

# Backpacking

Course 119



Instructor: Shane Watts, Troop 585





# Goal:

Enable you to lead an outstanding backpacking program in your unit.

# Focus:

Backpacking principles, techniques and gear.



A faint, light-colored silhouette of a person stands on the left side of the image, looking out towards the horizon. The background is a soft, warm-toned gradient of yellow and orange, suggesting a sunset or sunrise over a body of water.

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 the virtues of backpacking
- Wilderness First Aid certification
- Start small
- Go light
- Skills over gear
- Destinations and activities
- Conditioning program
- Marketing



Program

Skills

Gear

Location





# Backpacking Skills

- Pack your backpack
- Adjust the fit of your backpack
- Place and pitch your tent
- Stay reasonably dry in the rain
- Hang a bear bag
- Select and prepare food
- Make and break camp systematically



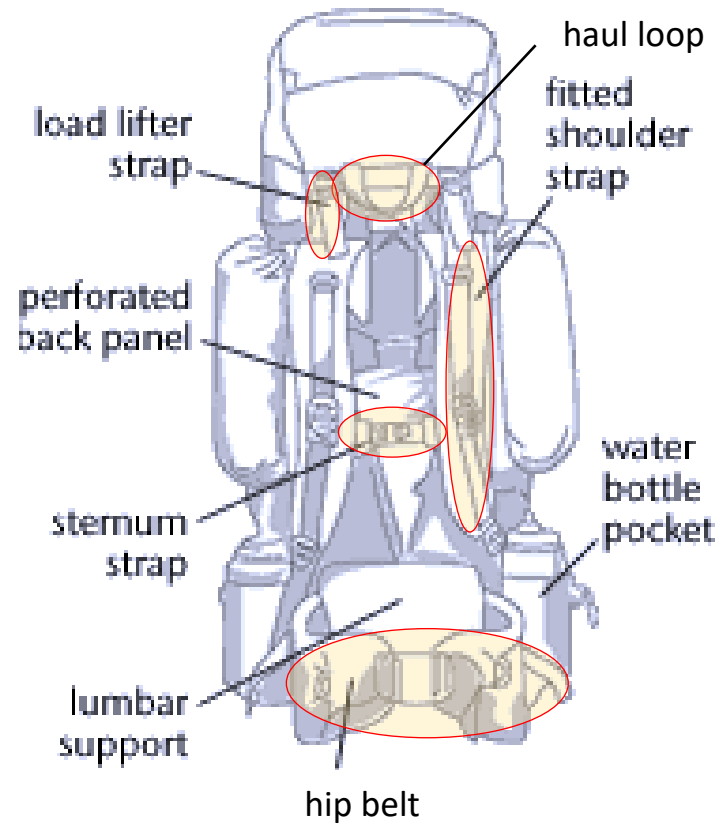


# Skill: What goes where?

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



# Skill: Adjust the fit of your pack

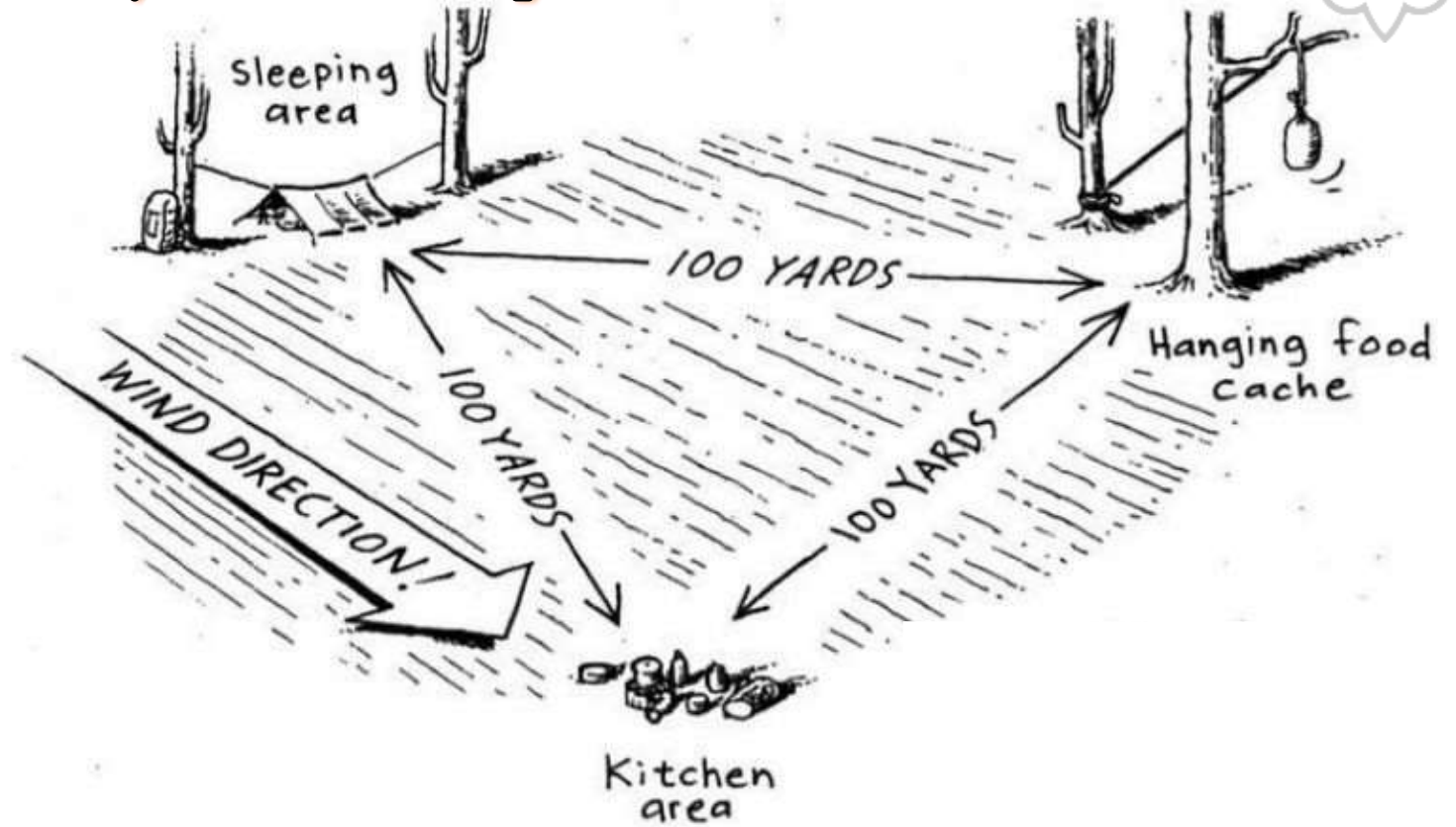




# Skill: Place and pitch your tent

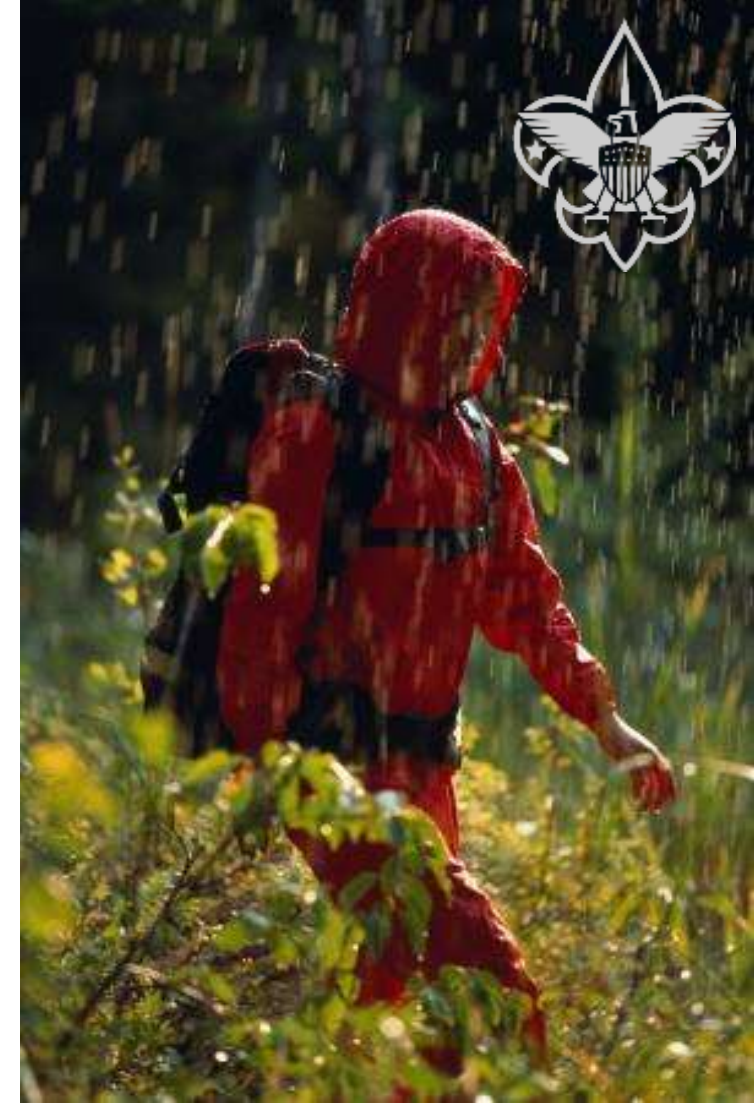


- Five W's
- Bugs and temperature
- "Bearmuda" triangle
- Tight with an air barrier
- Ventilation
- Pitching a tent in the rain



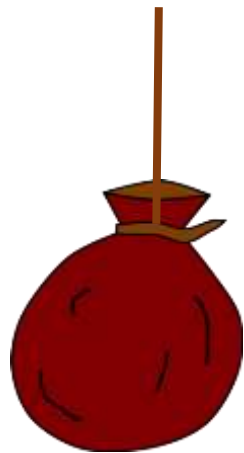
# Skill: Backpacking in the rain

- Embrace reality
- Stay warm and comfortable, if not dry
- DWR your rain gear
- When to put on rain gear (avoid sweating)
- Shorter breaks, more snacks
- Keep your important stuff dry
- Pitch your *backpacking* tent right
- Keep wet stuff outside
- Get dry before you get into your sleeping bag

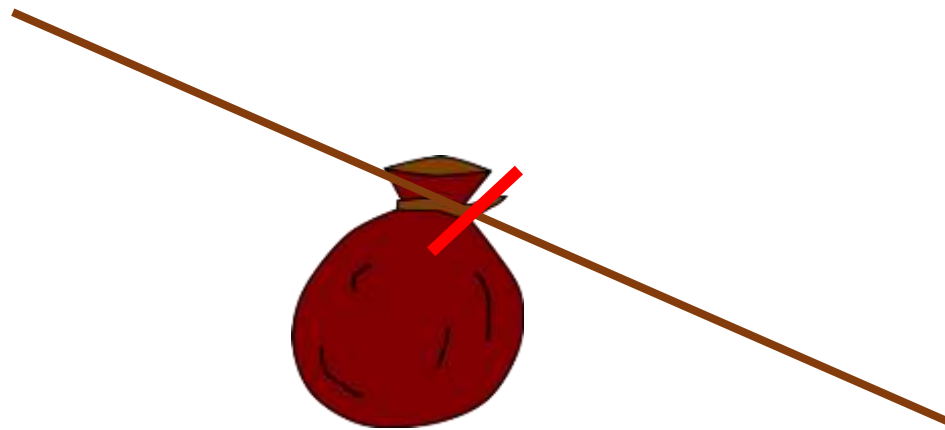




# Skill: Hang a bear bag



One tree model



PCT style

PCT How To Video: <https://youtu.be/yAhWqbttd2p0>







# Skill: Select and prepare food

- Your food philosophy
- Freeze dried vs. regular
- Cook vs. non-cook
- Don't carry water in food
- Practice stove and meals at home
- Eat heavy/bulky food first
- Calorie-dense foods
- 2,500-3,000 calories per day (1.5-2 lbs per day)





# Skill: Backpacking systems

- Have a system
- Pack the same every time
- Practice, practice, practice
- Duty Roster - who, when and how?
- Promote performance







# What's in your backpack?

- 10 essentials (+ extra food, clothing)
- Sleep system
- Tent (part)
- Cooking system
- Water purification system



***Don't pack your fears.***



# Backpacking Checklist



## Personal Equipment: Clothing (NO COTTON!!!)

|                          |  |   |
|--------------------------|--|---|
| <input type="checkbox"/> | <b>1 Rain shell</b>  | Waterproof (not merely water resistant)   |
