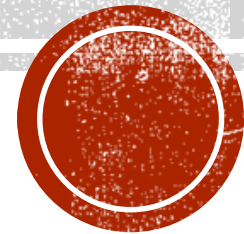


BACKPACKING

By Emma Giesbrecht





CONTENTS

1. What is Backpacking?
2. Backpacking Philosophy
3. Gear
4. When and Where to go Backpacking?
5. Impact on the Environment
6. Is Backpacking Worth It?
7. Conclusion





WHAT IS BACKPACKING?

- The outdoor recreation of carrying gear on one's back, while hiking for more than a day
- May or may not involve camping outdoors
- Range from one night to weeks or months
- Sometimes aided by planned resupply points or drops



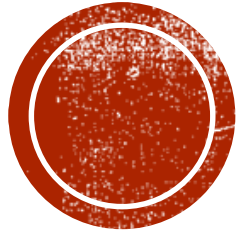


BACKPACKING PHILOSOPHY

Leave No Place Principles

1. Plan ahead and prepare
2. Travel and camp on durable surfaces
3. Dispose of waste properly
4. Leave what you find
5. Minimize campfire impacts
6. Respect wildlife
7. Be considerate of other visitors





GEAR

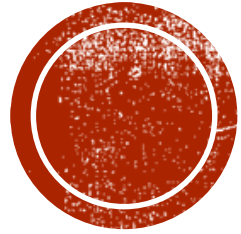




WHAT TO PACK?

	Travel	Wilderness
Backpack	Yes	Yes
Tent	No	Yes
Sleeping Bag	Yes	Yes
Hiking Boots	Yes	Yes
Hiking Poles	No	Yes
Stove and Fuel	No	Yes
Pots, Utensils, Dishes, etc	No	Yes
Water Bottles	Yes	Yes
Fire Starter and Matches	No	Yes
First Aid Kit, GPS, Flashlight	Yes	Yes





WHEN AND WHERE TO GO BACKPACKING?





WHERE TO GO BACKPACKING?

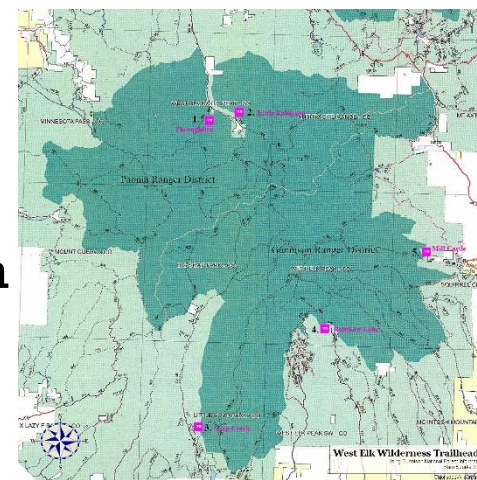
Travel

- Europe, Australia, and Southern Asia are popular destinations
- Many predetermined trails available online to follow

