

Backpacking 101

Caltech Alpine Club

Juliet Ryan-Davis

4/7/2021

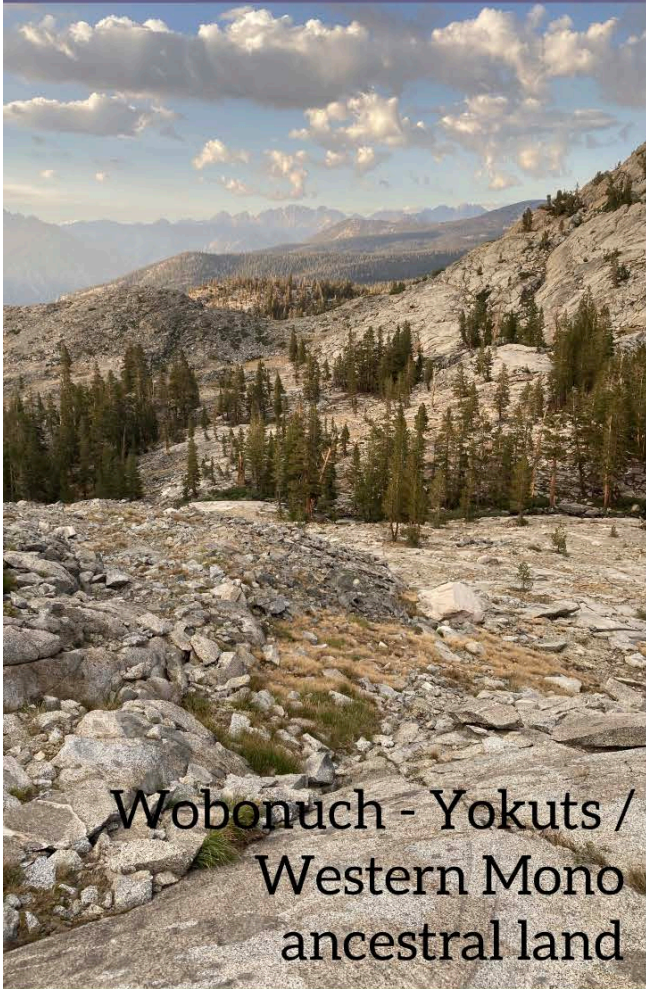
Tips!

Getting
Started

Why?



Why backpack?



Wobonuch - Yokuts /
Western Mono
ancestral land

Wellbeing

- Fresh air & water
- Exercise / movement
- Mental shifts!

Opportunities

- Friends!
- Jobs – Field work
- New views!

Challenges

- Planning & cooking!
- Destinations & goals
- Mental toughness

Recreation

- Flora & fauna
- Fishing/hunting
- other things: horse packing, swimming, mountaineering, stargazing...

Inspiration!

Video blog!

Inspiration for backpacking!



#iwokeuplikethis

Sauk-Suiattle
ancestral land



(#alpineswimming)

Western Mono
ancestral land

Friendship! Mental toughness! Recreation! Fieldwork!

Central Sierra
Miwok/Washoe/
Northern Paiute
ancestral land



Western Mono
ancestral land



Western Mono
ancestral land



...are we having fun yet?

oh, yeah... and for the end of the trip!



...ok, now we're having fun!

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Tips!

Getting
Started

Why?



Getting started backpacking:

Goals &
Destinations

Time of Year

Permits &
Regulations

Weather &
conditions

GEAR!



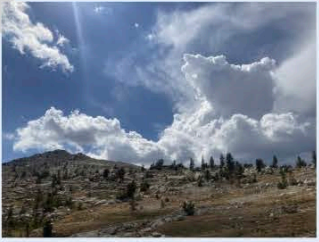
"It's pleasant down that way, too"
—Scarecrow, Wizard of Oz

Ethics &
Safety

FOOD!

"Training"

Pick a destination/goal/trip!



Western Mono ancestral land

A few things to consider:

- elevation
- difficulty
- distance
- duration
- access



A few resource ideas:

- friends (Caltech Alpine Club!)
- CalTopo (mapping)
- National Parks
- REI

What time of year to go?



