

# DOWNLOAD PDF THE BOOMERS GUIDE TO LIGHTWEIGHT BACKPACKING

## Chapter 1 : The Boomer's Guide to Lightweight Backpacking : Carol Corbridge :

*The Boomer's Guide to Lightweight Backpacking: New Gear for Old People [Carol Corbridge] on [www.nxgvision.com](http://www.nxgvision.com) \*FREE\* shipping on qualifying offers. This book will bring you up to speed on all the new products and load-lightening techniques needed to make your next trail experience a great one.*

But in freezing temperatures, starting at 30 degrees and below, most backpackers still prefer a sleeping bag because the wraparound fabric is less drafty. Here are our choices for the top 10 best backpacking quilts based on price, insulation, temperature rating, weight, features, versatility, sizing, and availability see below for detailed explanations of each criteria. All of these quilts are made and sold by so-called cottage manufacturers , which range in size from one-man shops to medium-sized businesses that employ dozens of people. All of them produce very high quality products that are significantly lighter weight and better performing than the quilts produced by mass-market gear companies like ENO , Therm-a-Rest , Kammock , Sea-to-Summit , and Sierra Designs. An increasing number of quilt makers also offer budget quilts made with a limited set of options that are much less expensive and often available immediately. Weight varies by temperature rating, but a standard-sized Flex 40 weighs 4.5 lbs. Katabatic Gear has a well-deserved reputation for making quilts that exceed their temperature rating. Buy at Katabatic Gear 2. For example, a Ghost Pepper 40 comes with fill power durable water-resistant duck down, which is just as warm as fill power goose down see explanation. Buy at Hammock Gear 3. This eliminates cold spots and means that the down stays on top, where you want it, so you can stay warm. The Ghost Pepper is available in a wide range of widths and lengths, color choices, insulation types, and foot box styles. You can even add a sleeping pad attachment system. Some of the key options offered are duck or goose fill power water-resistant down, a draft collar, different taper styles, a drawstring vented or closed footbox, and added insulation. A basic Ghost Pepper 40 weighs in at 4.5 lbs. The Bandit is also highly customizable and available in a wide range of widths, lengths, and temperatures. You can choose untreated fill power duck, goose, or goose down, several different fabric options in a multitude of colors with different breathability and DWR characteristics, a draft collar, full or no taper, and three different foot box options. A sleeping pad attachment system is also included for free. A basic Bandit 40 weighs 14 oz. Buy at UGQ Outdoor 5. You can also choose between a drawstring or sewn in foot box. The Sniveller is available in two lengths and filled with fill power goose down, either treated or untreated. Enlightened Equipment Revelation The Enlightened Equipment Revelation is a quilt that can be used in a hammock or for sleeping on the ground. You can also choose from three different grades of treated, water-resistant down: A basic made-to-order Revelation 40 weighs 4.5 lbs. It has a mummy-style footbox, is available in multiple lengths, and three temperature ratings, including 40, 20, and 0 degrees. A regular sized degree Mamba weighs 4.5 lbs. One of the unique options available on the Arc UL, is the installation of external snaps that allow you to layer a synthetic quilt with it for cold weather use. A basic, regular sized Arc UL 40 weighs 4.5 lbs. Buy at Nunatak 9. It has a unique side draft elimination system for ground sleepers that relies on perimeter shock cord rather than sleeping pad straps, which are easy to lose or forget at home. The Marcy 20 has a vented footbox and can be insulated with fill power HyperDry goose down or fill power, untreated duck down. A basic, regular Marcy 20 weighs 23 oz. Buy at Mid-Atlantic Mountain Works

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## Chapter 2 : Interview with Carol to be Published in Hometown Paper | Boomer's Lightweight Backpacking

*In The Boomer's Guide to Lightweight Backpacking, hiker/author Carol Corbridge shares her many years of wilderness experience with particular emphasis on load lightening techniques that can help mature hikers extend their years on the trail.*

