

Title:
Backpacking Checklist

Word Count:
596

Summary:
Normally, a backpacking checklist is a list of things to bring. This one is a list of important

Keywords:
backpacking checklist, backpacking, hiking

Article Body:
A backpacking checklist is usually about the "stuff." Good equipment is nice to have, but even

1. Navigation. Contrary to what many novices think, a compass doesn't tell you where you are.
2. Staying warm. There are tricks to staying warm. Shed layers as you get warm, for example,
3. Pitching a tent. Pitch your tent or tarp wrong and the rain will come in, or the wind will
4. Cooking over a fire. Making soup over a small fire is not as easy as it seems. Cover the p
5. Identifying edible plants. Learning to identify three or four wild edible berries can make
6. Walking. If you pace yourself and learn how to move comfortably over rocky terrain, you'll
7. Understanding animals. Is the bear "bluff charging" or stalking you? The latter means you'
8. Sky reading. Are those just clouds, or a lightning storm coming? It would be good to know
9. Basic first aid. What are the symptoms of hypothermia? Stumbling and slurred speech are a
10. Firemaking. Start practicing in your yard. Try to start that fire with one match. Also tr

This last one can be one of the more important skills in an emergency. Experts can start a fire

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