| <input type="checkbox"/> | <b>1 Rain pants</b>  | Recommend DriDucks (if you don't already have rain pants). No heavy plastic/rubber rain pants.  |
| <input type="checkbox"/> | <b>1 Insulating layer</b>                                    | e.g. fleece or down sweater. Avoid heavy windproof fleece—blocking wind and rain is the job of your rain shell, which can be placed over this insulating layer. |
| <input type="checkbox"/> | <b>1 T-shirt</b>   | Synthetic   |
| <input type="checkbox"/> | <b>1 Long sleeve trekking shirt</b>                          | Lightweight synthetic   |
| <input type="checkbox"/> | <b>1 Pants with zip-off legs (best)<br/>or 1 pair shorts</b> | Lightweight synthetic fabric  |
| <input type="checkbox"/> | <b>2 Underwear</b>   | Synthetic—no cotton; should be a dark color   |
| <input type="checkbox"/> | <b>2-3 pairs of socks</b>                                    | Light-to-mid weight synthetic running or hiking socks—no cotton   |
| <input type="checkbox"/> | <b>1 set base layer</b>                                      | 1 light thermal top and bottom; 1 lightweight knit cap  |
| <input type="checkbox"/> | <b>1 Hat with a brim</b>                                     |   |
| <input type="checkbox"/> | <b>1 pair shoes</b>  | Trail runners. In good condition. This should be the only pair of shoes you bring on this trip.   |
| <input type="checkbox"/> | <b>1 pair running gaiters</b>                                | Not required but highly recommended to keep bits of gravel out of your shoes.   |
| <input type="checkbox"/> | <b>1 pair lightweight gloves or mittens</b>                  | Synthetic, lightweight—glove liners work.   |
| <input type="checkbox"/> | <b>1 Bandana</b>   | Yes, this one item may be cotton.   |



# Backpacking Checklist (cont.)



## Personal Equipment: Sleep System

|                          |                                       |  |
|--------------------------|---------------------------------------|--|
| <input type="checkbox"/> | <b>1 Sleeping bag</b>                 | Lightweight summer bag 20-35 degrees EN rating. Down or synthetic fill are fine.   |
| <input type="checkbox"/> | <b>1 Dry bag for sleeping bag</b>     | Roll-top dry sack made of silnylon-type fabric, just big enough to fit your sleeping bag<br>*Alternatively, you can line the inside of your pack with a trash compactor bag and put your sleeping bag in a stuff sack. |
| <input type="checkbox"/> | <b>1 Sleeping pad</b>                 | Recommend TheraRest Ridge Rest or insulated inflatable pad   |
| <input type="checkbox"/> | <b>1 inflatable pillow (optional)</b> | If you choose to bring a pillow, please bring an inflatable pillow that weighs only a few ounces and takes little space.   |



