

**Video**

**Appalachian Trail, Northern Massachusetts  
- 2016 Inner Backpacker series**

**AMC**

The AMC logo is a large, light green graphic on the right side of the page. It features a stylized mountain range with a prominent peak on the left and a smaller peak on the right. A large, dark green silhouette of a tree is positioned in front of the mountains. The letters 'AMC' are printed in a bold, sans-serif font across the middle of the mountain range.

# Introduction to Backpacking

Worcester Chapter



# Welcome!

- Facility
- Who the heck is teaching this stuff, anyway?
- What are you looking to get out of this workshop?
- Why is it a good thing that you're here?



# AGENDA (8am-5pm)

- Preparation for Backpacking
- Setting Up Camp Scenario
- Camping Equipment
  - Gear Breakout
- Leave No Trace (LNT)
- Emergency/Medical Info
- Cooking Equipment
  - Gear Breakout
- Clothing, Other Gear
  - Gear Breakout
- Hiking the AT
- Upcoming Hikes/Wrap Up/Questions



And now a word from  
a graduate...

**Bill Grant**



# Prepare for Backpacking

Jose Schroen



# Preparation for Backpacking

- You will carry all your gear
  - Ultra-lite under 25 lb
  - Light 25-30 lb
  - Regular 30+ lb
- You cover many miles and climb many hills
  - Short trips 1-5 miles a day
  - Long trips 8-20 miles a day
- Start easy and work your way up



# Preparation for Backpacking: Fitness

- A good level of fitness is essential for injury prevention and trip enjoyment
- Start with:
  - Add strength training to your cardio
  - Can be as easy as hiking with additional weight
  - Helps to make sure your pack is comfortable
- Good exercises at the gym:
  - Lunges, squats, burpees
  - Multi-muscle-group arm exercises
  - Walk using incline on treadmill >5%





# Preparation for Backpacking: Skills

- Map & Compass
- Backcountry cooking
- Learn from friends and AMC groups
- First aid – outside the Golden Hour



# Preparation for Backpacking: Risk Management

- Check for trail closings, reroutes, alternate routes
- Identify bail out options in case something goes wrong
- Leave detailed plans with someone who can start emergency procedures if you get into trouble



# Environment Assessment & Setting up Camp

Chris Fogarty



# Where to go Backpacking

- Mid-State Trail (some)
- Tully Trail
- New England Trail (aka M&M Trail)
- Monadnock-Sunapee Trail (SW-NH)
- Appalachian Trail (CT, MA, VT, NH, ME)
- Berkshires (Mt. Greylock, Taconic Crest Trail)
- Long Trail (VT)
- White Mountain National Forest (NH, ME)
  - Pemigewasett Wilderness
  - Wild River Wilderness Area



# Environmental Assessment

The backpacking trip starts before you leave...

- Weather
- Water availability
- Wildlife
- Sun & Moon
- Sun Protection
- Insects
- Navigation
- Remoteness
- Trail Conditions



# Choose a Camp Site: Main Goals

- Don't disturb the environment
- Pick a safe site
- Anatomy of a camp site
- Handling water
- Dealing with human waste



# Choose a Camp Site: The Environment

- Research options ahead of time
- Use existing campsites and shelters
- If you have to choose your own site

**Note:** Many trails prohibit stealth camping – know the rules.



# Choose a *Safe* Camp Site

- Flat area
- Check for rocks
- No over hanging branches
- Look for signs of running water
- Avoid swift running water that might flood
- Animal signs?
- Water source near by?
- Existing latrine?





# Anatomy of a Camp Site

- Tent location
- Make yourself comfortable
- Backpack
- Cooking area & washing dishes
- Campfire
- Tarps
- Keep animals away



# Choose a Camp Site: Water

- Purify all water
- Running water works best
- Be prepared for low water levels
- Personal hygiene



# Choose a Camp Site: Washing Dishes

- No detergents or soap are safe for the backcountry
- Illness from contaminated dishes is a major cause of backcountry illness
- Cooking with little cleanup is best
  - Zip-lock bag cooking
- If you do dishes:
  - Use as little water as possible
  - Pack out your scraps
  - Dispose of grey water away from water sources

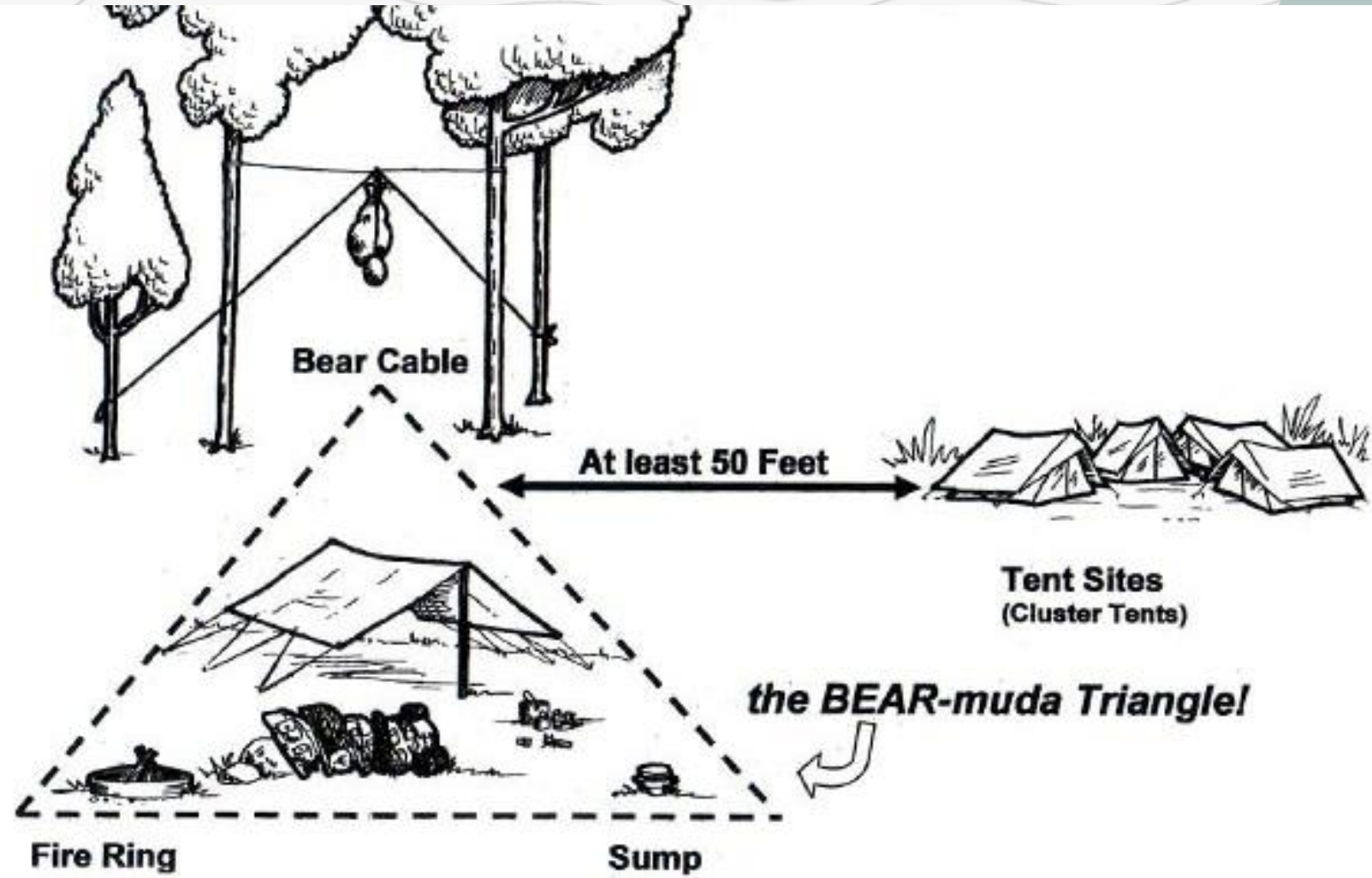


# Choose a Camp Site: Human Waste

- Many back country sites have been lost because they became bio-hazards
- Use outhouses where possible
- Someone has to clean them, so don't put anything but human waste and toilet paper in them
- If there is no outhouse....dig, poop, stick
  - How to “poop in the woods”
  - No bowel movements = BAD

