

# Backpacking Basics



**Grandad's Guide for Our Newest Backpackers**



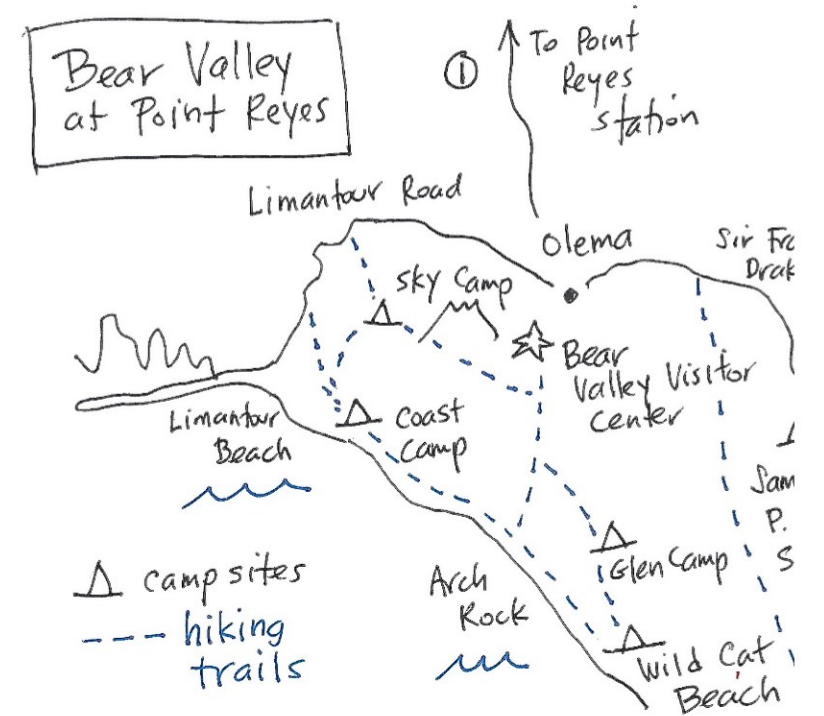
### Packing List

- ☐ Stove, 2 canisters fuel, pot, (3) water bottles, knife, fork spoons (3)
  
- ☐ 2 Tents, 3 sleeping bags, 3 sleeping pads, 3 head lamps
  
- ☐ Clothes
  - 1 long pants
  - 1 shorts
  - 4 under wear
  - 4 t-shirts
  - 2 long sleeve shirts
  - 1 heavy jacket
  - 1 flip flops
  - 4 hiking socks
  - 1 pair hiking boots
  - 1 hat



# A Family Tradition

Our family has a backpacking tradition from long ago when Nicole, Tamiko, Miya, and Jamie were little. In the summer before 6th grade, I'd take the recruit to Point Reyes. With supplies on our backs, we'd hike to the trees of Glen Camp, visit the beaches near Coast and Wildcat campgrounds. or pitch our tents at Sky Camp on the slopes of Mt. Wittenberg.





Backpacking provides a physical challenge as legs get longer and bodies get stronger. Kids get away from school routines and screens. They immerse themselves in nature, surrounded by tall trees, beautiful beaches, and wild creatures. On Miko's first trip, she was awakened by a covey of noisy quail. On another, a bobcat crossed our path. Recently, Nate witnessed a hawk hunting, a seal bobbing in the surf and deer grazing near our campsite. Each trip is an adventure, full of memories and stories to tell.

Now, Nate has continued our family's tradition. He's already taken two backpacking trips, blazing a trail for his younger siblings and cousins. Enclosed are back packing basics, a few lessons for our next generation as they walk into the wild.





# Equipment

Backpacking equipment is lighter than much of what we bring in cars for camping. For example, the two person tents we carry weigh less than 5 pounds.

Bring a warm sleeping bag even for summer trips to Pt. Reyes; it can be cold at night. I'd suggest a bag rated for 20 degrees. And a light-weight sleeping pad is a must to keep you off the cold, hard, ground.

The packs sold now have improved since the days we used aluminum framed packs. Nate needed an adult size, but you can buy youth backpacks fitted to your hiker.

The small backpacking stoves are extremely light, and one small propane cartridge can boil water up to 50 times.