# Backpacking Checklist (cont.)



## Personal Equipment: Gear

|   |  |
|---|--|
| <input type="checkbox"/> <b>Backpack</b>  | 45-65 Liters, 2-3 lbs empty  |
| <input type="checkbox"/> <b>2 Dry bags (for sleeping bag, clothes)</b><br><b>OR 1 backpack rain cover + 1 dry bag</b><br><b>OR 1 pack liner</b> | Backpack rain covers will keep your pack mostly dry for a while, but “mostly dry” is not good enough for your sleeping bag.<br>Dry bags should be lightweight, roll-top silnylon.  |
| <input type="checkbox"/> <b>2 Water containers</b>  | Must equal 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.   |
| <input type="checkbox"/> <b>1 Personal hygiene kit</b>  | Should fit in a Ziploc sandwich bag. Includes: Small soap (unscented Dr. Broners can double as toothpaste), Small toothbrush, Small unscented deodorant (optional), Personal medications (prescription meds need labels), 1 roll of toilet paper |
| <input type="checkbox"/> <b>5 one gallon Ziploc freezer bags</b>  | Make sure they are freezer bags, not the thinner sandwich bags.  |
| <input type="checkbox"/> <b>1 Spoon</b>   | Long handle  |
| <input type="checkbox"/> <b>1 Small knife</b>   | Must be folding knife with <3 inch blade. Smaller is better.   |
| <input type="checkbox"/> <b>1 Headlamp</b>  | Make sure it has fresh batteries   |
| <input type="checkbox"/> <b>1 Compass</b>   |  |
| <input type="checkbox"/> <b>1 First aid kit</b>   | (very) Small--should fit in a Ziploc half-sandwich bag   |
| <input type="checkbox"/> <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.   |
| <input type="checkbox"/> <b>1 Sunglasses</b>  | Polarized is a bonus, but recommend keeping it cheap here.   |
| <input type="checkbox"/> <b>1 Lip Balm</b>  | Chapstick or similar with SPF of 25+   |
| <input type="checkbox"/> <b>1 Bug repellent</b>   | Small, or repackaging into smaller container.  |
| <input type="checkbox"/> <b>2 Fire starters</b>   | Small lighter, magnesium striker or waterproof matches   |
| <input type="checkbox"/> <b>Hand sanitizer</b>  | Small container that won't leak  |

# Backpacking Checklist (cont.)



## Food

|                          |                         |  |
|--------------------------|-------------------------|--|
| <input type="checkbox"/> | 5 Mountain House dinner | Pro-Pack preferred   |
| <input type="checkbox"/> | 5 Breakfast-in-a-bag    | Needs to be hearty cereal  |
| <input type="checkbox"/> | 6 lunches               | First lunch will be eaten at the trailhead Monday and does not need to be packed away.     |
| <input type="checkbox"/> | 6 days of snacks        | Should be packaged and labeled per day. Good variety. Equals 1,200-1,500 calories per day. |



# Backpacking Checklist (cont.)



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

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





The background of the entire image is a photograph of two hikers with large backpacks crossing a suspension bridge over a river. The scene is set at sunset or sunrise, with a warm orange and yellow sky and dark silhouettes of the hikers and the bridge. The image is divided into four vertical sections by white diagonal lines.

Program

Skills

**Gear**

Location

Backpack

Sleep system

Tent

Clothing

Footwear

Stove

Water purification

# Backpack

- Price: Depends, but generally mid-range
- Volume: 50L-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  
Southwest 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                 |   | 60 L | Nylon    | 2 lb 2 oz  | \$200 |
| <a href="#">Hyperlite Mountain Gear</a> – Southwest 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 10



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 10                        | Great value, warmth-to-weight            | 10°       | Down 850  | 1 lb 14 oz | \$350 |
| <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 | \$xx  |





# Sleeping Pads - Top 5 Picks



*REI*  
**Flash 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="#">REI</a> – Flash Insulated                   | Great value, light                              | 9.5 x 4    | 3.7     | 15 oz     | \$100 |
| <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*  
Motrail



*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> - Motrail              | Non-freestanding, uses trekking poles, light, fast setup, packs small | 31 sq ft | 16 x 4 | 2 lb 4 oz  | \$259 |



# Clothing

- No cotton!
- Shell: waterproof with sealed (taped) seams (3 layers best)
- Layers: base, mid and outer
- 1-2 sets
- Laundering clothes on the trail





# Rain Shells - Top 5 Picks



*Marmot  
Precip*



*REI  
Drypoint GTX*



*Arc'teryx  
Beta SL*



*Outdoor Research  
Foray*



*Marmot  
Minimalist*





# 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>Arc'teryx – Beta SL</b>      | Stormworthy, range of motion, expensive          | Gore-Tex PacLite | 11 oz   | \$290 |
| <b>Outdoor Research - Foray</b> | Ventilation, versatility                         | Gore-Tex PacLite | 11 oz   | \$215 |
| <b>Marmot – Minimalist</b>      | Breathable, durable, great fit                   | Gore-Tex PacLite | 15 oz   | \$150 |



# 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
- Chilling 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  
Lone Peak 4



#2 Brooks  
Cascadia 13



#3 Merrell  
Moab 2 Ventilator



| Footwear                    | Type         | Weight | Price |
|-----------------------------|--------------|--------|-------|
| Altra – Lone Peak 4         | Trail runner | 11 oz  | \$120 |
| Merrell – Moab 2 Ventilator | Hiking shoe  | 31 oz  | \$110 |
| Asolo - TPS 520 GV Evo      | Boot         | 66 oz  | \$320 |

# 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** Snow Peak  
LiteMAX  
1.9 ounces  
\$55



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



**#3** MSR  
Windburner  
15.5 ounces  
\$120





# Water Purification

- ✧ Filters
- ✧ Tablets
- ✧ Boiling







# Top 3 Water Filter Picks

**#1** Katadyn  
Hiker

11 ounces

\$69



**#2** Sawyer  
Mini

2 ounces

\$24



**#3** Katadyn  
(Micropur)  
Tablets (30 pack)

.5 ounce

\$14





# 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**

Quick & Easy

More Adventurous

50 Milers





# Where to go backpacking

- Quick & easy backpacking trips
- More adventurous backpacking trips
- 50 mile backpacking trips