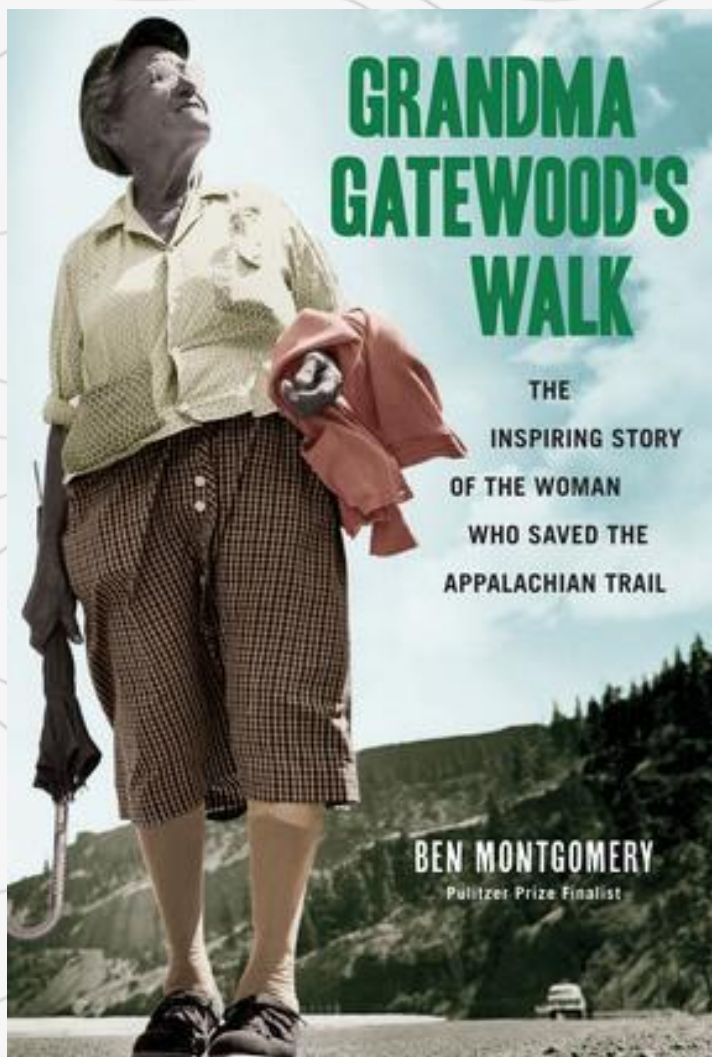


# Bear-muda Triangle



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**Before we talk about  
all the shiny stuff...**



# 15 Minute Break



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ment

# Camping Equipment

Chris Fogarty





# Camping Equipment: The big stuff

- Backpack
  - There are different sizes? (Capacity)
  - There are different sizes? (Fit)
  - Try before you buy, with weight!
- Shelter
  - Tent body
  - Rain fly
  - Ground cloth – do I really need one?
- Sleeping bag/sleeping pad/bag liner
- Bear bag
- Space blanket – for emergencies
- Clothing for all weather, especially WET (more later)

**But how do I keep all this stuff dry?**



# Camping Equipment: The little stuff

- Map
- Compass
- Trail map
- Pocket knife
- Whistle
- Headlamp
- Matches/Fire starter
- First Aid Kit
- Toilet Paper
- Cat hole shovel/trowel (LNT)



# “Oh Crap!” Kit (aside from First Aid)

- Boot laces
- Duct tape
- Water purification tabs
- Spare bandana
- Zip ties
- Extra batteries
- Repair kit (sleeping pad, others)
- Hunter’s hot packs (seasonal)
- Spare Ziplock bags



# Camping Equipment – The “other” stuff

- Dining fly/tarp for cook area cover in bad weather
- Hiking poles
- Camera
- Sunscreen/Sunglasses
- Insect Repellant
- Pencil/paper
- Cell phone – airplane mode if using as camera
- Backup battery/charger - if using phone as camera
- Bandana
- Chapstick
- Hand sanitizer

## **Personal effects:**

ID/license  
Printed list of meds  
Insurance card  
Money  
Contact #'s  
Car keys  
AAA card (leave in car)

The logo for AMC (American Mountain Club) is displayed in a light teal color. It features the letters 'AMC' in a bold, sans-serif font, positioned within a stylized circular emblem that resembles a mountain range or a compass rose.

# GEAR BREAKOUT!

- Backpacks
- Shelters
- Poles
- Sleeping Systems



# Leave No Trace

(LNT)

Kim Beauchemin





**YOUR CONNECTION  
TO THE OUTDOORS**



**Leave  
No  
Trace™**

**Center for Outdoor Ethics | LNT.org**

# Conservation: Core to our Mission

*Founded in 1876, the Appalachian Mountain Club promotes the protection, enjoyment, and understanding of the mountains, forests, waters, and trails of America's Northeast and Mid-Atlantic regions.*

*We believe these resources have intrinsic worth and also provide recreational opportunities, spiritual renewal, and ecological and economic health for the region. Because successful conservation depends on active engagement with the outdoors, we encourage people to experience, learn about, and appreciate the natural world.*





# 7 Principles of LNT

1. Plan Ahead / Know Before You Go
2. Travel and Camp on Durable Surfaces.
3. Dispose of Waste Properly
4. Leave What You Find
5. Be Careful of fires
6. Respect Wildlife
7. Be Kind and Respectful of Others



Learn More @ [LNT.org](http://LNT.org)



**LUNCH!**



AMC

# Emergencies and Medical Info

Chris Fogarty



# Emergencies and Medical

In spite of the most careful planning, bad things do sometimes happen.

- The leader must be in charge!
- Be upfront about medical conditions before the hike
- Be prepared
- Most common injuries:
  - Blisters
  - Ankle/knee sprains
  - Scrapes and blood
  - Dehydration/exhaustion/hypothermia



# Emergency Scenarios

- Lightning
- Severe dehydration/heat exhaustion/hypothermia
- Wasp/bee stings
- Burns larger than a quarter
- Severe poison ivy
- Infection from injuries

Consider becoming **WFA certified!** Go to [amcworchester.org](http://amcworchester.org) for more info.

**Use common sense - if it needs to see a doctor, time to evacuate**



# First Aid Kit

- Band-Aids
- Moleskin
- Adhesive Tape
- Gauze
- Bandanas
- SOAP note
- Paper/pencil
- Neosporin
- Ko-flex tape
- Alcohol wipes/Iodine (optional)
- Knife/scissors
- SAM splint (optional)
- Tampon
- Nitrile gloves
- Tweezers
- Safety pins
- Spare ziplock bags (waste)



# Cooking in the Backcountry

Chris Fogarty





# Food

- Consider calories, prep, fuel/water needs & taste
- 3 Squares – nutrition on the trail
- Snacks – Assortment of nuts, bars, dried fruit
- Don't diet!
- Get food that's nutritious, that you'll *want* to eat
- Simple and lightweight - Pre-pack food to eliminate waste
- Approximately 2 lbs/per person/per day



# More on Food

- Bugs, Bears and “Mini-Bears” (rodents), oh my!
- Use bear boxes, if provided
- Use bear canisters, if required!
- Bear Bag – learn how at our Gear Shakedown!



# Hydration

- Hydrate before the hike!
- Avoid dehydration, hypothermia (cold) and hyperthermia (heat) illness
  - Normal activity ~2 liters/day
  - Hot temps 3.5 liters/day
  - Heavy exercise 6.6 liters/day
- Drink water early and often
- Add electrolytes!
- Many hydration systems:
  - Bottles, Nalgene or plastic
  - Camelback/reservoir system



# Potable Water

- Filters (Giardia, Cryptosporidium)
- Purifiers (UV, SteriPen (Ultraviolet (UV-C) MIOX))
- Iodine tablets
- Chlorine dioxide (Aquamira)
- Boiling

\*\* Leverage municipal/potable water when you can



# Cooking Equipment

- Cooking system (stove)
- Pot/pan/utensils
- Dining Fly
- Other items that can be shared?
- Individual or group gear– it's up to you
- Food that you don't have to cook is an *option*



# Fuel

- White gas or alcohol stoves:
  - Warm weather ~5 oz of fuel per person/day
  - More in cold weather
- Canister stoves:
  - Start with fresh canister or have back-up
  - Weigh canister before use and then after to know how much fuel you have used/left. Mark the canister accordingly
- Esbit:
  - Fuel tablets – they smell bad :-(
  - 1 tab to boil 2 cups of water (~8min)

The logo for the American Mountain Club (AMC) is positioned on the right side of the slide. It features a stylized, light green silhouette of a mountain range with a prominent peak on the left. A thick, curved line arches over the mountain. The letters "AMC" are printed in a large, light green, sans-serif font across the middle of the mountain range.