A straight-talking text with cartoons and beautiful wilderness photographs, *Lightweight Backpacking* discusses the best equipment and clothing to make your outdoor experience safe, environmentally responsible and, most of all, fun. Can you remember any specific instance where a poor choice of gear ruined an outdoor experience? One time we hiked into the Kalmiopsis Wilderness in a rain storm. We thought we had quality rain gear so we were covered. The storm got worse and after 3 hours on the trail we were soaked. This is how I learned that most, if not all, rain gear will be overwhelmed at a certain point. Now I expect this and seldom backpack when a major rain event is predicted. We set up camp earlier than usual in the wind and rain. The real gear choice problem was our camp stove. We had taken a Sierra Zip Stove, which uses small pieces of wood as fuel. Dry wood was scarce and we were too cold and wet to search for it. This meant a cold dinner and cheerless morning, without hot tea. Now, I take a JetBoil when extended wet conditions are expected. After purchasing the right equipment, how would you advise those new to backpacking to get started? Day hiking is the first step. Take a light day pack with a few essentials, like a snack and extra clothing. Bring along a small flashlight and matches as well. Then slowly take more weight on your weekly outings. Eventually carry a full backpack. Try harder day hikes with the full pack. You will get to see some beautiful backcountry. How much time do you typically set aside for organizing and packing for a few days in the wild? I can pack in an evening. The food takes the longest; measuring, re-bagging, etc. You specifically advise against cotton clothing, soap and ponchos. If you pay attention to the ounces, the pounds will take care of themselves. Be realistic about what you will eat. Forget about fashion and focus on function. Bring a book if you like to read. Just pick a paperback and weigh it. For cutting the cost of your wilderness system you sometimes resort to a sewing machine for repairs and modifications to your gear. What other cost-cutting strategies do you recommend? Most of the backpacking forums on the internet have gear swap boards. These are especially useful, both for buying and selling. You can make your own meals. Use freezer bags filled with your own ingredients, add boiling water, wait minutes, eat out of the bag. Your book talks about ways to save weight on food including leaving the fresh items at home. What choices are available to people with non-traditional diets vegetarian, gluten-free, etc. Mary Janes Farm makes delicious organic vegetarian backpacking meals. Many are vegan and labeled as such. And the ingredients are clearly stated so you can find gluten free offerings as well. The packaging itself serves as a bowl and will burn completely without leaving a foil thingy like most other backpacking meals. You can buy single portions or get the mixes in bulk maryjanesfarm. You can even buy the components and make your own creations. Organic Couscous Lentil Curry anyone? In a section on gear for dogs your book refers to a debate as to whether dogs have a place on the trail. What are the pros and cons of taking K-9 companions? Dogs can disturb other hikers if not well trained and controlled. Even if they are friendly to people, they often disturb wildlife. This is not in keeping with the Leave No Trace ethic. They deserve your consideration and respect. Dogs chasing wildlife can be dangerous; for you, for the wildlife, and for your pet. Or, worse yet, the dog may chase the bear back into you. Remember, dogs are a serious responsibility and therefore may detract from the serenity of your wilderness experience. On the plus side, dogs give you the advantage of their exceptional senses, especially smell and hearing. I find this comforting at night when my key sense of sight is limited. Most of them love to go along for the adventure. You discuss ways to discourage bears from getting at your camp larder. How often have you encountered bears and other dangerous critters in camp or while on the move? I have seen many bears. Since I seek out the lesser traveled areas, I see more bears than most. They are a dominant animal in the woods without much to worry about. Always an adrenaline rush, never a problem. And luckily, so far, the snakes have shown no interest in my

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food.

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## Chapter 3 : 10 Best Ultralight Backpacking Quilts of - Section Hikers Backpacking Blog

*Don't let the whimsical title of Carol Corbridge's [The Boomer's Guide to Lightweight Backpacking: New Gear for Old People](#) fool you. This latest handbook for being prepared on the trail will bring you up to speed on all the new products and load-lightening techniques you'll need to make your next backpacking experience a great one.*