# 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

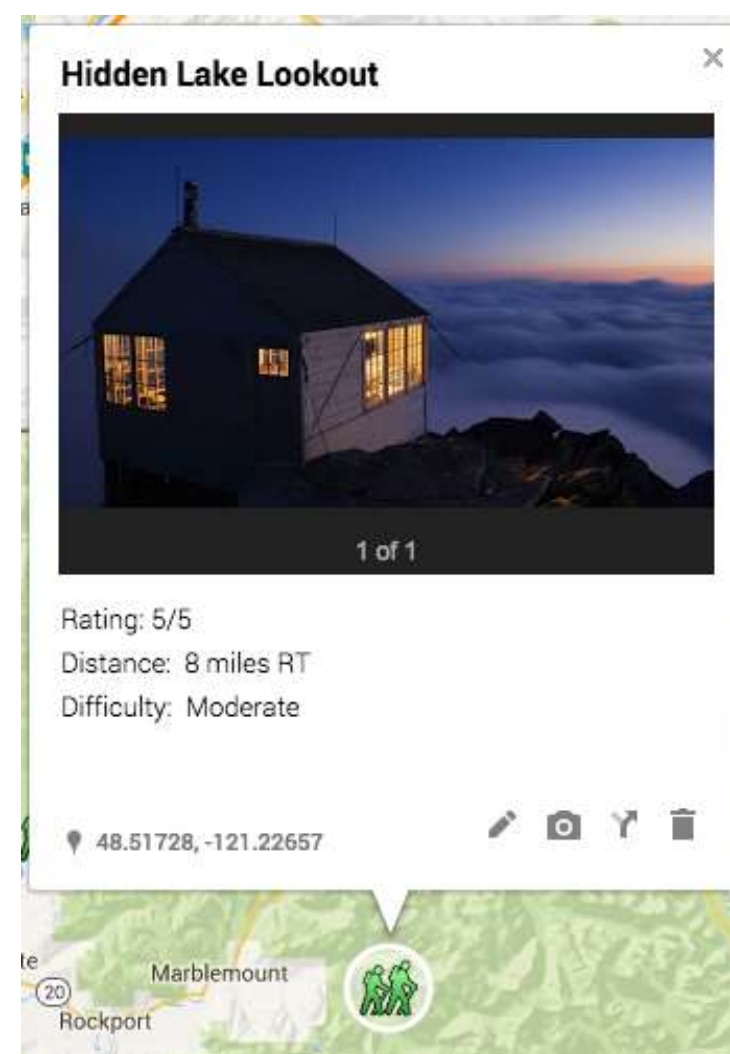
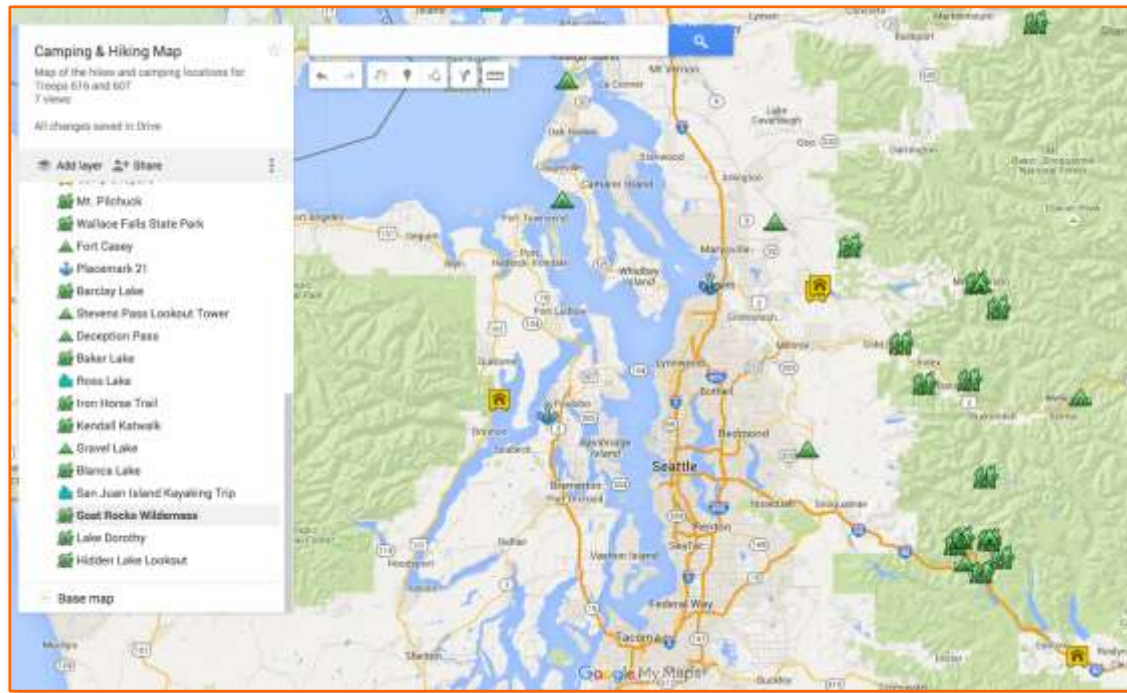
The screenshot shows the WTA website's 'Find a Hike' page. At the top is the WTA logo and navigation links: EVENTS, ABOUT US, Search Site, and Go. Below the navigation is a banner image of a mountain landscape. The main content area features a map of Washington state with numerous hike icons. To the right of the map is a sidebar with search filters and details for a specific hike, 'Umtanum Creek Canyon'. The sidebar includes a 'Search' button, a 'Details' tab, and a 'Results' section. The 'Details' section for 'Umtanum Creek Canyon' includes a description, a roundtrip distance of 6.5 miles, an elevation of 700.0 ft, and features like fall foliage and wildflowers. It also lists recent trip reports from September 2015 and June 2015. At the bottom of the sidebar is a 'DONATE' button.



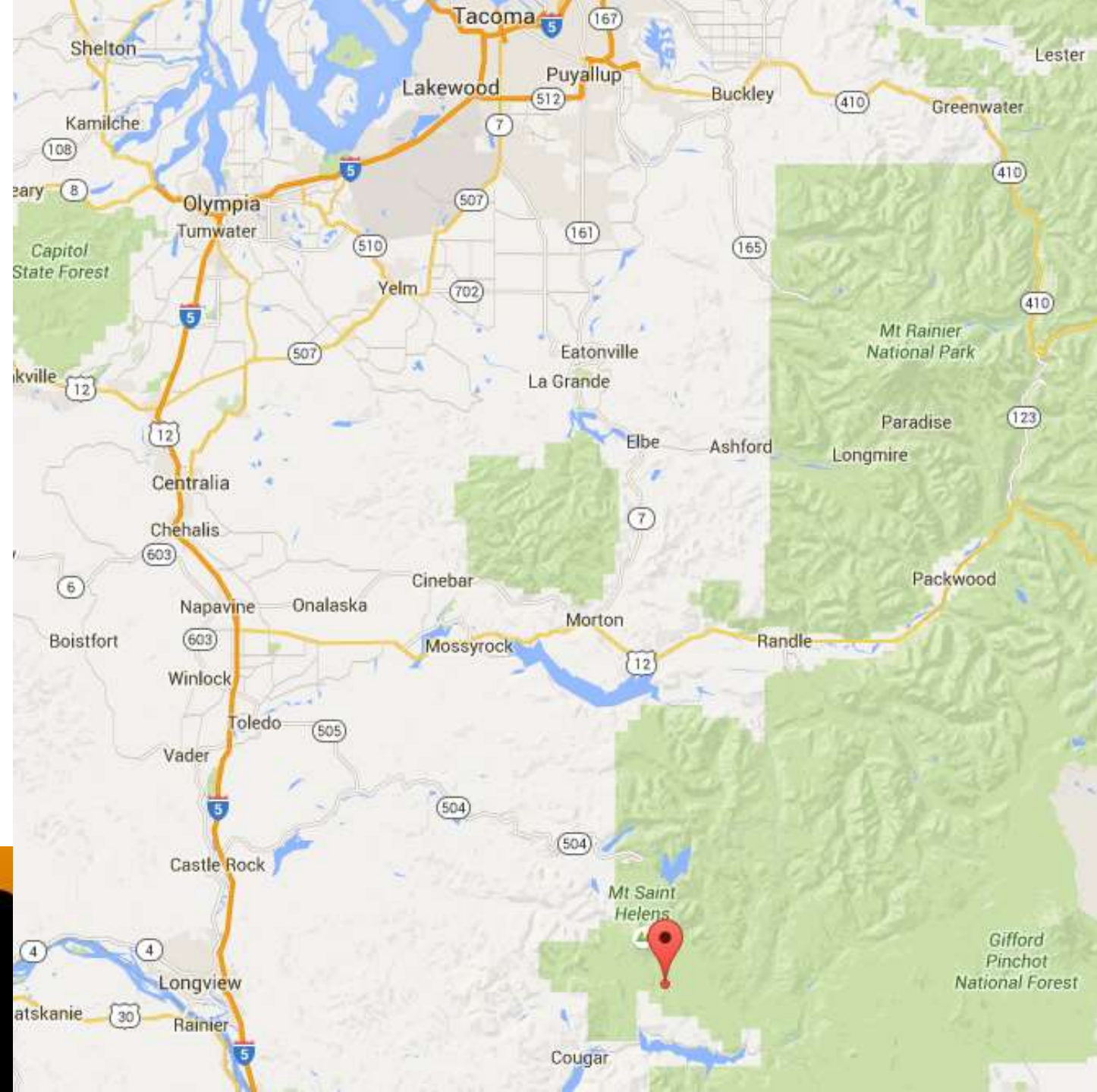


# Make your own map

[www.google.com/maps](http://www.google.com/maps)