AMC

# GEAR BREAKOUT!

- Stoves
- Cooking systems (pots)
- Hydration systems
- Water filtration (potable water) options



# 15 Minute Break

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ment





# Clothing and Personal Effects

Jose Schroen



# Clothing for Backpacking

- Prepare for the worst weather- dressing in layers:
  - Base layer – synthetic or wool
  - Insulation layer –synthetic or down
  - Environmental layer – ultralight vs. other
- Rain gear: dry = warm, warm = 98.6
- Boots – broken in, waterproof/breathable
- Hat/Sunglasses



# For a typical backpacking trip...

- 1 short-sleeve shirt
- 1 long-sleeve wool shirt or synthetic (mix and match)
- Underwear: wool or polypropylene
- Trekking pants (long, venting possibilities)
- Bug shirt (long sleeve)
- Underwear
- Socks
- Boots – choose wisely



# For a typical backpacking trip continued...

## When you stop:

- Insulating Layer – wool, down, fleece

## Weather:

- Rain Jacket (UL vs. other)  
Vented pits, adjustable hood with bill,  
“breathable”, needs to keep you warm
- Rain Pants  
Hat & Gloves!

## When you sleep:

- Shirt (long or short sleeve, comfortable)
- Pants (long or short)



# Personal Hygiene

- Baby wipes
- Hand sanitizer
- Nail file/clippers (on your knife?)
- Dental care/floss
- Plastic mirror (for emergencies too!)
- Feminine issues
- Camp towel
- Glasses/contacts



# GEAR BREAKOUT!

- Clothing
- Personal Gear
- Oh Crap Kits, etc



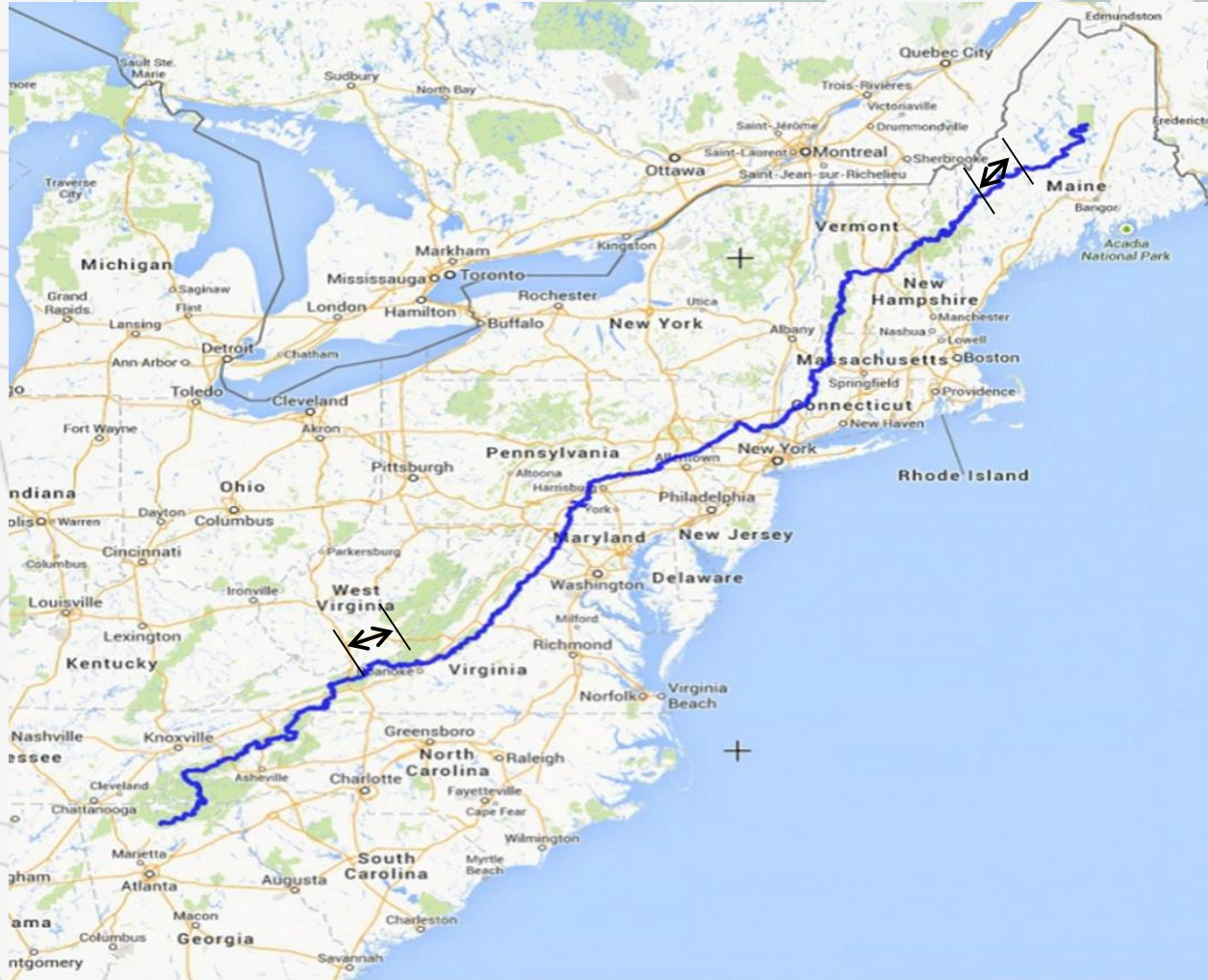
# Perspectives on hiking the AT...



Dana Perry (AKA "Pilot")

# What is the Appalachian Trail (AT): Fast facts

- The AT is one of Three major long-distance trails in the US (AT/CDT/PCT)
- The AT is 2,195 miles long – and getting slightly longer each year with re-routes. When I started hiking the AT it was 2,175 miles long
- The AT crosses through 14 states.
  - Georgia
  - North Carolina
  - Tennessee
  - Virginia
  - West Virginia
  - Maryland
  - Pennsylvania
  - New Jersey
  - New York
  - Connecticut
  - Massachusetts
  - Vermont
  - New Hampshire
  - Maine





# AT Factoids...

## Appalachian Trail fast facts:

- The longest state is Virginia – with 554 miles of the trail passing through it
- The shortest state is West Virginia – with 4 miles
- The trail straddles North Carolina and Tennessee border for ~225 miles. NC has the tallest peak on the trail at 6,643 feet
- The first thru-hike was done in 1948 by Earl Shaffer. The first thru-hike by a woman was done by Emma “Grandma” Gatewood in 1955 at 67 years of age

## There are two major ways to do the trail:

- **Thru hike it** – or hike the entire trail in one season
  - Thru hikes can be done NOBO (northbound), SOBO (south bound) or as a “flip-flop” (half one direction and half the other)
  - Thru hikes take on average 165 days from start to finish
- **Section hiking** – Doing the trail a piece at a time over a number of years
  - Section hikers that do extended section hikes have become affectionately known as “Lashers” or “long-ass section hikers”
- In 2016 there were 4,233 thru-hike attempts. On average 25% drop out within the first 30 miles. 45% drop out after doing half the trail and only about 20% finish.
- 1,001 finished the trail in 2016 of which 154 were section hikers
- 25% of Thru-hikers are women

The AMC logo is displayed in a light teal color. It features the letters 'AMC' in a bold, sans-serif font. The logo is partially overlaid by a stylized, light teal silhouette of a mountain range with a prominent peak on the left and a winding trail leading up to it. The background of the entire slide is a light gray topographic map with contour lines.