Western
Mono
ancestral
land

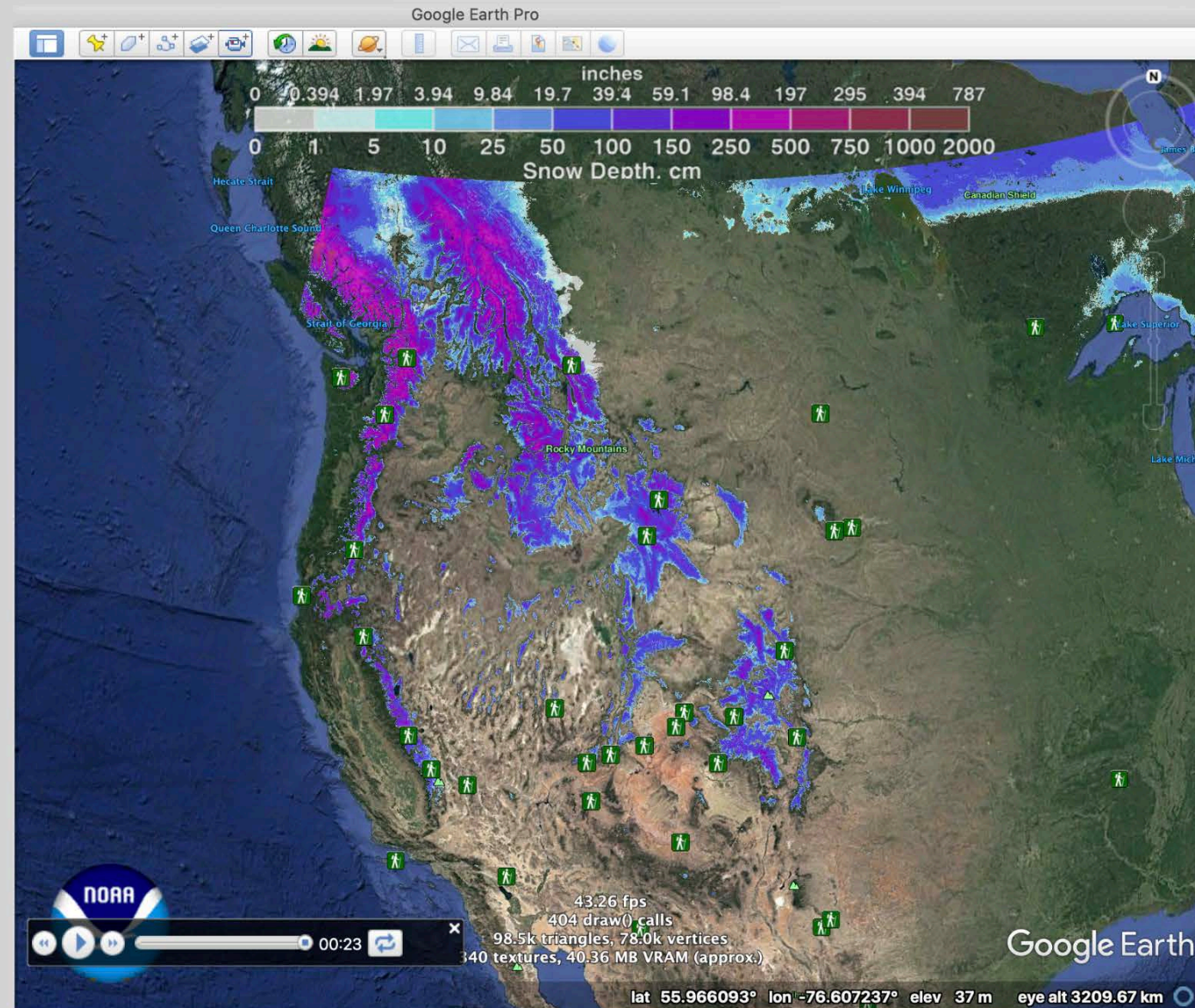


- your own schedule!
- snow cover
- access to water
- river crossings
- temperature
- forest fires
- weather
- road opening/closing
- park opening/closing



Shoshone, Bannock,
Blackfoot, Crow,
Flathead, Gros
Ventre, Nez Perce
ancestral land

<https://www.nohrsc.noaa.gov/earth/>



Daily snow cover data

Weather Research!

- Helps you choose a time of year to go
- Check the forecast/ conditions in advance!
- Plan your gear and trip details – backup plans!
- (*inReach device has backcountry weather forecast*)



Shasta
ancestral land

thunder hail!

