

Title:

Ten Backpacking Trip Essentials

Word Count:

355

Summary:

The next time you take a backpacking trip, make sure you have these ten essentials.

Keywords:

backpacking trips,backpacking trip,backpacking,wilderness,hiking

Article Body:

I've had backpacking trips that included rain, snow, lightning, rockslides, altitude sickness,

1. Knowledge. What good is a compass if you don't know how to use it? Play with matches if you
2. Map and compass. These are together, because that's the way you need to use them.
3. Matches and lighter. Bring both, or waterproof matches and a fire starter of some sort. Ha
4. First aid kit. Buy a pre-packaged one or build your own. Make sure it has pain relievers,
5. Foot care. Your first aid kit needs moleskin, and maybe a pin, to treat blisters. Your fee
6. Water purification. A filter works, but they clog and break so often that you should have
7. Rainwear. One of the biggest killers in the woods is hypothermia, and it often starts when
8. Shelter. This can be a tent, tarp or bivy sack. Just be sure you know how to use it.
9. Sleeping bag. Down bags are the warmest for their weight, but be sure you know how to keep
10. Specific trip items. For backpacking trips in Michigan in May, bring insect repellent. In

Make your own list if you take regular backpacking trips. It's no fun when a friend tells us t

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