# How do you follow the AT...

- The AT is well marked with **white, rectangular Blazes**
- Side Trails are marked by Blue Blazes
- Many well documented guidebooks such as:
  - The ALDHA Thru-hikers' Companion and ATC (Appalachian Trail Conservancy) maps
  - AWOL's "The A.T. Guide"
  - Guthook's AT guide (smart phone app)



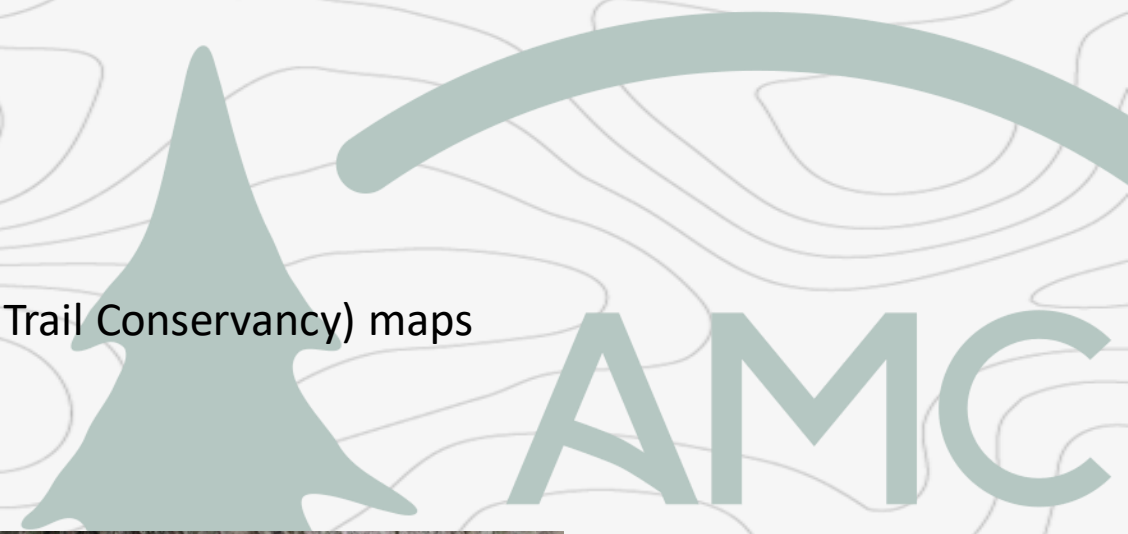
An original AT marker



Ohhh Noooooo,  
What the hell am I  
doing?????



How we hope to feel  
most days on the trail



# Hiking the AT... How I got Started – Philmont 2001

August 2001



AMC

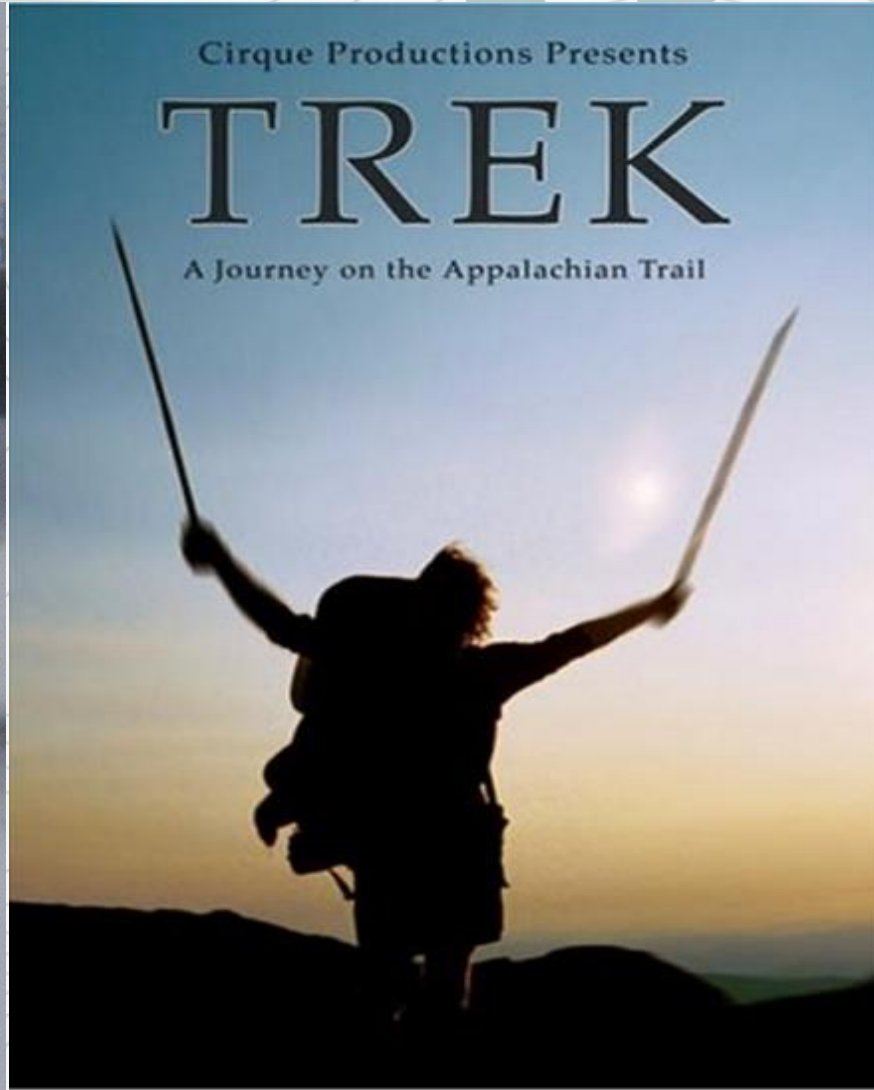
# Hiking the AT...How I got Started, AKA my reality “gut” check

April 2004



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# Hiking the Entire AT...The idea is planted



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# Hiking the AT...Beginnings and first impressions

Initial trips one to five days long with simple trip plans and logistics

- Love of being outdoors
- Simplicity of lifestyle
- Adventure and time with my son
- Going new places and seeing new things
- Learning new skills



# Hiking the AT...What it has become

- Multi-week trips requiring day long travel to get to the trail
- Extensive training, planning and logistics with multiple food drops
- Social experience – lifetime friendships
- Trail Community-family-Diversity
- “Hike your own hike” - Tolerance
- Interest in flora, fauna and geology
- Restored faith in humanity
- Paying it forward

		Miles from Springer	Distance between way-points	Cumulative daily miles	Cumulative Trip miles	Elevation	Elevation change	Daily Elevation change	Features	Services	Miles from Katahdin	
Friday 4/21. Travel day		Delta Flight# 1880 Departs BOS at 9:45AM. Arrives in ATL at 12:40 PM						Staying first night at AT Hiker Hostel. 770-312-7342. <a href="http://www.hikerhostel.com">www.hikerhostel.com</a> Mail drops (USPS) PO box 802 I FedEx or UPS 7693 Hwy. 19N, Dahlonega GA 30533 Pick-up in Atlanta and shuttle to Trail head Sells fuel canisters, alcohol and white gas				
Saturday 4/22 Day one	southbound back to springer	1.0	0.0			3,350	-		USFS 42, Big Stamp Gap (3,350')	R, P	2,188.1	
		0.2	0.8			3,730	380		Springer Mountain Shelter 1993 sleeps 12. Tent pads. Water source is spring near shelter (3,730')... 1.9mS; 3mW Benton MacKaye Trail (southern terminus)	E- 0.2m S, C, w	2,188.9	
		0.0	0.2			3,782	52		Springer Mountain (3,782')... A.T. bronze plaque, register in rock		2,189.1	
	Northbound after tagging southern Terminus and signing register		0.2	0.2			3,730	52		Springer Mountain Shelter (3,730')... 1.9mS; 3mW Benton MacKaye Trail (southern terminus)	E- 0.2m S, C, w	2,188.9
			1.0	0.8			3,350	380		USFS 42, Big Stamp Gap (3,350')	R, P	2,188.1
			1.9	0.9			3,430	80		Benton MacKaye Trail (3,430')		2,187.2
			2.8	0.9			2,870	560		Stover Creek Shelter (2,870')... 3mS; 5.7mW 2006 sleeps 16. Tent pads bear cables. Water source is creek Stover Creek (2,660')	E- 0.2m S, C, w	2,186.3
			3.8	1.0			2,660	210		Benton MacKaye Trail (2,660')	w	2,185.3
			4.2	0.4			2,580	80		Benton MacKaye Trail (2,580')		2,184.9
			4.3	0.1			2,530	50		USFS 58, Three Forks (2,530')	R, C, w	2,184.8
			5.2	0.9			2,800	270		Side trail to Long Creek Falls, junction with Benton MacKaye and Duncan Ridge trails (2,800')	w	2,183.9
			6.2	1.0			3,000	200		USFS 251, Hickory Flats (3,000')... picnic pavilion, cemetery	R	2,182.9
			7.4	1.2			3,250	250		Hawk Mountain Campsite (3,250')... new 2016 30 tent pads, privy and water	W- 0.2m C, w	2,181.7
8.1	0.7	9.1		3,200	50	2,614	Hawk Mountain Shelter (3,200')... 5.7mS; 8mW 1993 sleeps 12. Camping limited here as of 2016. Water off BB trail behind	W- 0.2m S, C; 0.4m w	2,181.0			