Europe is just the right size for a backpacking trip. This guide includes all of the information Baby Boomers need to backpack through Europe. This includes how to plan your trip, what clothes to bring, what kind of backpack to carry, how to manage multiple currencies in one journey and how to stay safe. With so many choices, you might struggle to narrow a compact itinerary. All of her travel plans are doable in just seven days, which is the perfect amount of time to see plenty of Europe and kick back and relax a bit, too. If you plan to stay longer, just stack one itinerary on top of the other. Here are some classic trips you can do in a week. The lakeside village of Hallstatt is perfect for nature lovers. You can venture from there toward Salzburg by train, enjoying more gorgeous natural sights. Continue on by train or even by foot into the Provence countryside and Monaco. This region of the Mediterranean is full of one-of-a-kind views. Start in the French capital, where you can get lost for days just eating delicious pastries, staring in awe at the Eiffel Tower and walking the charming streets. There are daily trains from Paris, via Brussels, to Bruges, a beautiful Medieval city known for its architecture and canals. Finish your week in Amsterdam, its famous nightlife and museums. If you plan to jump between countries or spend considerable time in just one country, you need a plan of action. Longtime traveler Rick Steves [www](#). Plan exactly where you want to go ahead of time; use a map to figure out how long it will take you to get there. Firm it up as the trip progresses. If you want to venture a bit off the beaten path though, let Lonely Planet guide the way. Its editors have compiled a list of must-see European destinations for this year. Porto, Portugal, is full of wine cellars, street art, colorful and creative buildings, and boutique shops. Malaga, Spain, feels like heaven with its wealth of delicious, freshly caught seafood and shimmering, picturesque beaches. Although you may have athletic shoes in your closet already, if these are at all old and worn, you should get a replacement pair before your trip. Her post which is addressed to women, but these tips are helpful for everyone covers the various types of shoes, the difference between walking and running, the features you need in a walking shoe, measuring your feet, and how to efficiently shop for shoes online. Here are some of her most important tips: Measure your feet before you go to the store with some measuring tape, a pencil and paper. Start by putting the paper on the floor and taping it down. Outline the shape of your on the paper and then use measuring tape to get exact dimensions. Shoe sizes can vary from manufacturer to manufacturer. The American Heart Association has some additional advice that you should keep in mind: Bring the same style of socks with you when trying on your shoes that you plan to wear while backpacking. Thinner or thicker socks can alter the fit of your shoes, which can cause blisters. Check whether your shoes allow some motion near the ball of your foot. Wait until after work or physical activity to shop. Walking around all day flattens your foot out, and sometimes that can mean the difference in a half or full size. If you want some brand names to search for as you plan your shopping excursion, Riley Jones at Complex Magazine has 10 good options. The team at Complex knows its sneakers, so you can trust his advice. Here is some more of her advice: Bring lightweight winter socks. Brands such as Smartwool will keep you warm without all the weight. Black is a basic color that matches anything and can go from casual to classy instantly. You can also get away with re-wearing black pieces without it being very obvious. Amanda recommends starting with the base layer that wicks away moisture. This layer should also be: After your base layer comes your mid-layer. Instead of wicking away sweat, this shirt keeps you warm. You have four options: Fleece keeps sweat away and lets air move to keep you warm. Try a fleece jacket or a sweatshirt. It also weighs more. Synthetic fill is great for keeping you toasty even if you get wet. However, not as much air cannot get through. This is mostly for snow and rain. Jessie Beck at Packsmith has plenty of pointers on outerwear: Consider a down-filled coat for visiting mountainous regions. Double-check that your coat is waterproof. Packing Traveling Light Beck

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also has some advice for how to stay warm while packing light. While your first inclination may be to bring a few sweaters in the autumn or winter, she says you should forego this and just grab one heavy sweatshirt or bulky sweater instead. This takes up less room in your luggage. Fred Perrotta, who also writes for Packsmith, created a definitive list [http:](http://) He suggests that you have the following ready in your bags before you head for Europe: Clothes including shirts, pants, shorts, underwear and other undergarments, outerwear and shoes. Electronics which will be covered below. Travel gear like a book to read, a journal, an eye mask, a water bottle or another beverage and earplugs. She learned how to do this the hard way because she overpacked the first time around: She recommends certain backpacks that are intended for holding expensive pieces of technology like your laptop or DSLR camera. Alicia also underscores the importance of compression sacks. These may be hidden, but if you have them in your luggage or backpack, you can stash away many more items or clothes than you thought possible. Smaller backpacks can actually be carried on the plane as hand luggage. This can be a convenient way to travel, but it requires a pretty minimalist approach and a small backpack. Irene Butler at Europe Up Close [europeupclose](http://europeupclose.com). She mentions that there are a slew of benefits to limiting your luggage to a carry-on, including: You can get around faster and catch trains and taxis without difficulty. Irene offers the following tips for carry-on-only travel: Bring just a few of your favorite shirts and pants. In the case of delicate clothing that can crease or wrinkle, look for crush-resistant garments. Pack lightweight clothing only. Wear heavier items like sweaters and outerwear with you on the plane, and then wear them again when you head home. This prevents you from having to actually pack these heavy clothes. What to Bring with You and What to Buy When You Arrive To maximize the room in your backpack, you should pick and choose which items to bring with you and which to buy upon arrival. The Grazie Girl at Clapway [clapway](http://clapway.com). Your smartphone plus a tablet or laptop. This way, you can bring reasonable sizes of your shampoo, conditioner, lotion and other such essentials. The Grazie Girl recommends using a bit of plastic wrap at the opening of the bottle before capping it. Airports and other retailers in certain countries sell items duty-free. Map Happy , a travel blog through Huffington Post, suggests that you should buy candy and sweets, makeup, sunglasses, alcohol and other gifts for loved ones at the airport duty-free once you arrive. Here are some tips for smart shopping: Prices must be declared in your home country, which could then decide to add the tax back on. Naturally, you have to pay it. The quality of the goods can vary, so be thorough with your purchases. Be aware of exchange rates, which determine how much that the currency is worth. This can change the prices of items from one country to another. Types of Backpacks GoBackpacking [http:](http://gobackpacking.com) Business backpacks are compact and meant for easy traveling to hotels, conference halls and other buildings in major cities. They typically include a storage compartment just for your tablet or laptop. Wheels make it easy to drag this from one room to another. Standard backpacks may be used for students at school, families visiting the beach for the day or just basic travel. These backpacks are meant to store your essentials such as sunscreen, a water bottle, sunglasses, your smartphone, clothes, hats and even shoes. Adventurer backpacks are probably what you are looking for.

