

A Trip Planning Guide and Equipment List

Backpacking Haleakala

Selecting a site
Planning the route
Getting permission
Arranging travel

Your portable home - Carrying your home

Carry no more than one fourth to one fifth of your weight

External frame packs

- Cooler on back
- better stability on good trails
- 5 lbs

Internal frame packs

- Closer fit
- Better on uneven trails, cross-country
- 4 lbs

Full or 3/4 length bag

Shoulder straps, hip belt and sternum strap

60 cu inch = 1 litre (61.024 cu inch)

4000 cu in / 65 litre = 3/4 bag - sleeping bag strapped outside

6000 cu in / 100 litre = full bag

Outside pockets / fanny pack

Hydration or not

Weatherproof the contents

Plastic bag inside (as a waterproof liner)

Rain cover outside

Your clothes

Boots / shoes

Socks

Underwear

Pants / shorts

Shirts / tops

Warmth / sweater / fleece

Windbreaker / Waterproofs

Brim hat

Gloves

Sun glasses

---- Personal carry - optional(?)

Knife

Handkerchief

Compass / Map / GPS(?)

First Aid Kit / Moleskin / Molefoam / personal medications

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Headlamp / flashlight
Whistle
Personal ID / money / credit card
List of emergency contacts / personal medical info
Water bottle
Snacks / trail food
Cell phone (?)
FRS radio (?)
Guide book (?)
Camera with extra battery (?)
Trekking staff (?)
Trail ribbon roll (?)
DEET
Sunscreen
Trowel / TP
Sun hat
Chap stick

Your home

How big

sleeping space (2 ft X 7 ft) = 14 sq ft
+ backpack space (2 ft X 4 ft) = 8 sq ft
= total 22 sq ft (minimum)
2 man tent ~ = 35 sq ft
+ ~15 sq ft per additional person

How high

How cold (3 or 4 season)

How heavy - average 2 person tent = 6 lb

Tent fly = absolute watertight

Pegs

Guy Line

Protect the floor with ground cloth

Alternative - tarp / bivy bag / hammock

Bedroom

Mattress / foam pad / thermarest

Open cell foam / closed cell foam / Z-fold

Sleeping bag / how warm / down / polyester

Pajamas / sleep clothes / watch cap

Flashlight nearby

Bathroom

Toiletry kit

Tooth brush / paste / floss

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Soap / shampoo / deodorant
Washcloth / towel
Disposable razors
Toilet paper roll
Nail clipper / file / emery board
Kleenex
Clothes line / clothespins
Feminine stuff

Medicine cabinet

Band-aids / gauze / tape / antibiotics
Sam splint
Contact lens supplies
Tylenol / Aleve / Ibuprofen
Hydrocortisone cream
AlkaSeltzer / Tums
Lomotil
Personal medications

Kitchen

Stove / gasoline / propane / butane / Esbit
Pot with lid / fry pan
Cook spoon / ladle / spatula / chopsticks
Measuring cup / can opener / tongs / pot holder
Sponge / scrubbie / soap
Cutting board / knife
Matches / lighter / fire starter
Ziploc bags
Water carrier
Kitchen towel / paper towel

Dining room

Plates / bowls / cups
Knife / fork / spoon
Serving spoons
Napkin / handkerchief

Utility closet

Trash bag / whisk broom / sponge
String / duct tape / marker pen
Spare flashlight / batteries
Pen / paper / scissors
Multi-tool / pliers

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Pantry

Salt / pepper / spices and herbs
Sugar / sweetener / creamer
Coffee / tea / fruit drink mix
Food supplies (see under **Menu and Food**)

Clothes closet

Socks
Underwear
Long johns - stretchy
Tops
Slippers
Fleece sweater
Zip-off pants

Sanitation

Food –

- How to serve
- Spreading germs
- Separate dish washing

KP

- Dinner-Breakfast-Lunch – one shift
 - Travel
 - DBL again – next shift
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Water Purification

Boil water – simplest, effective, uses up fuel
Chlorine tablets – Halazone
Iodine tablets – Portable Aqua
Iodine crystal – Polar Pure
Katadyb Micropur tablets – chlorine dioxide
Mechanical filter – Katadyn, MSR, Sweetwater, PUR
MSR Miox – (MIXed OXidents) sodium chloride ion via electrolysis, use battery
SteriPen – UV light, use battery