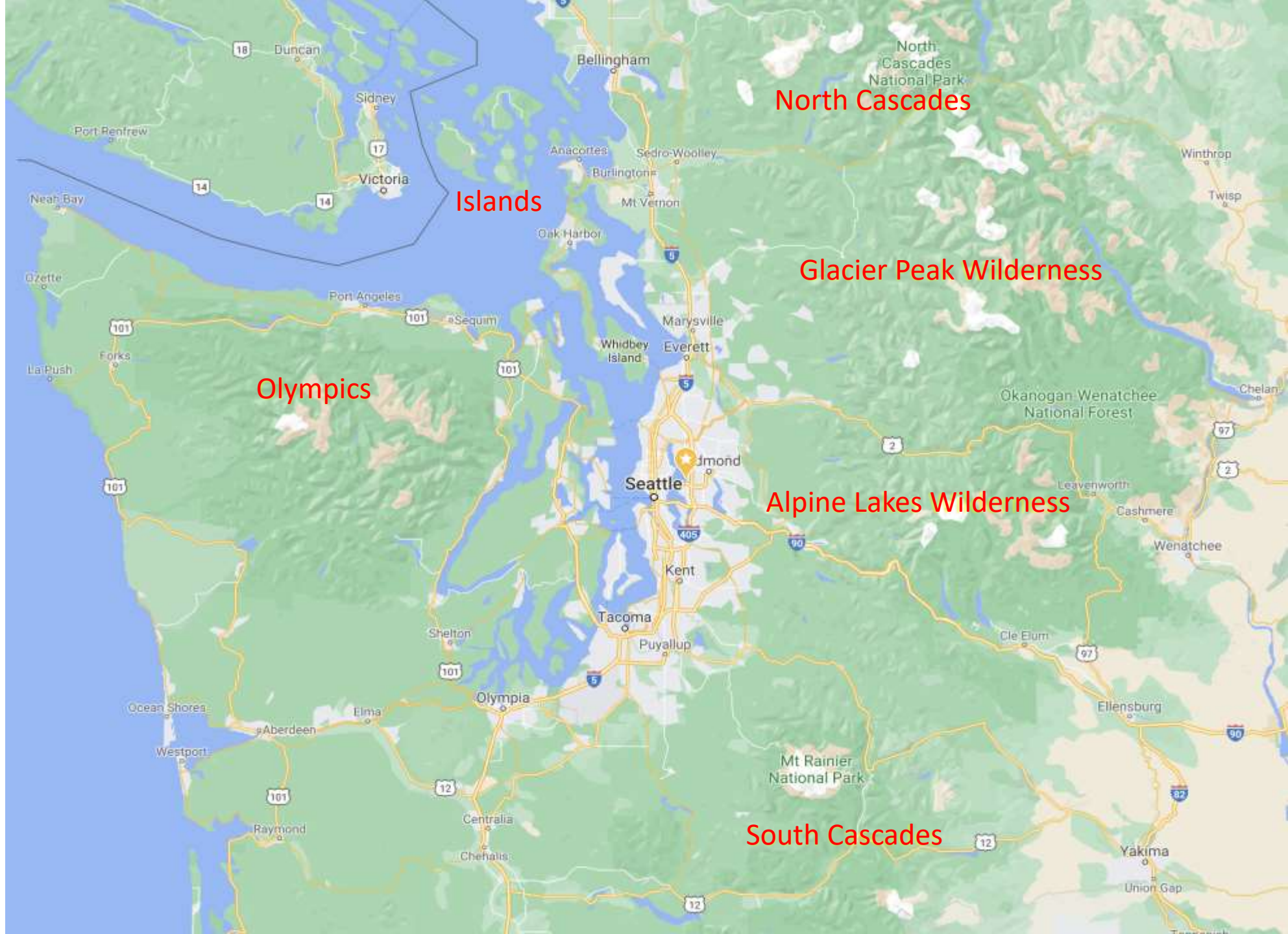
**Umtanum Creek Canyon**  
Begin with a walk over a bouncy suspension bridge above the trout-rich waters of the Yakima River. This trail meanders up an ever-narrowing canyon, but... [Read more](#)

Roundtrip 6.5 miles  
Elevation 700.0 ft  
Gain  
Features: Fall foliage, Wildflowers/Meadows, Wildlife  
Read the [full description in our Hiking Guide](#) including directions.

