

Title:

Lightweight Backpacking Techniques

Word Count:

589

Summary:

For those who are already into lightweight backpacking and those who are thinking about it - here

Keywords:

lightweight backpacking, backpacking , backpacking tips

Article Body:

These lightweight backpacking tips and techniques are options or ideas, not recommendations. I

<P>A good example of this is the "natural mattress" that allows you to leave your sleeping bag

<P>You can use leaves, pine needles, dead grass or dry bracken ferns. All you do is make a pile

<P>An important point here is that you have to know your environment, so you know you'll be able

<P><B>Knowledge Reduces Weight</B>

<P>Learn certain backpacking techniques, like the one above, and you can carry a lighter sleep

<P>Learn which berries are edible, and you can eat as you hike and bring less food. I've eaten

<P>Researching the climate, and timing can help you reduce weight. You can leave rainwear home

<P><B>Money Reduces Weight</B>

<P>Money will buy you lighter gear, and expensive backpacking gear is generally of very high quality

<P>Concentrate on the the larger items. A sawed-off toothbrush could save you 1/4 ounce, but a

<P><B>Leaving Things Reduces Weight</B>

<P>This can be the tough part of lightweight backpacking. Ask of every item; Can I get by with

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