e











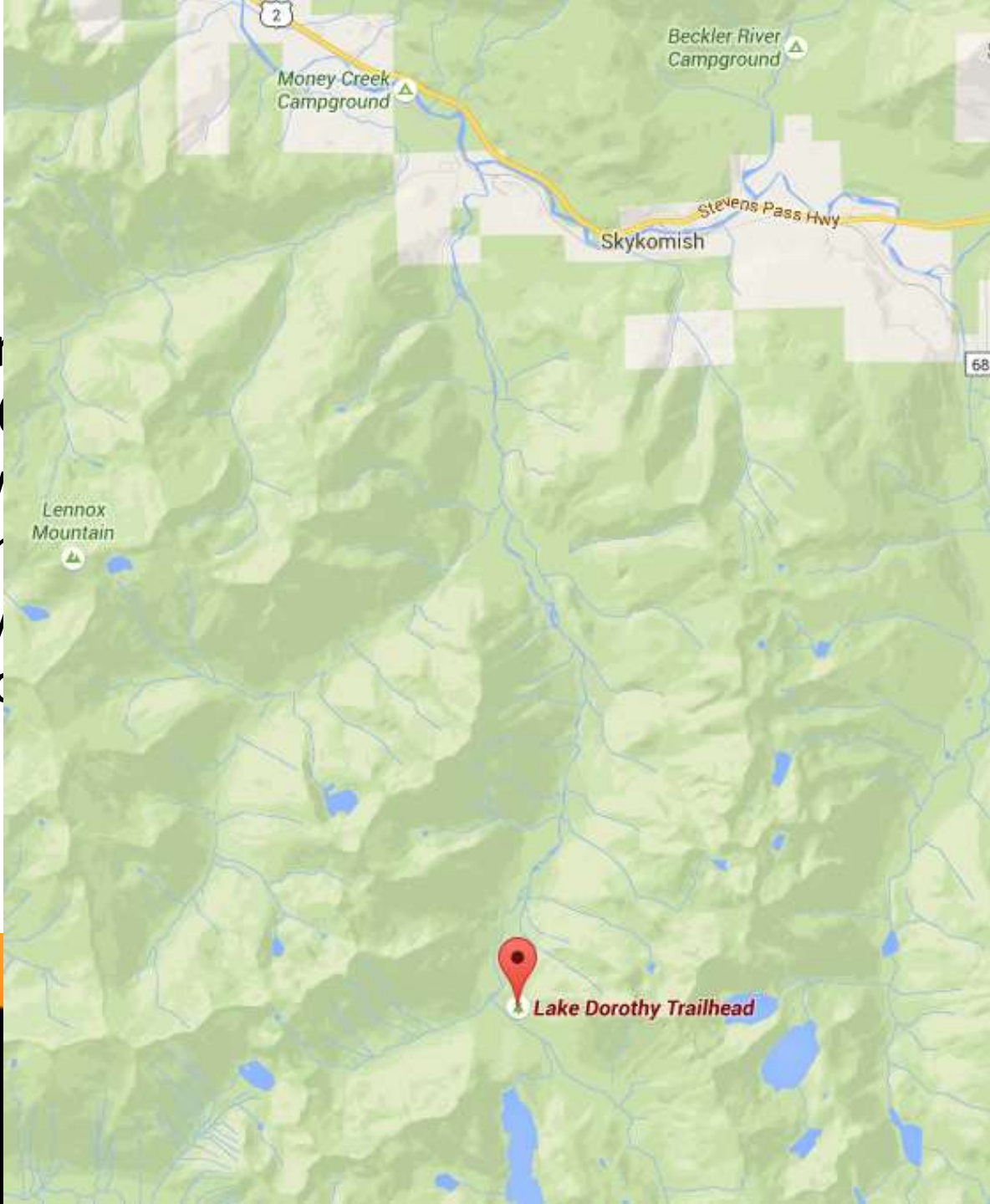






# More Adv Lakes

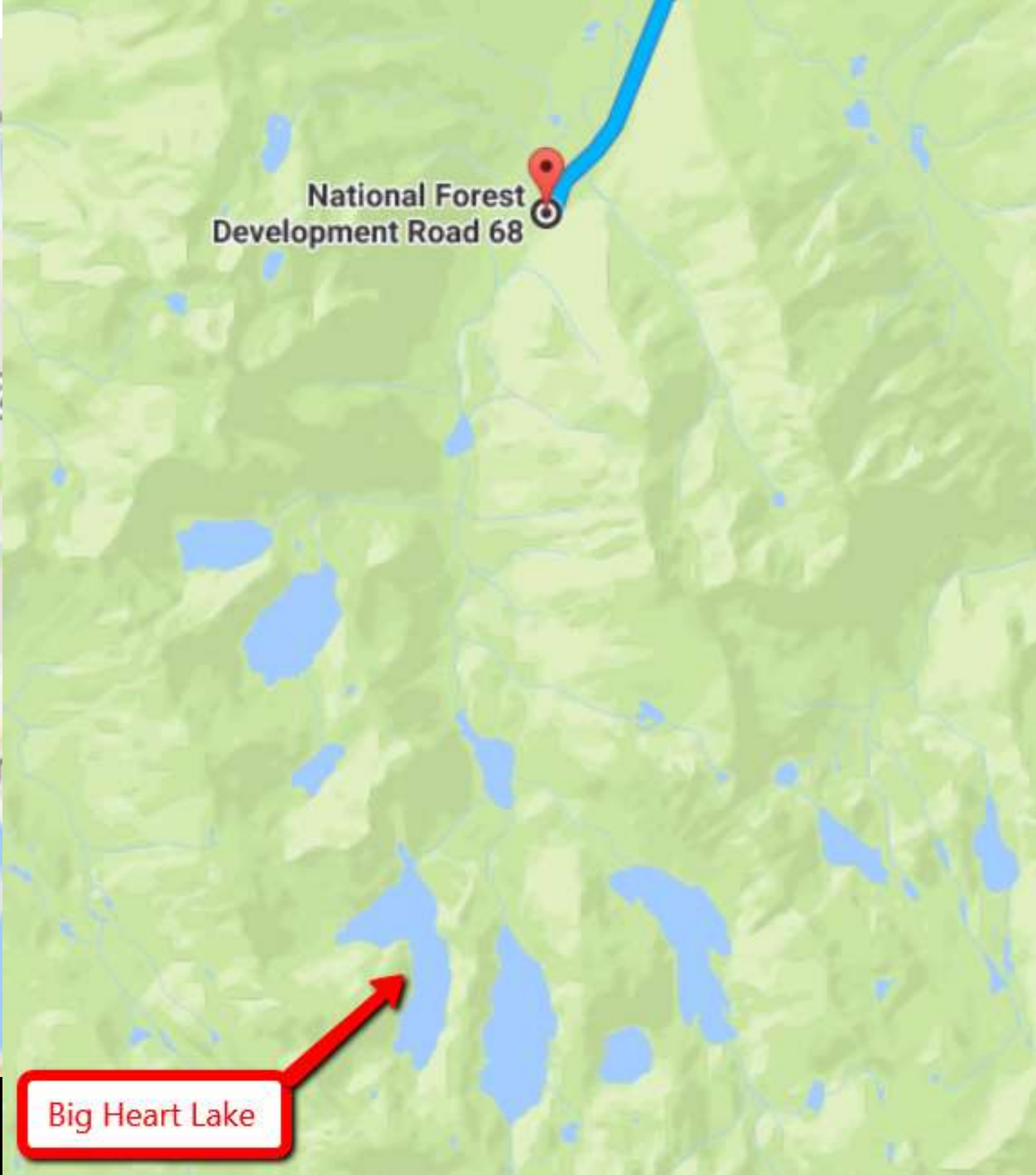
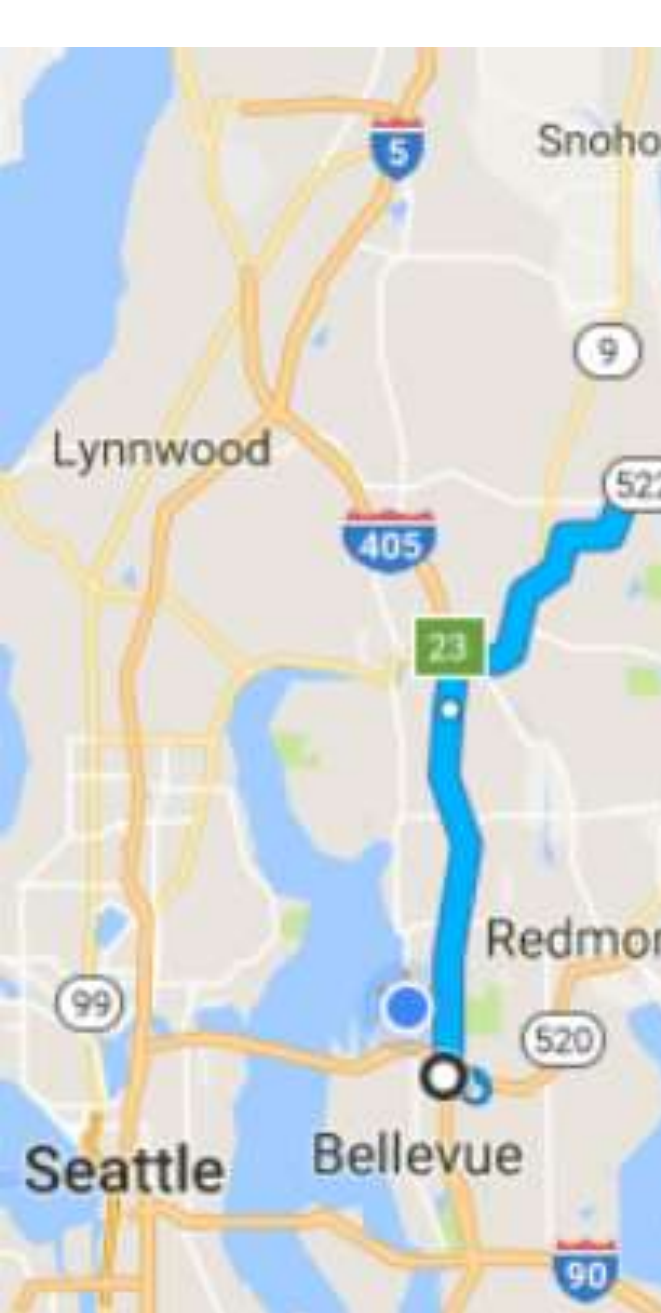
- Length: 7.5 on
- Elevation: +1,0
- Highlights: Two  
exciting stream
- Location: Hwy  
south of Skyko