# Hiking the AT...Injuries and challenges

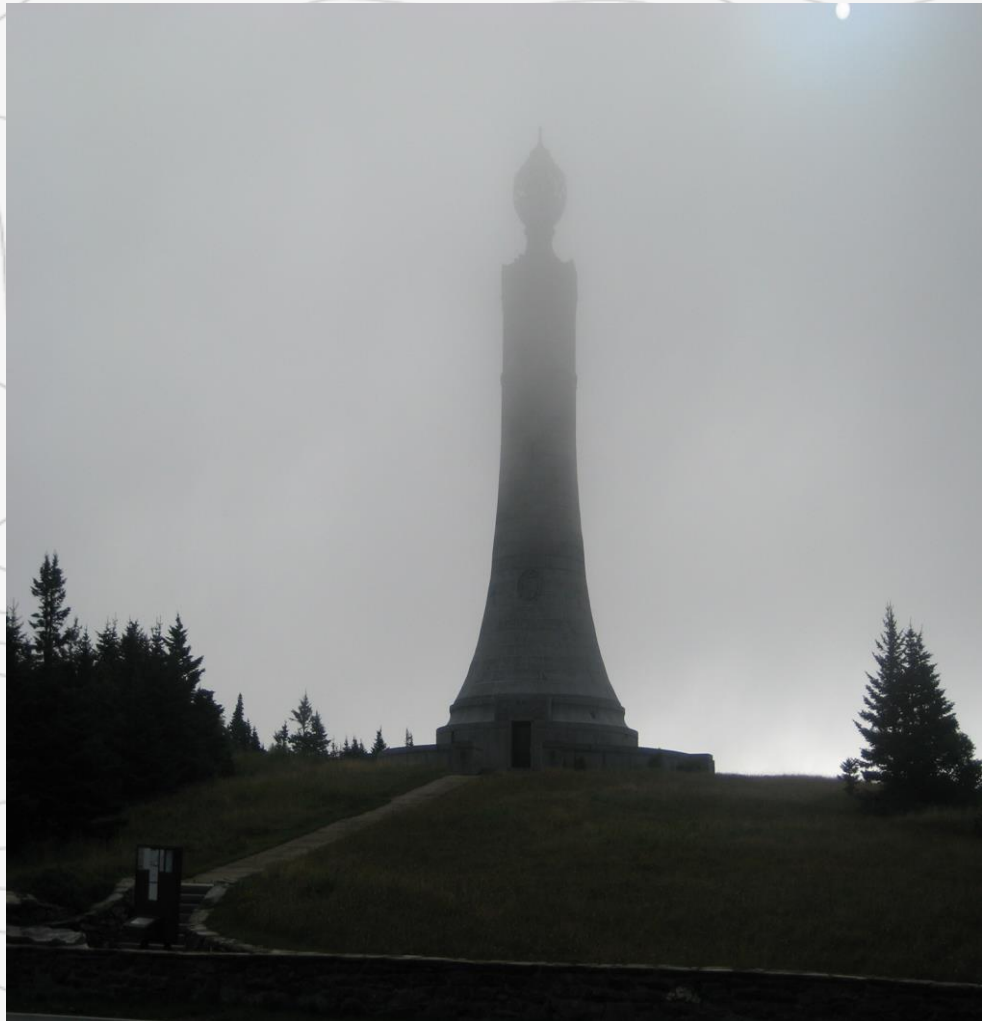
- Heart Condition
- Lacerated cornea (injured on trail)
- Broken big toe
- Torn Hamstring
- Hernia
- Foot and Knee injuries
- Weather, Miles and Geography
- Gear failure

**The trail motivated me to overcome or manage these obstacles**





# Highlights of hiking the AT...Massachusetts



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# Highlights of hiking the AT...Vermont (AKA Vermud)



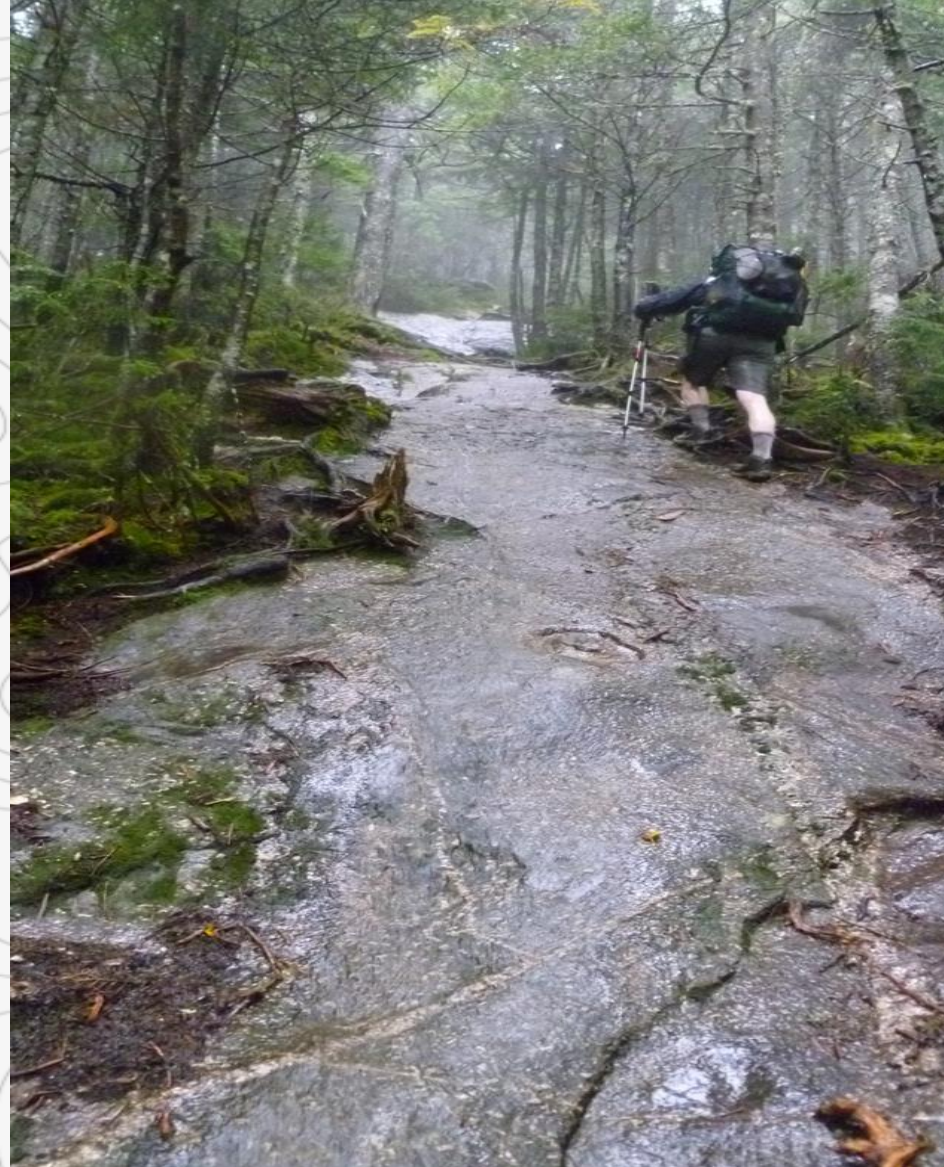
AMC

# Highlights of hiking the AT...New Hampshire



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# Highlights of hiking the AT...Maine