# Food

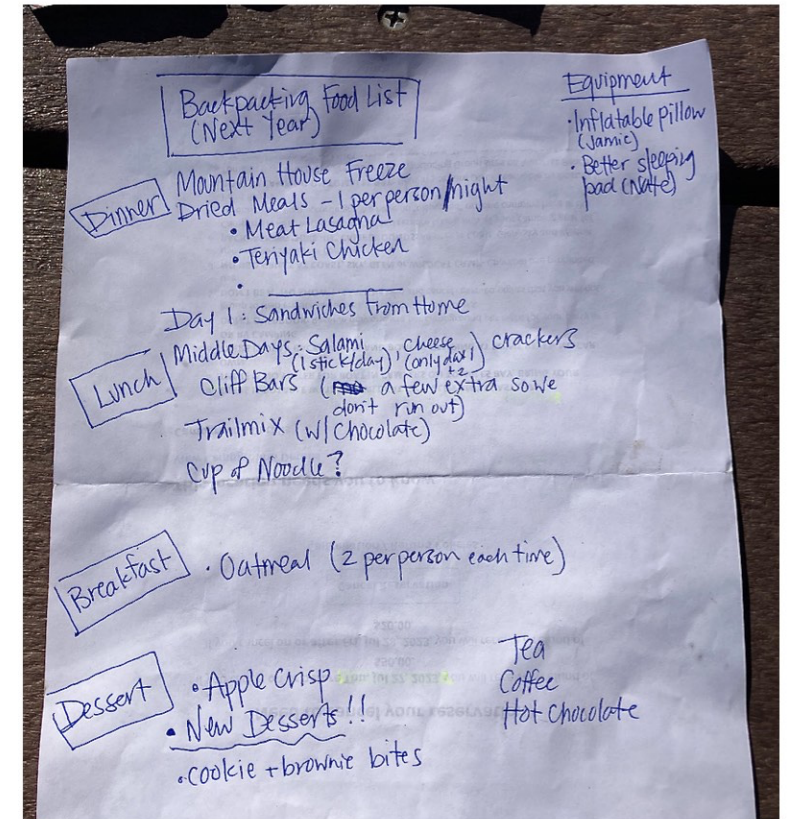


The food we bring is light, too. Last trip, we made oatmeal for breakfast and boiled water for coffee, tea and hot chocolate, too.

For lunch, we brought sandwiches from home on day one and ate salami, cheese, and crackers after that. Cliff bars and trail mix are great for snacks.

In the evening, we boiled water for freeze dried dinners. These were light to carry and easy to make.

Here are Jamie's suggestions for next year's backpacking menu.



# Clothing



Pack for cold nights and mornings and warm afternoons. The most important item is a good pair of hiking boots. Rob reminded Nate to break in his new boots with some hiking before he backpacked. Good advice. I made sure he had a clean pair of hiking socks for each day we were on the trail. Don't forget to pack moleskin in a first aid kit to apply to hot spots and blisters bothering you.