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## Chapter 4 : Jayne Harrison (Illustrations of The Boomer's Guide to Lightweight Backpacking)

*The Boomer's Guide to Lightweight Backpacking has 9 ratings and 0 reviews. This book will bring you up to speed on all the new products and load-lightening.*

This book will bring you up to speed on all the new products and load-lightening techniques needed to make your next trail experience a great one. With detailed recommendations and a lively visual format, this book will help you re-create your wilderness system one piece at a time making it lighter, safer, and more comfortable. Corbridge takes away the guesswork with gear tables in each chapter that tell you where to buy the items discussed; the tables list the specific model, manufacturer, price, weight, and website. For a week-long journey, she carries about 30 pounds, which includes 1. Extend your years on the trail. Enjoy every step, as you walk into lightness. See you on the trail! In her forties, while managing her landscape construction business, Carol rediscovered the joys of the day-hike: One thing lead to another and after a few years of weekend day-hikes, backpacking became possible again. Carol found backpacking the perfect retreat from cell phones and freeways. Being older and wanting to extend her years on the trail, as well as improving the quality of those years, she proceeded to find the lightest, most comfortable gear available. Carol now spends more than 60 nights in the wilderness under the stars each season. A straight-talking text with cartoons by Jayna Harrison and beautiful wilderness photographs, *Lightweight Backpacking* discusses the best equipment and clothing to make your outdoor experience safe, environmentally responsible and, most of all, fun. New Gear for Old People fool you. What you have as a result is a book that is directed to the best gear and best techniques for backpacking, or any outdoor living, providing the most comfort and ease of use with the least amount of distraction from enjoying the outdoors you are traveling through. The design of the book is excellent in that it allows one to either cut to the executive summary or enjoy the full story of how to choose, use, and enjoy your gear. From a practical standpoint this is a fine book. But there is more. Once you start reading you cannot put the darn book down. I ended up reading the whole book in a single sitting. It really was that good because the author lets you into her world. And you simply feel that you need to enjoy her personality more than you need to learn about gear and techniques. If you overnight in the outdoors in any manner, this book is a truly enjoyable must have. Harang, Federation of Fly Fishers.

## Chapter 5 : Backpacking Through Europe: A Guide for Baby Boomers

*While this is a good effort on lightweight backpacking it is not the best, The illustrations were a bit of a distraction and could be better. In general the information is good but there are some things such as the use in trekking pole wrist staps is a bit risky.*

## Chapter 6 : The Boomer's Guide to Lightweight Backpacking: New Gear for Old People by Carol Corbridge

*The Paperback of the The Boomer's Guide to Lightweight Backpacking: New Gear for Old People by Carol Corbridge at Barnes & Noble. FREE Shipping on.*

## Chapter 7 : www.nxgvision.com: The Boomer's Guide To Lightweight Backpacking

*The Boomers Guide To Lightweight Backpacking New Gear For Old People Lightweight backpacking and camping (backpacking light, ryan jordan phd, is the co.*

## Chapter 8 : backpacking | Boomer's Lightweight Backpacking Blog

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### Chapter 9 : Fly Fishing Books - THE BOOMER'S GUIDE TO LIGHTWEIGHT BACKPACKING: NEW GEAR

*SPONSORED:» Our recommendations for lightweight gear from REI are here! The Katadyn BeFree Collapsible Water Filter Bottle is the lightest, fastest, easiest to clean, and most reliable (non-clogging) ultralight water filter available today.*