AMC



# Highlights of hiking the AT...Maine



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# Highlights of hiking the AT...Maine



AMC

# Highlights of hiking the AT...New York



AMC

# Highlights of hiking the AT...New Jersey



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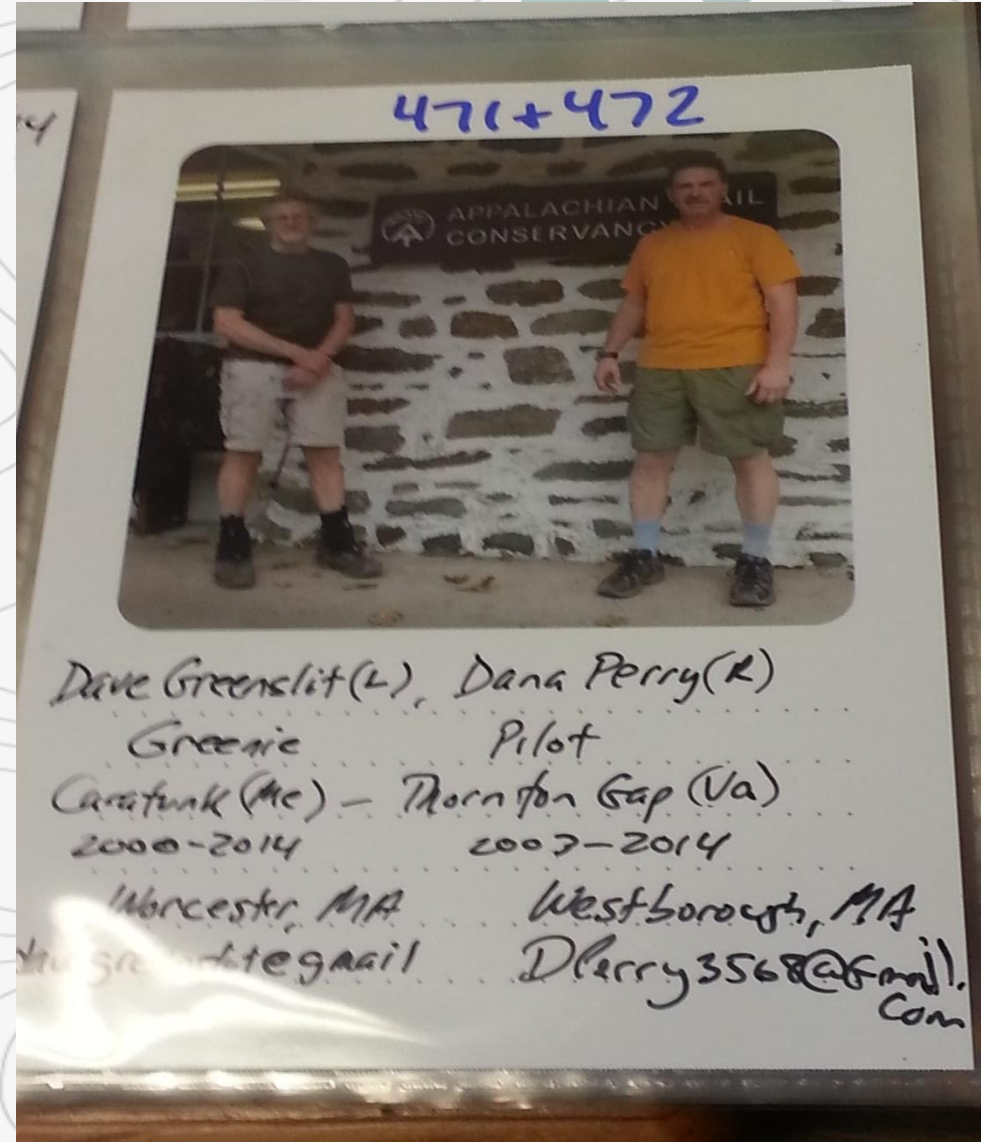


# Highlights of hiking the AT...Pennsylvania



AMC

# Highlights of hiking the AT...West Virginia/Maryland

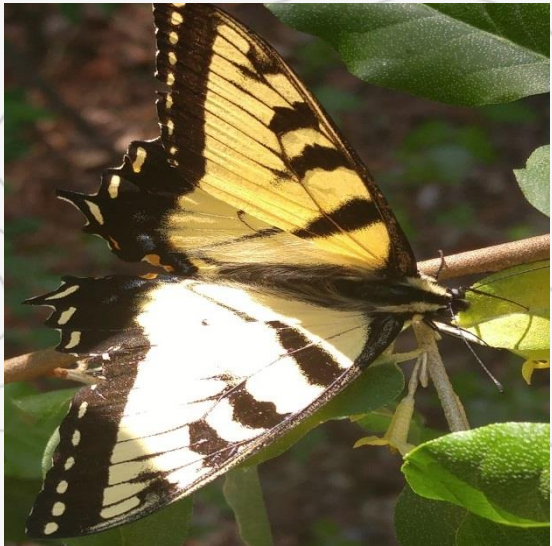


# Highlights of hiking the AT...Virginia



AMC

# Highlights of hiking the AT...Virginia



MC

# Highlights of hiking the AT...GA, NC & TN



# Highlights of hiking the AT...The People



# Hiking the AT...

## Top 10 most common questions I get about hiking the AT:

- Where do you sleep?
- How do you get food? What do you eat?
- How do you get back to your car?
- How do you carry that much water to last two weeks?
- How can you carry enough clothes for two weeks?
- Aren't you afraid of (animals, snakes, crazy people.....etc.) – No Bear Brothers!
- How do you get a shower?
- You do this on vacation (for fun)?
- Where do you (go the bathroom) Poop?
- Do you carry a (weapon) Gun?



# Let's Review...

Kim Beauchemin





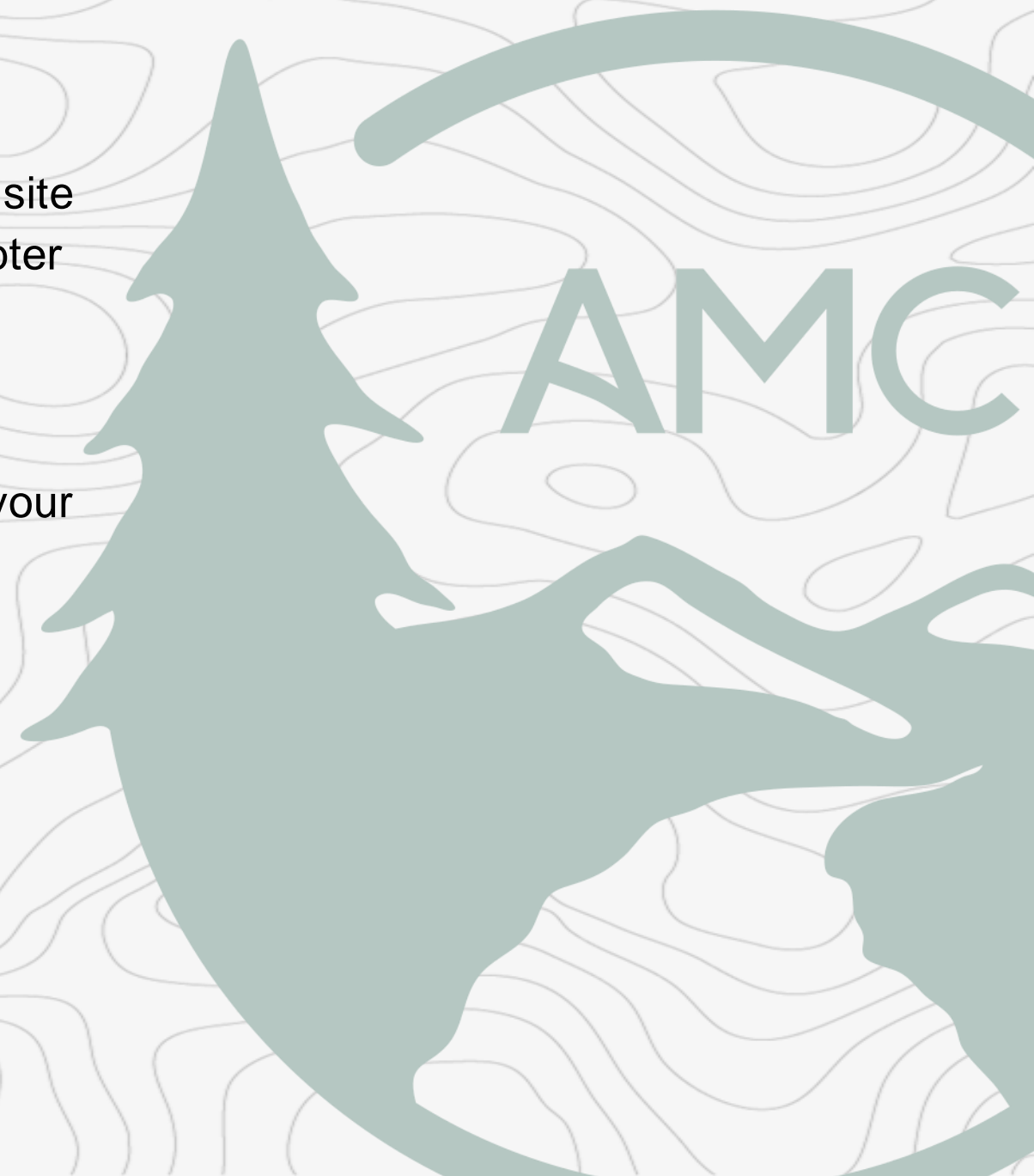
# Wrap Up/What's Next?

