

## Leave No Trace

### **Camp on durable surfaces:**

Camp where someone else has previously camped. If you make a new camp site, you will squish native vegetation. Your campsite needs to be 100 feet from water (lakes, rivers, streams).

**Pack out you trash:** Bring a plastic bag to put your trash in. Human waste goes in an out house or a cat hole (see *No Services?*).

**Stay on the trail:** This avoids the trampling of plants and erosion. Also, if you go off trail you may get lost.

**Respect wild life:** Don't touch animals or their nests. Do not pick flowers or other plants.

**Leave nature as you find it:** Don't take anything you find home including rocks, seeds, wood, pine cones, etc.

**Respect other visitors:** Keep the noise level down. Don't camp right next to someone else.

## No Services?

**Purify your water.** All water must be purified before drinking or cooking.

Options include:

1. Use a portable water filter
2. Use chemical tablets (i.e. iodine)
3. Boil water – Remember to bring extra fuel

### **Disposing of Human Waste:**

1. Dig a hole six inches deep that is 200 feet from water – don't forget a trowel. Biodegradable toilet paper can be buried, everything else must be carried out (feminine hygiene items).
2. If there is not enough soil to dig a hole, for example, when climbing a granite mountain, everything must be carried out.

**Storing Food:** Food and anything that smells like food must be stored in a bear proof canister. Even if there are no bears make sure your food is in a rodent proof container. Never store food in your tent.

# Primitive Camping

Primitive camping: Camping away from your vehicles, having to carry your supplies a distance.



## How to Pack Your Backpack

First things first, find a comfortable backpack that fits. It should be big enough to carry all your stuff, but not so big that you cannot carry it.

Put the heavy items near the bottom and next to your back. Lighter things can be higher and/or further from your back.

Things that you might need during the day should be on the top or in an outside pocket. These include water, jacket, lunch, snacks, bandana, map, hiking permit, and first aid kit.

Make sure your pack is balanced, with equal weight on each side.

Clothes and food should be in water proof sealed bags (i.e., Ziploc bags). You can also have a water proof cover for your backpack.

### Pack By Weight

#### A. Medium Gear

Items also needed frequently.

#### B. Heaviest Gear

Tent, camping supplies, electronics.

#### C. Lighter Gear

Towels and lightweight clothing.

#### D. Light Gear

Sleeping bags, coats and less frequently accessed supplies.



## Food Choices/Cooking Utensils

You must carry all for your food. So, choose light weight, dehydrated food. Examples include:

**Ready to Eat Food:** Energy bars, dried fruit, beef jerky, cheese, nuts, crackers, summer sausage, M&M's, bagels, peanut butter, hard candies, granola

**Just Add Water Food:** Backpacking meals, instant oatmeal, hot chocolate/coffee/tea, ramen noodles, instant soup, mac and cheese

Minimize packaging! You must carry everything in and out

Take a small, lightweight cooking stove with fuel (many places you cannot have a fire). Take an aluminum pot for cooking in. Plan meals that only need one pot. You can eat right out of the pot, so you don't need plates.



## What to Pack

When going primitive camping, pack layers that can be adjusted to match the weather. To minimize weight, take as little clothing as possible. It is OKAY to wear the same clothes for the whole trip. The clothes should be quick drying; polypropylene, nylon, or wool. NO cotton.

**Inside Layer:** undergarments, long underwear, sock liners

**Middle Layer:** T-shirt, long sleeve shirt, fleece, pants, shorts, hat gloves, wool socks – you need one of each thing, you never know what the weather will be like.

**Outer Layer:** waterproof (Gortex or similar) jacket, pants, and hat.

**Other Supplies:** backpacking tent, mummy sleeping bag, compact sleeping pad, travel size toothpaste, Biodegradable soap, camp towel (optional), (you do not need shampoo, conditioner, bar soap, deodorant, hair gel, etc.).

