



THE  
*Hiker's Journal*

PART TWO

# Preparing For Your Backpacking Trip

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# The 7 Backpacking Systems

A **system** is a core set of gear you need to accomplish a major task while backpacking including what you need to comfortably carry, store, and protect it.



1. Shelter system
2. Clothing system
3. Hydration system
4. Food system
5. Health and Safety system
6. Sanitation system
7. Tools system

# Shelter System

Your **shelter system** will include everything you need to protect yourself from the elements



- Backpack (40+L)
- Tent
- Sleeping Bag
- Sleeping Pad



Look for backpacking weight items

# Clothing System

Your **clothing system** will include everything you need to make sure you need to properly regulate your body temperature, keep you safe from the sun and weather, and keep your clothes dry.



- Long-sleeve shirts and long pants
- Fleece or sweatshirt
- Sun-shielding hat
- Socks (synthetic or wool)
- Poncho or rain jacket and rain pants
- Waterproof bag to store clothes in
- Bandana
- Small towel
- Sunglasses



Choose moisture-wicking fabrics (non-cotton).

# Hydration System

Your **hydration system** will be everything you need to purify and store your water for drinking and cooking



- Water bladder or bottles (2L+ capacity)
- Water filter
- Extra plastic bottle
- Backup water treatment (Iodine tablets)



Always have a backup water filtering method

# Food System

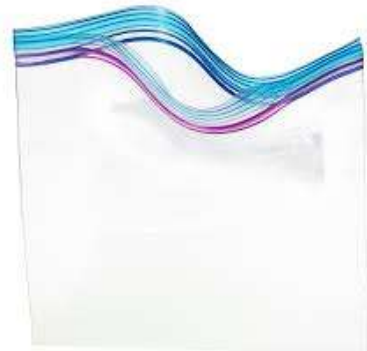
Your **food system** will be everything you need to nourish yourself, as well as store and prepare your food



- Meals (+1 extra day)
- Snacks (salty and sweet)
- Stove and fuel
- Cookware
- Mug and Bowl
- Utensils (cooking and eating)
- Ziploc bag for trash
- Drysack (3L+) or Bear Canister for hanging items overnight

# Health & Safety System

Your **health and safety system** will be everything you need to stay healthy, maintain hygiene, and respond to emergencies



- Sunscreen/ Lip Balm
- Bug spray
- Hand Sanitizer
- Toothbrush & Toothpaste
- Ziploc bag for scented items
- Individual First Aid Kit\*
- Emergency Blanket
- Whistle

# Sanitation System

Your **sanitation system** will be everything you need to maintain hygiene and take care of business in the backcountry



- Hand Trowel
- Hand Sanitizer
- Toilet paper
- Wipes
- 2 Ziploc bags for sanitation trash



# Tools System

Your **tools system** will be everything you need to get you there and back safely and maintain and repair your gear



- Map & Compass, Trail Guide
- Headlamp (with extra batteries)
- Lighter/ Matches
- Knife or Multi-tool
- Paracord (25ft+)
- Carabiners
- Repair kits
- Trash bag
- Extra Ziploc bags
- Duct Tape



Always have at least 2 fire sources

# Individual First Aid Kit

Your **tools system** will be everything you need to get you there and back safely and maintain and repair your gear

- Antiseptic wipes
- Antibacterial ointment (e.g., bacitracin)
- Assorted adhesive bandages
- Butterfly bandages
- Gauze pads (various sizes)
- Medical adhesive tape (10 yd. roll)
- Moleskin and Blister treatment
- Splinter (fine-point) tweezers
- Safety pins
- First-aid manual or information cards
- Antihistamine to treat allergic reactions
- Diarrhea / upset stomach medication
- Ibuprofen / other pain-relief medication
- Insect sting relief treatment

# Prepare Physically

You've got your plan, you've got your gear, now make sure that you're physically prepared for your backcountry trip. Begin by doing some day hiking or walking on uneven surfaces. Gradually increase the length and elevation of your walks. Regular stretching prior to your trip will help you handle the extra weight you'll be carrying and reduce your chance of injury on the trail.