**Recent Trip Reports**  
There are 170 trip reports for this hike.

- [Sep 13, 2015, by glowingfish](#)
- [Jun 06, 2015, by LastGasp](#)  
Features: Wildflowers blooming  
Beware of: trail conditions
- [May 27, 2015, by austineats](#)  
Features: Wildflowers blooming  
Beware of: trail conditions





North Cascades

Islands

Olympics

Glacier Peak Wilderness

Alpine Lakes Wilderness

South Cascades



# Quick & Easy: June Lake

- ⦿ Length: 2.8 miles RT
- ⦿ Elevation Gain: 200 ft.
- ⦿ Highlights: Nearby Ape Caves, Lava Canyon, Mt. St. Helens
- ⦿ Location: Near Mt. St. Helens

# Quick & Easy: Barclay Lake

- ⦿ Length: 4.4 miles RT
- ⦿ Elevation Gain: 500 ft.
- ⦿ Highlights: Log bridge, lake with mountain views
- ⦿ Location: Hwy 2 near Baring, WA





# Quick & Easy: Snow Lake

- ⦿ Length: 8 miles RT
- ⦿ Elevation Gain: 1,800 ft.
- ⦿ Highlights: Amazing views, before and at lake
- ⦿ Location: I-90 near Alpentel resort, Snoqualmie Pass



## More Adventurous: Gravel Lake

- ⦿ Length: 14 miles RT
- ⦿ Elevation Gain: 2,700
- ⦿ Highlights: Kendall Katwalk, Stunning mountain views
- ⦿ Location: I-90 near Snoqualmie Pass



## **More Adventurous: Dorothy & Bear Lakes**

- ⦿ Length: 7.5 or 11.5 miles RT
- ⦿ Elevation Gain: 1,600 ft.
- ⦿ Highlights: Two beautiful lakes, exciting stream crossing
- ⦿ Location: Hwy 2, south of Skykomish

# More Adventurous: Big Heart Lake

- ⦿ Length: 14.6 miles RT
- ⦿ Elevation Gain: 3,300
- ⦿ Highlights: Alpine lakes, waterfalls, big views
- ⦿ Location: Hwy 2 near Skykomish





# 50 Miler: Goat Rocks Wilderness

- ⦿ Length: 24-50+ miles
- ⦿ Elevation Gain: Depends on route
- ⦿ Highlights: The “knife edge,” amazing mountain views
- ⦿ Location: Goat Rocks wilderness, near White Pass, WA



# 50 Miler: Enchanted Valley/LaCrosse Basin

- ⦿ Length: 50+ miles
- ⦿ Elevation Gain: 10,000
- ⦿ Highlights: Wildlife,  
waterfalls, mountain valleys  
and views
- ⦿ Location: Near Lake Quinault





## **50 Miler: North Cascades Triple by Pass**

- ⦿ Length: 50 miles
- ⦿ Elevation Gain: 13,000
- ⦿ Highlights: Easy, Park Creek and Cascade passes, insane mountain views, Horseshoe Basin, Sahale Arm
- ⦿ Location: North Cascades, 21 miles past Ross Lake on Hwy 20

# 50 Miler: Spider Gap-Buck Creek Pass Loop

- ⦿ Length: 54 miles
- ⦿ Elevation Gain: 14,300
- ⦿ Highlights: Spider Meadows, Spider Gap, Buck Creek Pass, High Pass, alpine lakes, big views
- ⦿ Location: Central Cascades



# Backpacking

Course 114



Instructor: Shane Watts, Troop 604