Wilderness

- with a capital "W"
- permits, regulations & trailhead quotas

Campfires

- permits
- regulations

Food storage

- bear cans!
- requirements

Fishing / Hunting

Miscellaneous

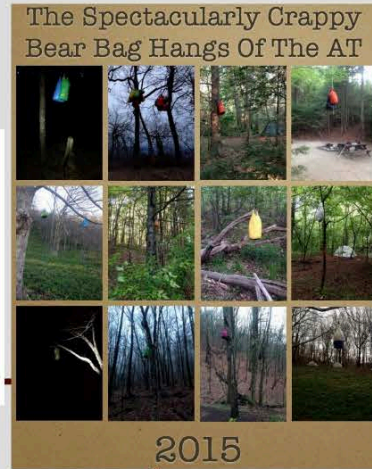
- National Parks
- trailhead parking

Permits & Regulations



Wilderness

- with a capital "W"
- permits, regulations, trailhead questions



Food storage

- bear cans!
- requirements

Miscellaneous

- National Parks
- trailhead parking

Permits & Regulations

Fishing / Hunting

Campfires

- permits
- regulations



The Spectacularly Crappy Bear Bag Hangs Of The AT

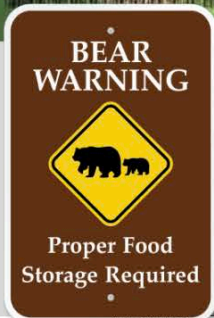
"W"



Storage

2015

Permits & Regulations



Yosemite National Park Wilderness Permit Reservation Application

1 Trip Planning [Reset Form](#) [Print Form](#) [Save Form](#) Permit ID # _____

Please see instructions page for detailed instructions and additional information before completing this form. In case your first choice is full, list alternative dates and/or trailheads, in order of preference. To clarify trailhead please list an intended first night's camp location in wilderness. For trailheads and trip planning information please visit <http://www.nps.gov/yose/playourvisit/backpacking.htm>

Choice	Entry Date	Entry Trailhead	1 st Night's Camp Location in Wilderness
1 st Choice	Entry Date	Entry Trailhead	
	Exit Date	Exit Trailhead	
2 nd Choice	Entry Date	Entry Trailhead	
	Exit Date	Exit Trailhead	
3 rd Choice	Entry Date	Entry Trailhead	
	Exit Date	Exit Trailhead	

Number of People: _____ Minimum Number of People Acceptable (if applicable): _____

Number of Stock Animals & Type: _____ Is this a guided or organized trip? YES If yes, write name of GUIDE SERVICE (e.g. Sierra Club) or ORGANIZATION (e.g. BSA) NO



The Sierra Nevada range contains one of the longest stretches of protected wilderness in the lower 48.

CALIFORNIA CAMPFIRE PERMIT

Visit the [CAL FIRE](#) page for more information on Campfire Permits.

Campfire Safety

Watch later

Share

CAMPFIRE TIPS

- GET A CAMPFIRE PERMIT
- CHECK LOCAL FIRE RESTRICTIONS
- CHOOSE A SAFE LOCATION
- CLEAR A MINIMUM OF 10 FEET AROUND YOUR FIRE
- HAVE A RESPONSIBLE ADULT IN ATTENDANCE
- EXTINGUISH YOUR FIRE WITH THE "DROWN, STIR & FEEL" METHOD

Watch on YouTube



(from Timberline Trails, without permission)

water

shelter

safety

GEAR!



POP QUIZ!

Western Mono
ancestral land

- water
- shelter
- safety
- hygiene
- cooking
- comfort

hygiene

cooking

comfort

water

shelter

safety

GEAR!



POP QUIZ!