# & Bear







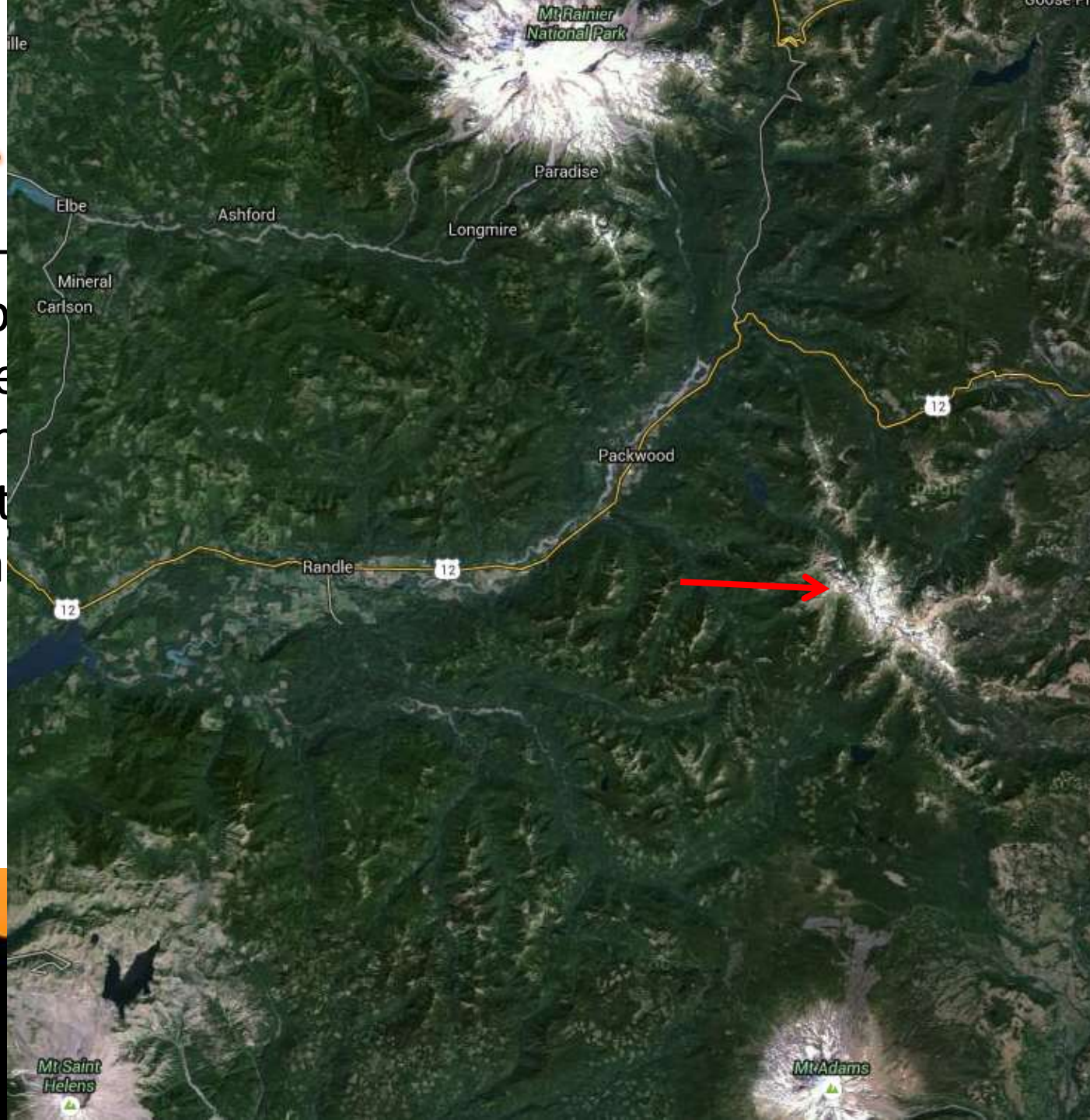
Big Heart Lake





# 50 Miler

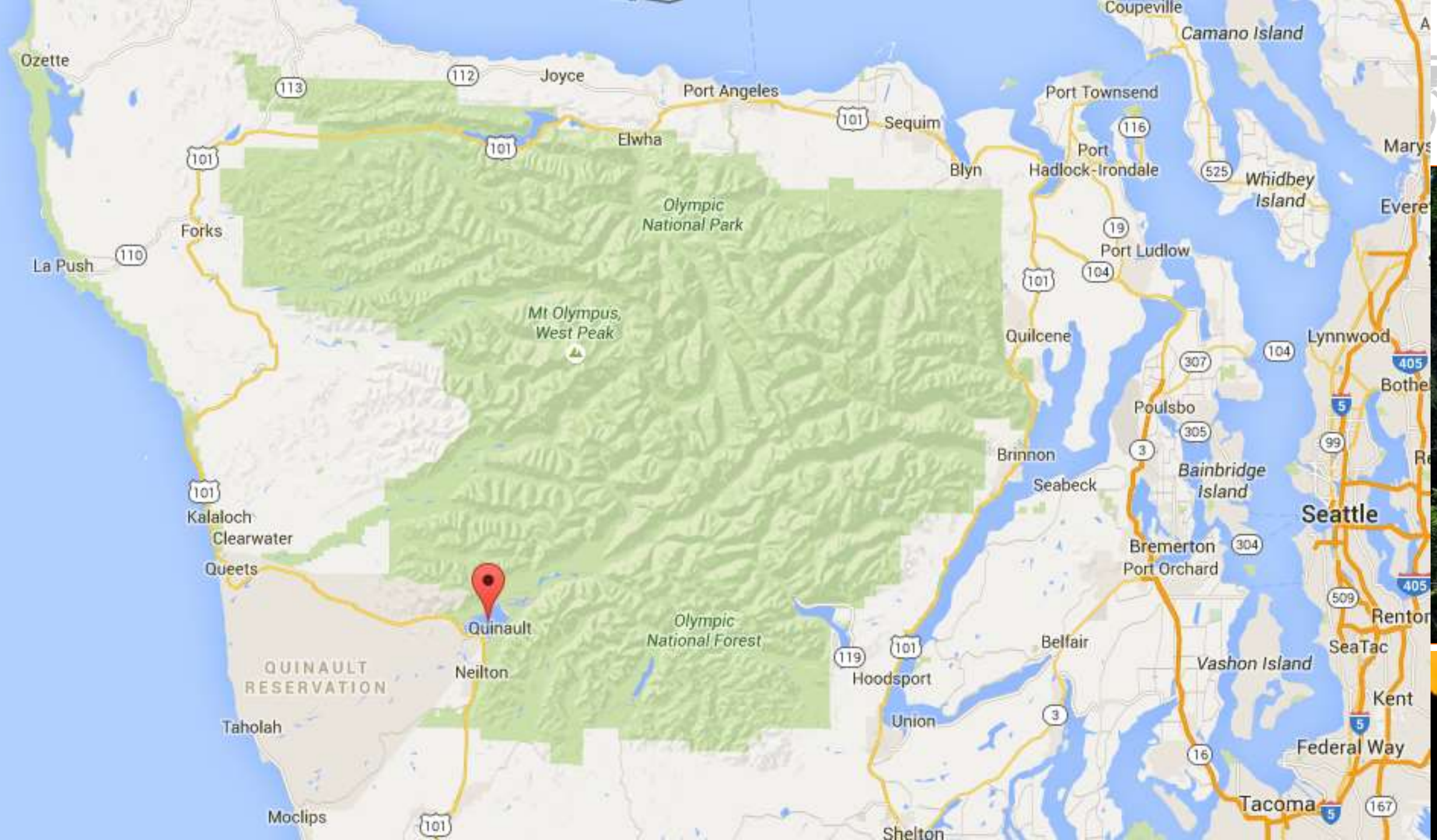
- Length: 24-50-
- Elevation: Dep
- Highlights: The amazing moun
- Location: Goat near White Pa



S



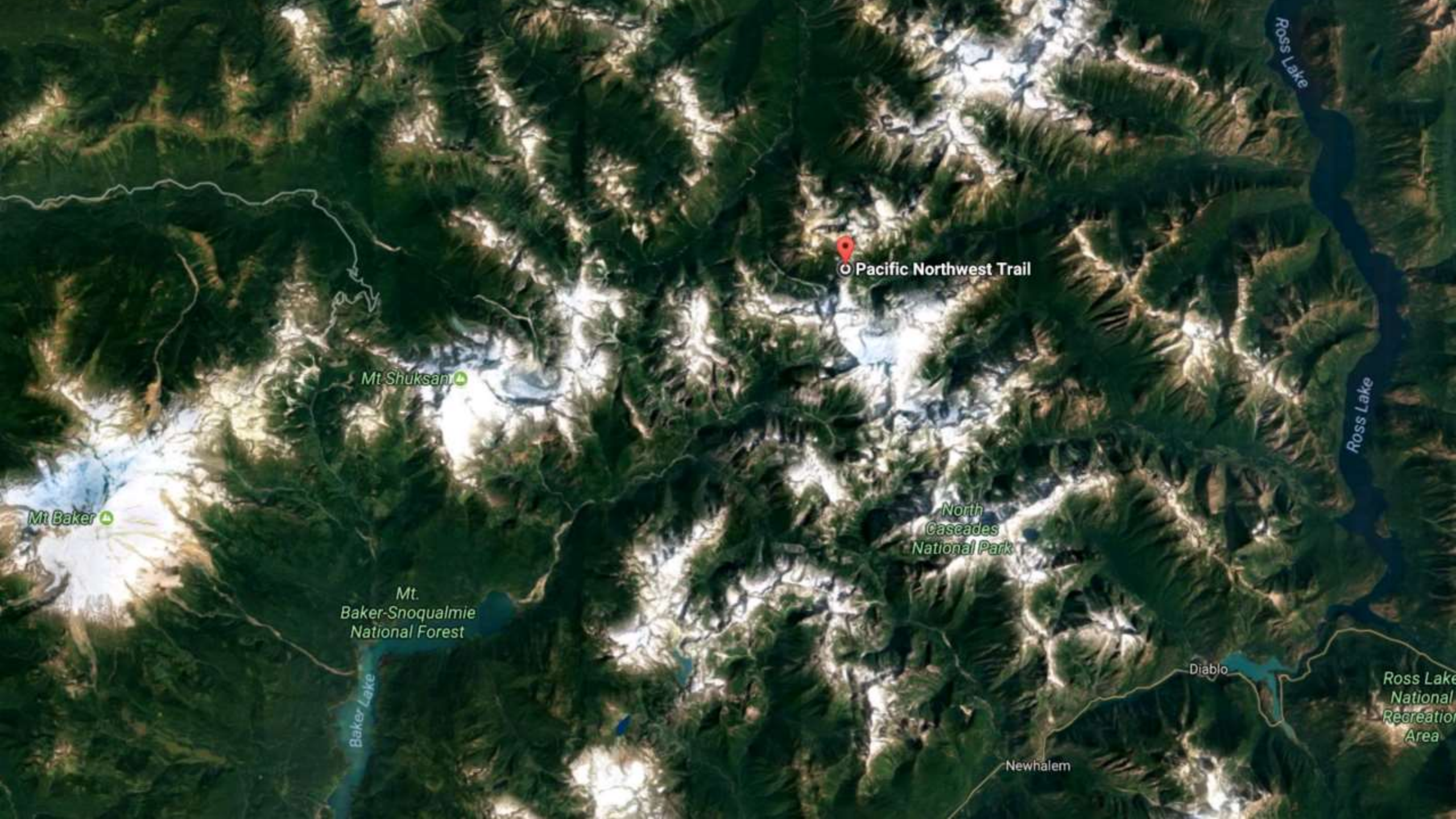












○ Pacific Northwest Trail

Mt Shuksan

Mt Baker

Mt.  
Baker-Snoqualmie  
National Forest

North  
Cascades  
National Park

Diablo

Newhalem

Ross Lake  
National  
Recreation  
Area





Plummer Mountain

Glacier Peak Wilderness

Dumbell Mountain

Chiwawa Mountain

Fortress Mountain

Helmet Butte

Google



# Backpacking

Course 119



*Instructor: Shane Watts, Troop 585*



# Appendix





# Backpack Recommendation #1

- Gossamer Gear - Mariposa

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

- Volume: 60 liters
- Weight: 2 lbs
- Recommended max load: 35 lbs
- Various torso and hip belt sizes
- Ingenious closure system
- Price: \$255





# Backpack Recommendation #2

- Ultralight Adventure Equipment (ULA) - *Circuit*  
[www.ula-equipment.com](http://www.ula-equipment.com)
- Volume: 68 liters
- Weight: 2 lbs 8 ounces
- Recommended max load: 35 lbs
- Various torso and hip belt sizes
- J- and S-curved shoulder straps
- Price: \$235







# Backpack Recommendation #3

- Osprey – *Exos 58*  
[www.ospreypacks.com](http://www.ospreypacks.com)
- Volume: 58 liters
- Weight: 2 lbs 10 ounces
- Recommended max load: 40 lbs
- Various torso and hip belt sizes
- 'Airspeed' suspension
- Price: \$219





# Sleeping Bag Recommendation #1

- REI – *Igneo*  
[www.rei.com](http://www.rei.com)
- Fill: WR 700-fill duck down
- Weight: 1 lbs 10 ounces
- EN Lower Limit Rating: 35 degrees
- Primaloft on bottom of bag
- Price: \$269





# Sleeping Bag Recommendation #2

## ○ Sea to Summit – *Spark SP II*

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

- Fill: WR 850-fill down
- Weight: 1 lb
- EN Lower Limit Rating: 35 degrees
- Half length zipper
- Price: \$379