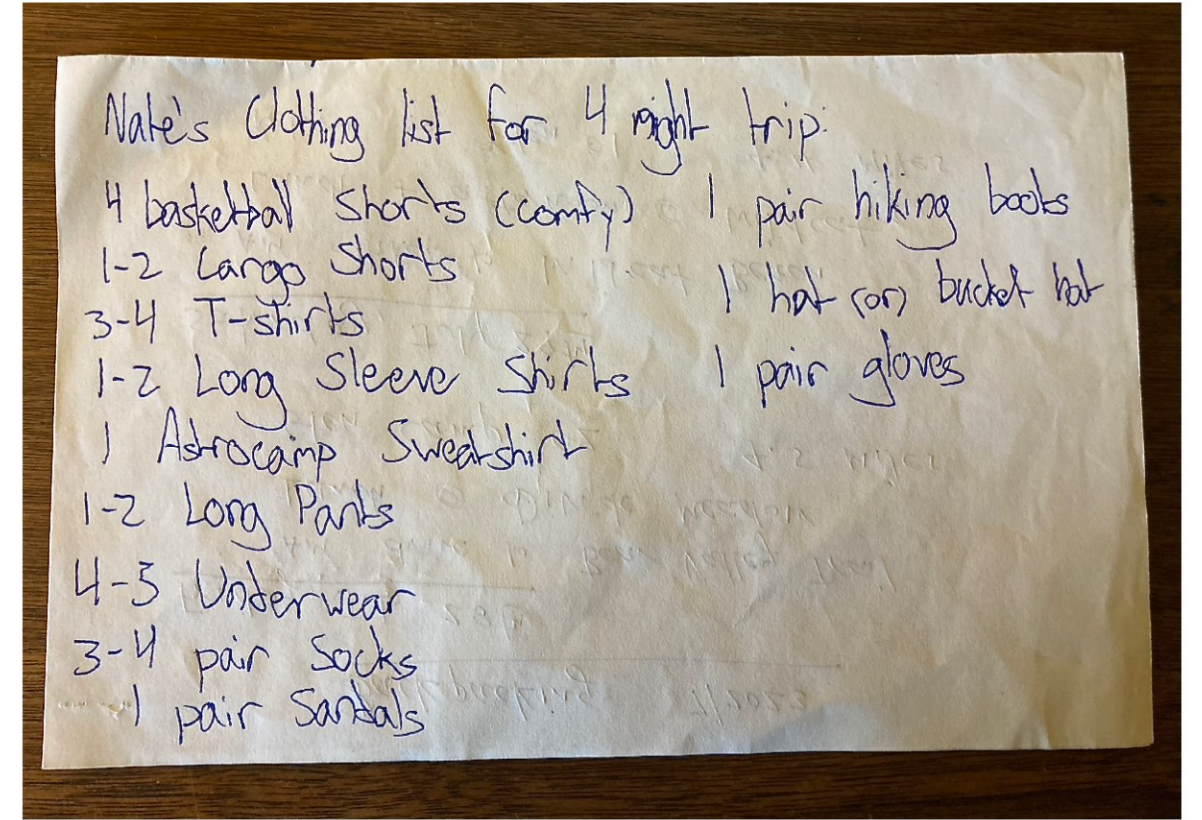
I packed socks and underwear for each day, but only brought one pair of hiking pants and hiking shorts. One day, Nate and I chose the comfort of hiking shorts, but Jamie made a smarter decision wearing hiking pants. They protected her legs on a trail with poison oak and stinging nettles.

Pack clothing for wearing layers including t-shirts, long sleeve shirts, and a warm jacket.

I like long underwear for the sleeping bag, and I wear socks and a knit hat on really cold nights. Don't forget a small lantern or headlamp for the night time.

Be sure to bring a light weight backpacking towel and a travel toothbrush and toothpaste.

Here is the clothing list Nate made for for a 4 night trip.



Nate's Clothing list for 4 night trip:

- 4 basketball shorts (comfy)
- 1 pair hiking boots
- 1-2 cargo shorts
- 1 hat (or) bucket hat
- 3-4 T-shirts
- 1 pair gloves
- 1-2 long sleeve shirts
- 1 Astrocamp sweatshirt
- 1-2 long pants
- 4-5 underwear
- 3-4 pair socks
- 1 pair sandals





# New Skills

Back packing is a chance to teach new skills from setting up camp to reading a map. Older kids learn to navigate trails, safely use a pocket knife and light a stove. Backpacking builds endurance and confidence. It is a summer adventure to anticipate. I had Nate design next year's trek. You can see from his plans below, he wants to be out for five days, staying at all four of the Pt. Reyes campsites.

Day 1: Car at Sky and Palomarin Parking.  
1.5 miles to Sky Camp

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Day 2: 4.5 mile hike from Sky to Coast.

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Day 3: 5.5 mile hike from Coast to Glen

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Day 4: 2.5 mile hike from Glen to Wildcat

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Day 5: 4.5 mile hike from Wildcat to Palomarin  
Parking Lot

# Fun



Be sure to build

downtime and fun into a strenuous day. After tough hikes, Nate loved going barefoot on the beaches near Coast and Wildcat campsites. In the afternoon we napped or read our books. Each trip we've brought games, most recently Code Names and Wordle. And backpacking is the best for encouraging the lost art of discussion.



# The Tradition Continues



Now, three generations of backpackers are setting out on the trail together. Our tradition continues.

Abby, Daisuke, Andrew, Emiko, Saya and Sachi, we can't wait to hit the trail with you!







# Backpacking Basics 2023