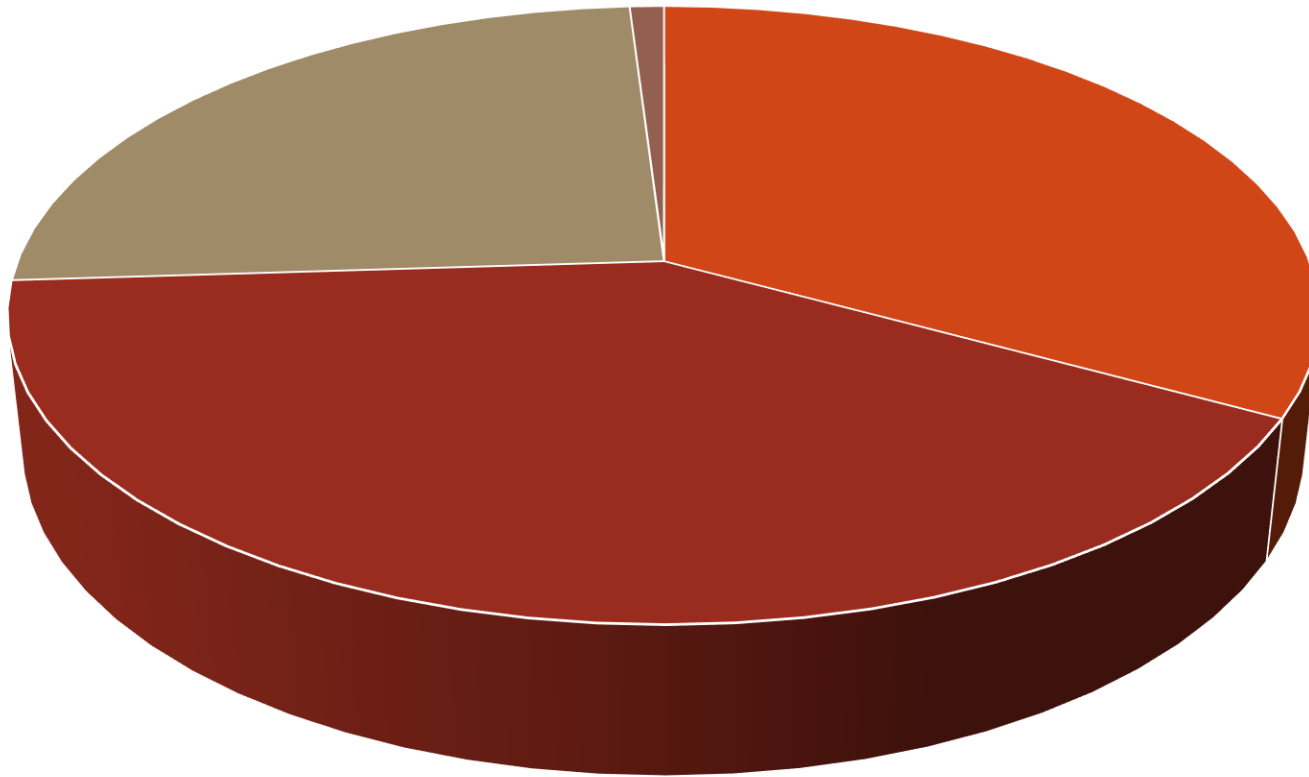


Wilderness

- Parks with many trails are popular
- Locations with rangers can be safer
- Locations are commonly in North America



Time of Year

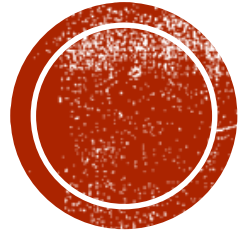


■ Spring ■ Summer ■ Fall ■ Winter

BEST TIME TO GO BACKPACKING?

A survey of 165 backpackers (both travel and wilderness) was conducted to find the time of year they think is best to go backpacking.





IMPACT ON THE ENVIRONMENT





TRAVEL IMPACT

- Reduced carbon footprint
 - Less driving and other transportation
- More waste if eating on the go
- More litter when in less inhabited areas
- Go through more clothing
 - Destroyed, lost





WILDERNESS IMPACT

- Wildlife in area can be disturbed
- Garbage, dropped items, leftover food
- Careless fires, not put out properly
- Lower carbon footprint if hiking



Pros

- Cheaper
- Explore more locations
- Experience local culture
- More environmentally friendly

Cons

- Bad stereotypes can isolate from communities
- More dangerous
- Lower-end amenities

IS BACKPACKING WORTH IT?

A basic analysis of the backpacking experience.





CONCLUSION

- Backpacking is the outdoor recreation of carrying gear on one's back, while hiking for more than a day
 - Travel and wilderness
- Good gear is important
- Best locations vary by type of backpacking
- Best to go in summer
- Impact varies by group; use caution to reduce

