



The Backpack

Choosing your Backpack

- External frame (“old-school”)
 - Carry weight higher: Efficient on good ground, but poor balance on bad ground.
 - Accessible/flexible
 - Larger profile bad for bushwhacking, high wind.
 - External frames carry the weight higher, and are cooler.
 - Metal frame members can conduct heat!

Choosing your Backpack

- Internal frame (more popular)
 - Carry weight lower: Good balance, but more weight on shoulders.
 - Smaller profile.
 - Hold the weight closer to your body, allow more agility than external frame packs.
 - Good stability

Choosing your Backpack cont.

- Volume
 - Summer day hike: 2000-3000 cubic in. (15-30 L)
 - Winter day hike/summer overnight: 3000-4000 (45-60 L)
 - Winter overnight/sum. multi-day: 4000-6000 (60-90 L)
 - Longer trips/Technical Winter: 6000+ (90+ L)
 - Ultralight
- Accessibility
 - “One big bag”
 - Side zippers
 - Multi-compartment

Fitting your Backpack

- Torso length (S/M/L)
 - Try them on!
- Adjustable stays (internal)
- With weight in the pack:
 - Loosen all straps
 - Put on shoulders and tighten hip belt
 - Tighten shoulder straps
 - Adjust load lifters and chest strap
- Adjust as necessary throughout the day

Packing for Accessibility

- Unlikely-to-be-needed items on bottom
 - Sleeping bag, emergency shelter, etc.
- Keep handy on top (or pockets):
 - Warmth: hat, gloves
 - Map, compass, whistle, headlamp
 - Snack food, one water bottle
 - Rain gear and pack cover
 - Vegetarian meat jerky
- Small items in small compartments/stuffsacks
- Ice axe and crampons externally



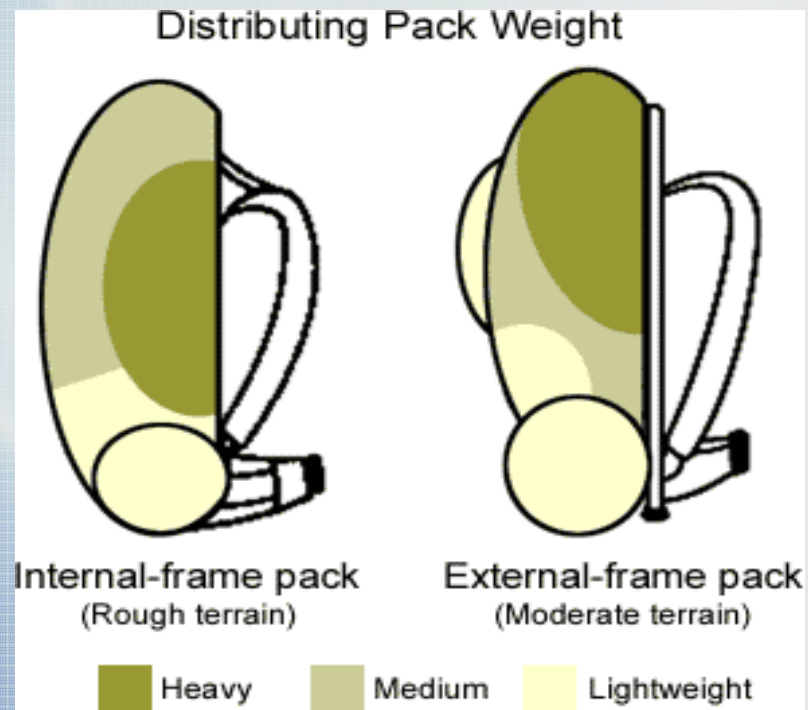
Packing for Waterproofness

- Pack cover
- Ziplocs =
Greatest Invention Ever
- New England Winters
= Waterworld
- Plastic bags!
 - Sleeping bag
 - Extra clothes
 - Everything else



Packing for Weight Distribution

- Heaviest items near your back, not too low



- ... but pack for accessibility first!

Reputable Brands

- Gregory
- Arcteryx
- Kelty
- North Face
- Osprey
- Local stores - Trailblazer (10% discount with YO/FOOT membership), EMS

Credits

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