Western Mono
ancestral land

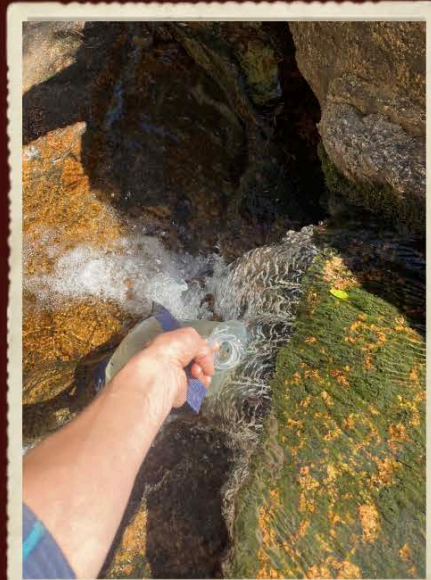
- water
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hygiene

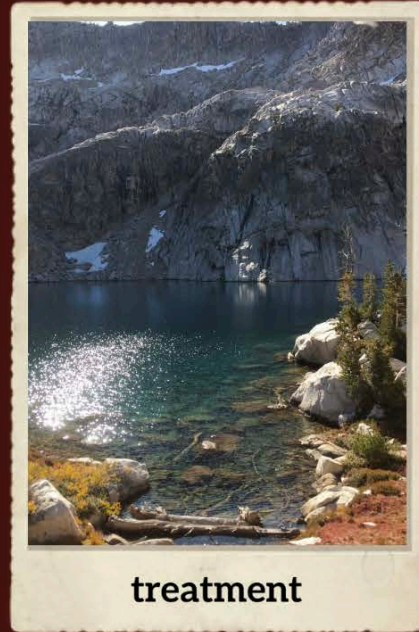
cooking

comfort

water



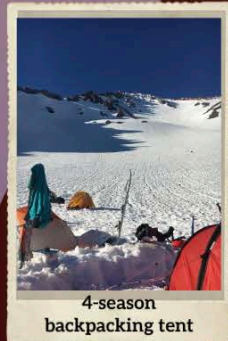
filters



treatment

Western Mono
ancestral land

Shelter



4-season
backpacking tent

Shasta
ancestral land



3-season
backpacking tent



bivy/tarp

sleeping out

Western Mono
ancestral land



safety

- preparation & planning
- first aid kit – DIY!
- rain gear & sun protection
- adequate / extra clothing
- map, compass, navigation
- whistle
- extra headlamp/batteries!
- matches/fire starter

- *GPS/satellite rescue beacon*
- *(bear spray)*



Eastern / Western
Mono ancestral land

hygiene

- bury waste 6" deep away from water and trail
- pack out your TP etc.
- keep hands & feet clean :) (sanitizer)
- biodegradable products
- **wash dishes/self away from water sources!**



Western Mono
ancestral land

Cooking essentials

- stove + gas + lighter
- pot for water
- (pan, etc.)
- utensil(s)
- cup/bowl
- knife
- towel/dish washing
- (coffee implements)
 - backup matches



Western Mono
ancestral land

Comfort



- Make sure your **backpack** fits
- Make sure your **boots** fit — break them in & bring good blister supplies!
- Bring adjustable layers!
- Wool, silk, synthetics (not cotton)
- "Ultralight" (Tent/Bag/Pack)



Big Sandy
Rancheria Tribe
and North Fork
Western Mono
ancestral land

Getting started backpacking:

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Ethics &
Safety

FOOD!

"Training"



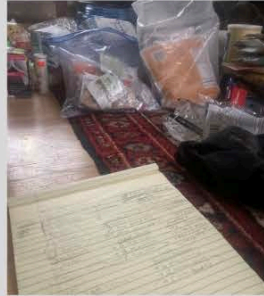
Sauk-Suiattle
ancestral land

"It's pleasant down that way, too"
—Scarecrow, Wizard of Oz

FOOD!

plan it out!

- packable
- (food storage)
- light
- high calorie value
- freeze dried meals
- SNACKS! (salty!)



Western
Mono
ancestral
land



"Training"

- **wilderness first aid / navigation** training is a great idea
- test out your gear first!
- pack your pack and put it on
- sleep at elevation (e.g., at trailhead campgrounds) before the trip



Central Sierra
Miwok / Northern
Paiute / Washoe
ancestral land

Ethics & Safety

- Leave No Trace
- Right of way
- Stay on trail
- Don't feed wildlife
 - Weather prepared
 - First Aid + whistle
 - Headlamp/batteries
 - (inReach/Spot etc.)



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Tips!

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Food and Gear
"show & tell"

Tips & Tricks

Ask the
Audience's
Advice!

"a 9 day trip
is kind of like
a 3 day trip"

—Me before a 9 day trip



Western Mono
ancestral land

Ask the Audience!



Western Mono
ancestral land



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