Joe Massery



# Signing Up for Trips

- AMC activities: [outdoors.org](https://www.outdoors.org) on-line trip listing web site
- Search for “Inner Backpacker” and Worcester Chapter
- Contact Registrar and mention that you took this workshop
- Be prepared for screening process:
  - Answer screener’s questions honestly – for your sake and the sake of the others on the trip
    - Your experience, previous trips
    - Your fitness level
    - Your gear
  - Ask your own questions, if not already answered:
    - Hike distances: per day, total
    - Level of difficulty
    - Gear required



# Our Practices

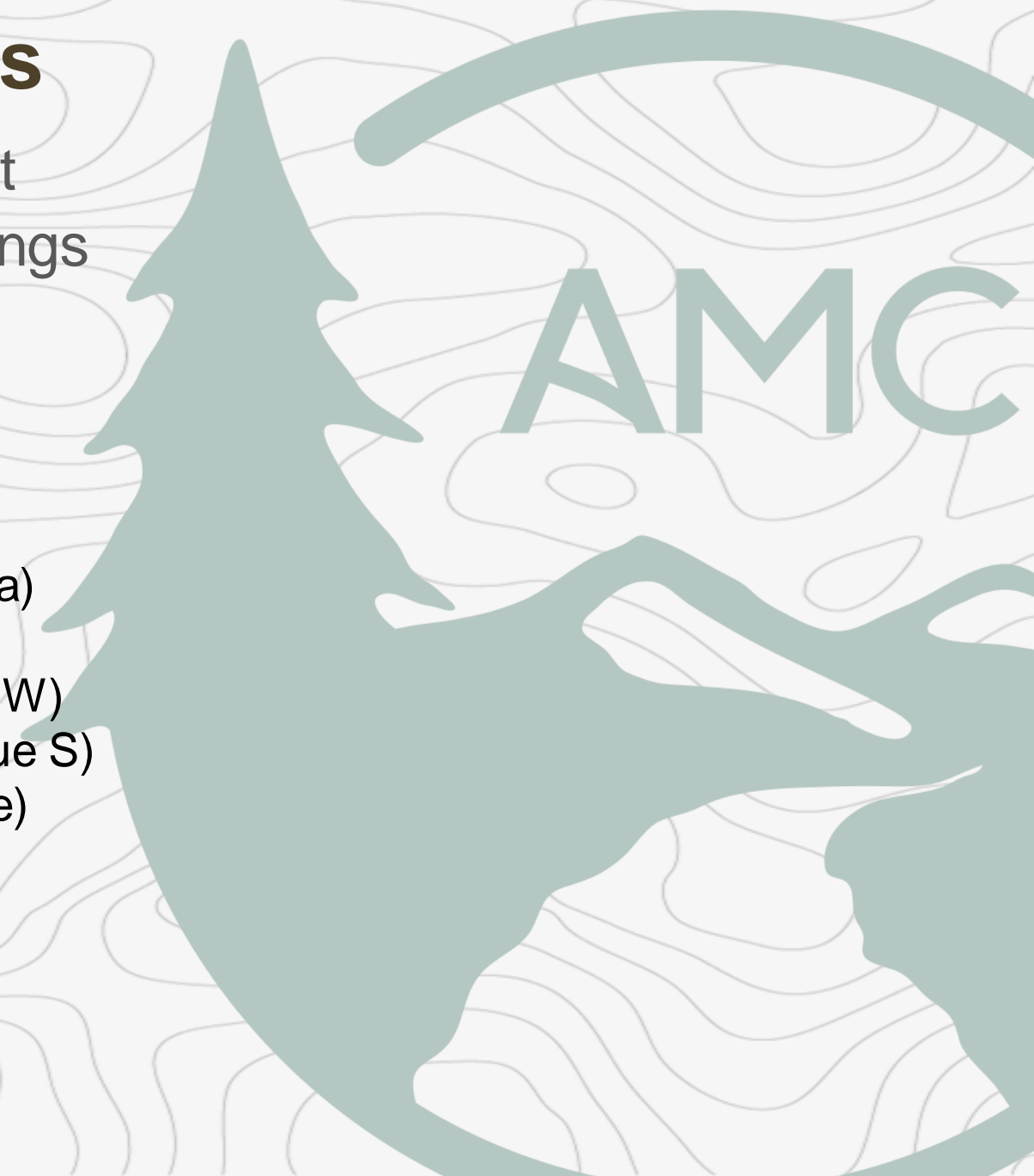
- AMC-sponsored trips have a lot to offer:
  - Variety
  - Skilled Leaders
  - Fun
  - Safety (listed last, but comes first!)
- Must sign waiver agreement
- Leader and co-leader are in charge
- As a rule, we stay together on the trail



# 2019 Inner Backpacker Series

All these trips *give preference* to you, but most trips have a limited number of openings and require screening, so sign up early!

- 4/27: Gear Shakedown – Upton State Forest
- 5/18-19: Monadnock-Sunapee (Chris, Denise)
- 6/7-9: 13 Falls + Owl's Head (Walt, RickC)
- 6/8-9: AT Berkshires - Beartown-Shays (Joe, Teresa)
- 6/15-16: Sandy Neck (Kim, Chris)
- 6/15-16: AT CT Kent – Cornwall (Annemarie, John W)
- 7/5-7: AT Berkshires – Upper Goose Pond (Joe, Sue S)
- 7/26-28: AT Berkshires – Cheshire-County Rd. (Joe)
- 8/23-8/25: AT Berkshires – CT-Shays (Joe)
- 9/27-29: Taconic Crest (Paul, Shalin)
- 9/28-29: AT CT (Kim, Denise)
- 10/11-13: AT Berkshires – Greylock (Joe, Ben)



# 2019 Other Backpack Trips in the works...

More advanced than Inner BP trips. Normal screening applies:

- 6/22-24: Cohos Trail (Walt, Jose)
- 7/6-7: Mt. Isolation (Neil, Annemarie)
- 7/12-14: Sandwich Wilderness (Walt, Ruth)
- 8/1-4: AT/Long Trail to Hanover (Neil, Sue S)
- 8/6-7: Owl's Head (Annemarie, Bill)
- 8/9-11: Mt. Isolation (Jim W)
- 8/15-17: AT Berkshires – Cheshire-Rt. 2 (Chris, Shalin)
- 9/6-9: AT Hanover to over Moosilauke (Neil, Sue S)
- 9/7-9: Wild River Wilderness (Walt, RickC)
- 9/28-30: Bonds (Jim W, Debi)
- More BPs being planned (dates and details tbd)
  - MSG
  - Whites
  - Vermont
  - MST
  - ME or VT or NH (4-6 nights)



