



Starter Kit

Backpacking

Water Filtration



- **Straw** – great on the go, hard to clean
- **Squeeze** – light, good for individual use
- **Gravity** – hang bag and water filters through pump, good for big groups
- **Pump**- clean out porcelain filter after and dry out between uses, bad if cracked
- **UV** – uses UV light to kill bacteria, requires batteries
- **Tablets/Drops** – Iodine tabs (bad taste, 30 min), Chlorine tabs (4 hr in the dark)

Brands: Lifestraw, Sawyer Squeeze, Katadyn/MSR gravity, Katadyn/MSR pump, Steripen UV, Potable Aqua Tabs/Aquamira Drops

<https://www.outdoorgearlab.com/topics/camping-and-hiking/best-backpacking-water-filter>

Food



- Dehydrated is lightest
- Fresh vegetables/fruits first few days
- On to move – simple food
- Just add water meals

<https://www.outdoorgearlab.com/expert-advice/the-best-backpacking-food>

Backpack



- Waistbelt, chest strap (with optional whistle)
- Hydration bladder pouch
- Ice axe loop if you like spring hiking
- Get fitted at REI before buying one
- <5 lb
- 45-60 L

Brands: Osprey, Gregory, Deuter

<https://www.outdoorgearlab.com/topics/camping-and-hiking/best-backpacks-womens>

Stove



- Pocket Rocket – small size, screws onto fuel canister
- Canister Stove – unit screws onto fuel canister, boils water fast
- Liquid Fuel – slow, boils snow well, good for groups or internat'l travel

Brands: MSR Pocket Rocket, Jetboil- Canister Stove, MSR Whisperlite Universal – Liquid Fuel

<https://www.outdoorgearlab.com/topics/camping-and-hiking/best-backpacking-stove>