

# PWC Annual Picnic

July 5<sup>th</sup> 6:00 – 9:00  
Raab Park in Poulsbo



The annual picnic replaces the monthly meeting.

Join us for a cookout, potluck, and games! The club will provide sodas, burgers, hot dogs, and condiments. Attendees are encouraged to bring a side dish or dessert to share.

**RSVP!** Feel free to bring your family and invite your friends. Please let us know you're joining us by using the RSVP button on the PWC event calendar or contacting Tony Abruzzo:

- 360-871-5754 or [abruzzo1945@gmail.com](mailto:abruzzo1945@gmail.com)

And if you forget to RSVP, join us anyways. There is always plenty of food!

Plus, all members who attend the picnic will be eligible for door prizes.



Photo from Facebook

**Please RSVP**, either by contacting the host or using the electronic calendar, so the host knows how many people to expect.

**MAP: Monthly Activity Planning Meeting**

Wednesday, July 12, 2023, 7:00 pm – 8:30 pm  
 Host: Megan Thompson  
 Phone: 360-473-6126; E-mail: belleterre2@earthlink.net  
 Help schedule PWC events and outings, and discuss club business. All are invited. BYOB and snacks to share are always welcome.

**Monthly Potluck**

Friday, June 23, 2023, 6:30 pm – 8:30 pm  
 Host: Lynn Howat  
 Phone: 360-908-8997; E-mail: lynn.howat@gmail.com  
 Potlucks are a great way to meet others and learn more about the club. Host provides dessert; guests bring an entrée or side dish and drinks to share.

**Events and Activities**

Visit the PWC calendar at <http://www.pwckitsap.org/events-calendar/> for activities, trips, and updates. Please use the RSVP feature on the calendar if interested in a trip.

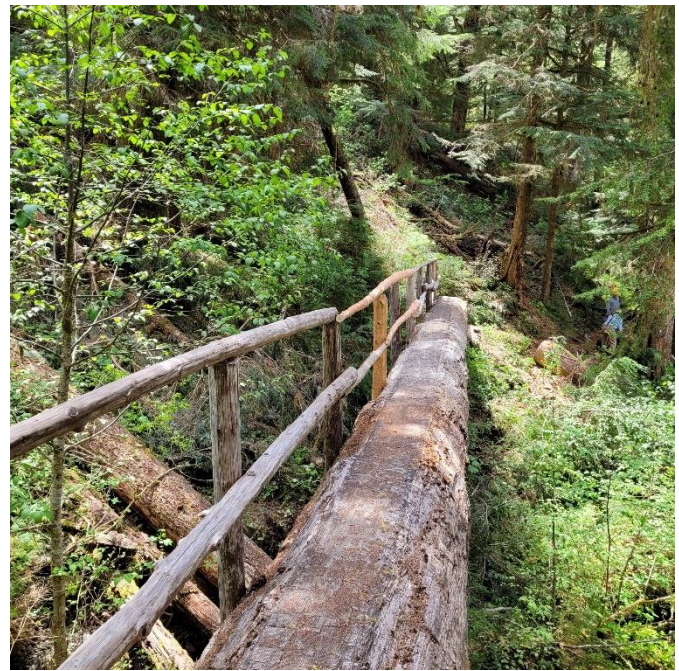
	Green Mtn Hike and Social (every Thur)	Various PWC Hosts		RSVP on PWC site
6/28/2023	Mount Townsend via Little Quilcene Trail	Doug Savage	360-994-0003	thehiker@comcast.net
7/3/2023	Backpack Overnight to the summit of Mt. Townsend	Doug Savage	360-994-0003	thehiker@comcast.net
7/6/2023	Oregon Coast Trail Section #2 Hike	Brian Hawkins	360-362-3026	akflyer130@gmail.com
7/7/2023	Climb Mt Adams to the Summit	Doug Savage	360-994-0003	thehiker@comcast.net
7/8/2023	MTTA Work Party	Tony Abruzzo	360-871-5754	abruzzo1945@gmail.com
7/9/2023	Upper Dungeness River Hike	Emily Grice	206-669-0817	emilykgrice@gmail.com
7/12/2023	MAP Meeting	Megan Thompson	360-473-6126	belleterre2@earthlink.net
7/15/2023	Backpack trip from Sunrise to Longmire	Megan Thompson	360-473-6126	belleterre2@earthlink.net
7/15/2023	Goat Lake and Desending Out via Royal Creek	John Howard	360-516-0222	howiejm60@gmail.com
7/15/2023	Hike to Lake of the Angels via the Putvin Trail	Doug Savage	360-994-0003	thehiker@comcast.net
7/16/2023	Sunshine Trip: Bend, OR	Tony Abruzzo	360-871-5754	abruzzo1945@gmail.com
7/28/2023	Deer Ridge	Stevo Pavkovic	360-813-2743	stevoandlisa@gmail.com
7/28/2023	Monthly Potluck	Irene Bach	360-479-1309	redpeacerose@yahooo.com
7/30/2023	Dungeness Spit Hike	Emily Grice	206-669-0817	emilykgrice@gmail.com