AMC

## In Closing...

**Get out there, do some backpacking, and have fun!**

- If you brought your gear and you'd like an assessment, let our experienced backpackers look it over
- Feel free to follow up with any of the presenters and other leaders who are here

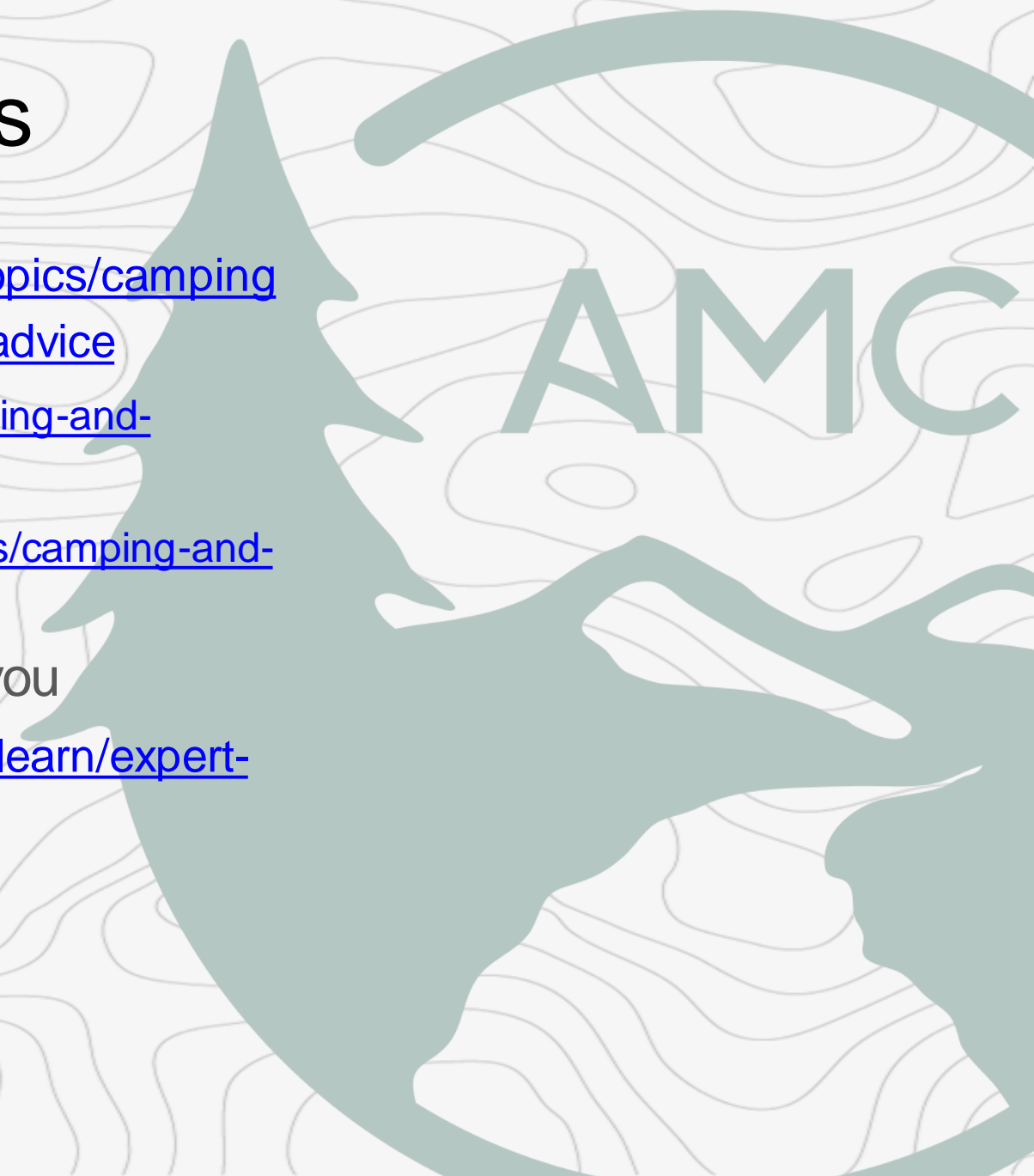


# Appendix



# Gear Comparison Resources

- Backpacks: <https://www.outdoorgearlab.com/topics/camping-and-hiking/best-backpacks-backpacking/buying-advice>
- Tents: <https://www.outdoorgearlab.com/topics/camping-and-hiking/best-backpacking-tent/buying-advice>
- Hammocks: <https://www.outdoorgearlab.com/topics/camping-and-hiking/best-hammock/buying-advice>
- Sleeping Bag: (First think about the way you sleep. Then read this:) <https://www.rei.com/learn/expert-advice/sleeping-bag-backpacking.html>





# Gear Comparison Resources

- Water Purification: <https://sectionhiker.com/sectionhiker-gear-guide/10-best-backpacking-water-filters/>
- Cook Equipment: <https://www.theadventurejunkies.com/best-backpacking-cookware-sets/>
- Headlamps: <https://www.rei.com/learn/expert-advice/headlamp.html>
- Hiking Poles: <https://www.outdoorgearlab.com/topics/camping-and-hiking/best-trekking-poles/buying-advice>



# Gear Outlets

- [New England Backpacker, Worcester](#)
- [Sierra](#)
- [REI](#)
- [New England Backpacker, Worcester](#)
- [Sierra](#)
- [EMS](#)
- [GearTrade](#)
- [Steep & Cheap](#)
- [OutdoorsGeek](#) (sell and rent gear)
- [Massdrop](#) (occasional good deals on line)
- [Gear Junkie](#) (gear news, deals)
- [Campmor.com](#)
- [Left Lane Sports.com](#)
- [Backcountry.com](#)
- Walmart! (camping, clothing, misc.)
- Ocean State Job Lots (clothing, food, hand warmers)
- Target (clothing, food)



# Backpacking Info

- [Sectionhiker - Blog and Gear Reviews](#)
- [AMC Resources & Training](#) (see bottom of web page)
- [Hike Safe: What to take with you on the trail](#)
- [The Trek: Preserving and Maintaining Your Gear](#)
- [Insect Shield Repellent Technology](#)
- [Lighter Pack](#) (gear tracking, weight tool)



# Backpacking Food

- [REI: Meal Planning for Backpacking](#)
- [The Epicurious Blog: Best Camping And Backpacking Food](#)
- [YouTube: Backpacking Food Tips](#)
- [YouTube: Quick Cheap Meal \(two of a million such videos\)](#)
- [Backpacker Magazine: Cooking](#)
- [Backpacker Magazine: Loads of good articles](#)



# Site Selection

- [Backpacker Magazine: How to Choose a Campsite](#)
- [Section Hiker Blog: How to Select a Good Campsite](#)



# Packing your Backpack

A sampling of numerous videos:

- <https://www.youtube.com/watch?v=6NleECzdxE>
- <https://www.youtube.com/watch?v=3BH-6UQSVhA>
- <https://www.youtube.com/watch?v=rq-Rya2AxII>



# Weather and Trail Conditions

- [mountain-forecast.com](http://mountain-forecast.com)
- [mountwashington.org/experience-the-weather/higher-summit-forecast.aspx](http://mountwashington.org/experience-the-weather/higher-summit-forecast.aspx)
- [weather.gov](http://weather.gov)
- [timeanddate.com](http://timeanddate.com) (sunrise, sunset, more)
- [AMC Backcountry Weather](http://AMC Backcountry Weather)
- [newenglandtrailconditions.com](http://newenglandtrailconditions.com)
- [trailsnh.com](http://trailsnh.com) The Whites
- [White Mountains - Road closure general info](http://White Mountains - Road closure general info)
- [AT & PCT Weather](http://AT & PCT Weather)
- [Dark Sky app](http://Dark Sky app)
- [Weather Underground](http://Weather Underground)
- <http://sun-moon-app.com>



# Useful Smart Phone Apps

- Maplets
- Gaia
- Guthook
- Star Walk