# Sleeping Bag Recommendation #3

## ○ Enlightened Equipment – *Revelation 20*

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

- Fill: WR 850-fill down
- Weight: 1 lb 3 ounces
- EN Rating: 20 degrees
- Quilt attaches to your pad
- Price: \$255





# Sleeping Pad Recommendation #1

○ Therm-a-Rest - *NeoAir XLite*

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

- Type: Air
- Weight: 12 ounces
- R Value: 3.2
- Top of every “best” list
- Price: \$125



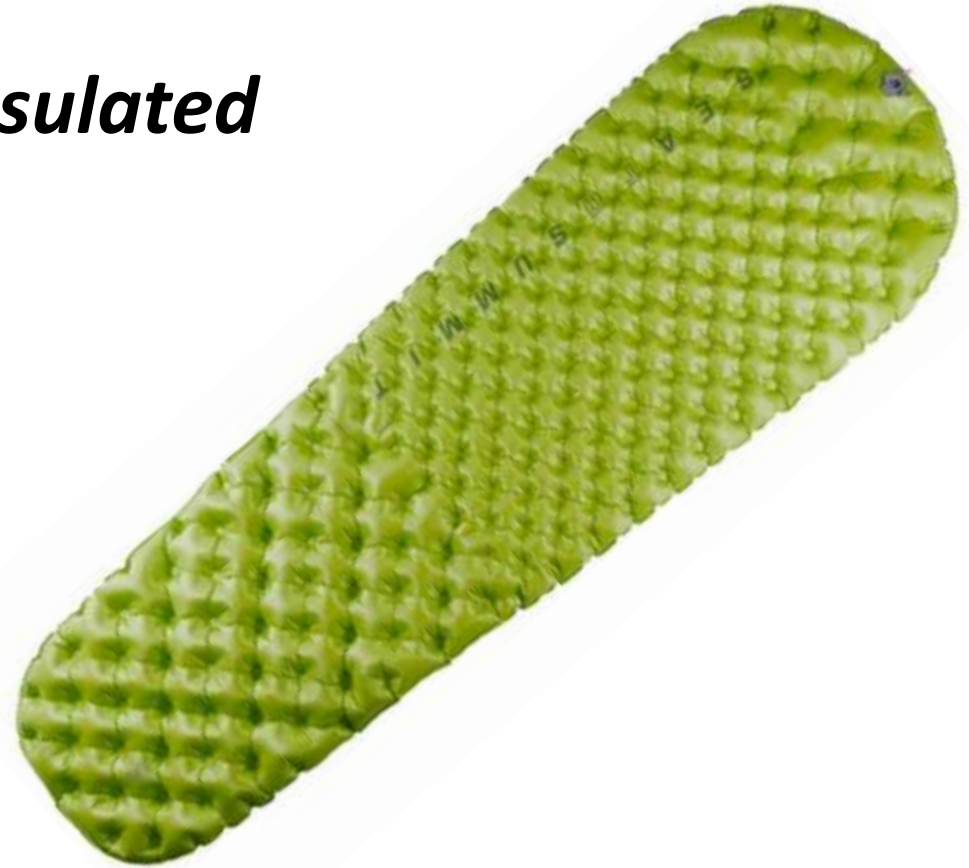


# Sleeping Pad Recommendation #2

## ○ Sea to Summit – *Comfort Light Insulated*

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

- Type: Air
- Weight: 1 lb 5 ounces
- R Value: 4.2
- Dual chamber, fast inflate/deflate
- Price: \$165





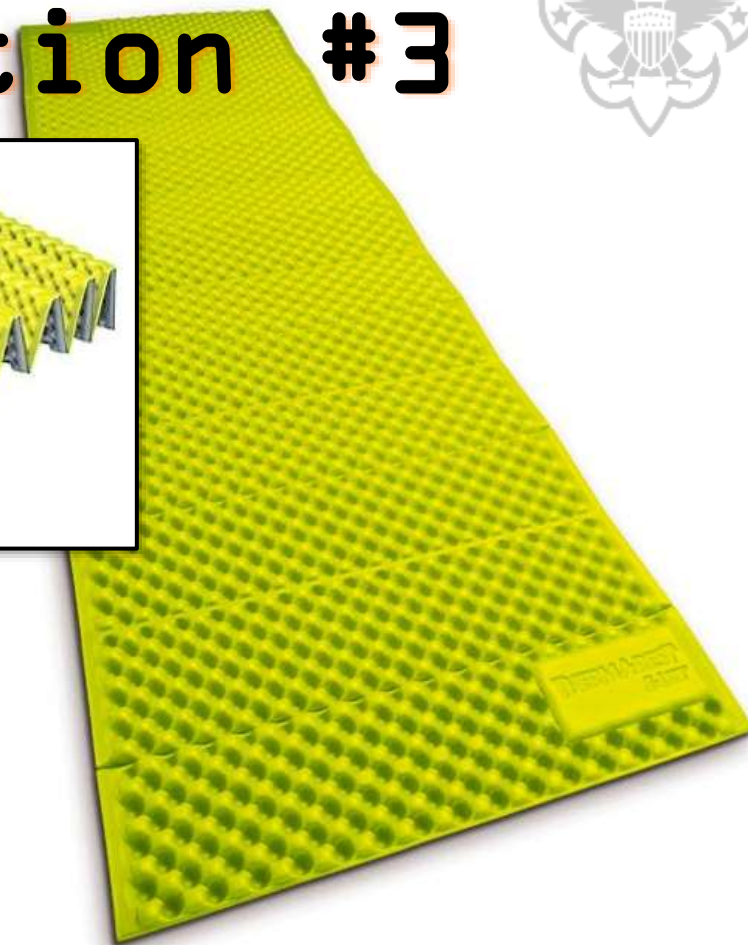
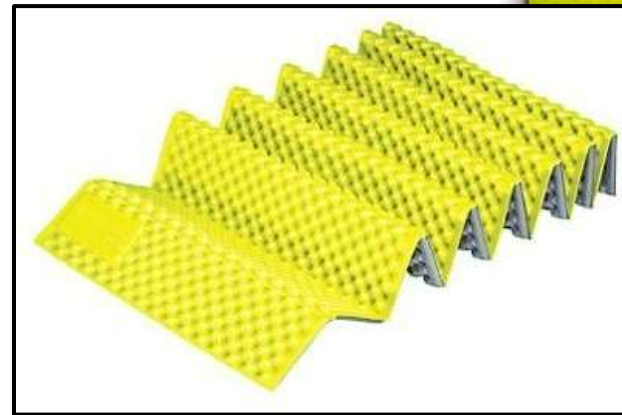


# Sleeping Pad Recommendation #3

- Therm-a-rest – Z-lite

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

- Type: Closed cell foam
- Weight: 14 ounces
- R Value: 2.6
- No leaks, bulky, flattens over time
- Price: \$35





# Tent Recommendation #1

- REI – *Half Dome 2*

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

- Sleeps: 2
- Packed Weight: 5 lbs 7 ounces
- Doors/Vestibules: 2/2
- Freestanding
- Also 2 Plus and 4 person models
- Price: \$219





# Tent Recommendation #2

- Marmot – *Limelight 3P*

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

- Sleeps: 3
- Packed Weight: 6 lbs 11 ounces
- Doors/Vestibules: 2/2
- Freestanding
- Near vertical walls on all sides
- Price: \$299







# Tent Recommendation #3

- Tarptent – *Cloudburst 3*  
[www.tarptent.com](http://www.tarptent.com)
- Sleeps: 3
- Packed Weight: 3 lbs 4 ounces
- Doors/Vestibules: 2/2
- Non-freestanding
- Super fast setup
- Price: \$369





# Top 3 Rain Shell Picks

## #1 Patagonia Torrentshell

12 ounces

\$129



## #2 Patagonia M10

11 ounces

\$279



## #3 Marmot PreCip

6.5 ounces

\$68