**About PWC Activities and Outings:**

- PWC outings and other activities are open to everyone. If you enjoy our club and what we do, please become a member! For \$25 a year, your membership helps pay the bills and keeps the club moving forward.
- As a courtesy to the sponsor of the outing you are joining, please call with cancellations or requests at least two days in advance for single-day outings, and as soon as possible for overnight outings. This allows the sponsor time to make alternate plans should a trip need to be canceled or changed for any reason.
- Please leave pets at home unless the trip is specifically listed as welcoming them.
- **Carpool and Ride Sharing.** We strongly encourage carpooling and ridesharing to reduce impact to trailheads, minimize our environmental footprint, and reduce costs. Please be considerate of your drivers, including situations when you ride with different drivers in each direction. The amount you contribute to your driver should reflect the distance driven, the cost of gas, tolls, and parking fees.
- **Safety First!** For liability reasons, trip sponsors should not be considered instructors or leaders. If you are unsure of your ability to participate in an activity, discuss the trip thoroughly with the sponsor, but the responsibility for your safety is yours. Each participant is responsible for their own comfort, safety and route finding. **Always carry the 10 essentials!**

**Note:** Please feel free to send trip photos, trip reports, or any other suggestions/changes that you would like to see in the Penwicle to Margaret Poshusta ([Marg8733@comcast.net](mailto:Marg8733@comcast.net)) so that they may be included in the newsletter. Thank you.

**Spider Lake Trail Maintenance:** During this past winter, a big tree came down and hit the big log bridge on the trail to Spider Lake. When the tree bounced off the log bridge, it took out 24 feet of railing along with a post. The big problem with the fix was the missing post that was over the deepest part of the ravine. The crew cobbled together a ladder to get a position to attach a new post. Once the post was in place, a couple of the other posts were tightened and more handrails were attached. It certainly is not our prettiest work but it is very useable and way better than when we found it. (John Jurgens)



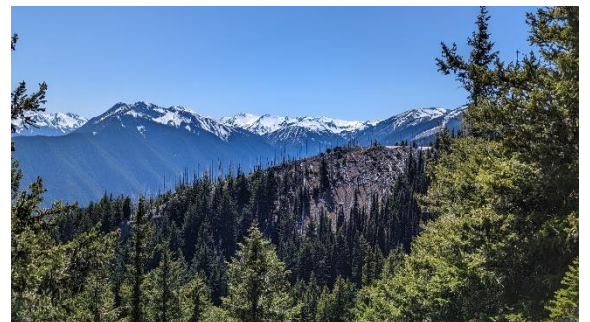
Photos by John Jurgens

**Dosewallips Campout:**



Photos by Kathy Weigel, Lynn Howat, and Nancy Osburn

**Deer Ridge:** 9.8 miles roundtrip, elevation gain 2,800 ft. Hike through a tunnel of rhododendron blooms and second-growth forest to views of the Olympic Peninsula interior and a carpet of wildflowers. Hike this route in the early summer and you may be lucky enough to see Deer Park with no cars, since the road to Deer Park often doesn't open until late in the season. (wta.org)



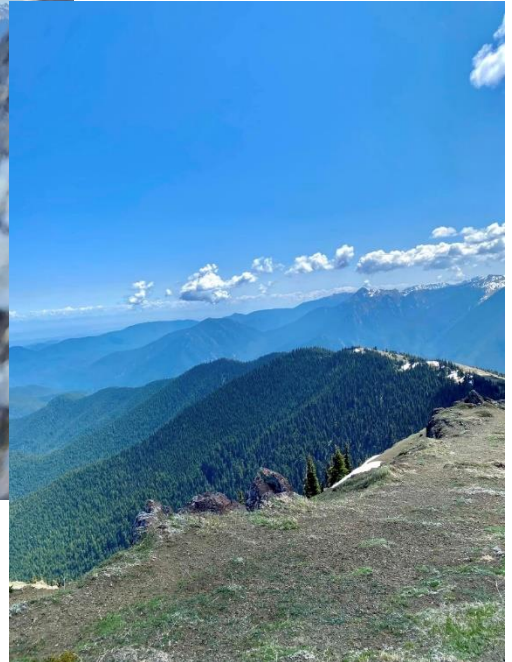
Photos by Jay Thompson

**Marmot Pass:** 11.5 miles roundtrip, elevation gain 3,489 ft. Marmot Pass offers great views and a gentle hike through old-growth forest as well as high meadows. It is a great day hike, but also offers a great starting place for a variety of overnight options. Don't leave Marmot Pass off your list of must do hikes on the Olympic Peninsula, and don't be scared off by the nearly 3,500 feet of elevation gain in a little over 6.25 miles. The trail is in great condition and the longest section of steeper trail is only three-quarters of a mile. (wta.org)



Photos by Christine Plepys

**Blue Mountain:** Blue Mountain is located in the Northeast region of Olympic National Park and features 360-degree views of the enchanting snowcapped Olympic Mountains, the shimmering waters of the Strait of Juan de Fuca, the forests and pastoral farms of Dungeness Valley, and the Dungeness Spit and its famous five-mile-long sandbar. This viewpoint is typically only accessible in the late spring through early fall. (allolympicpark.com)



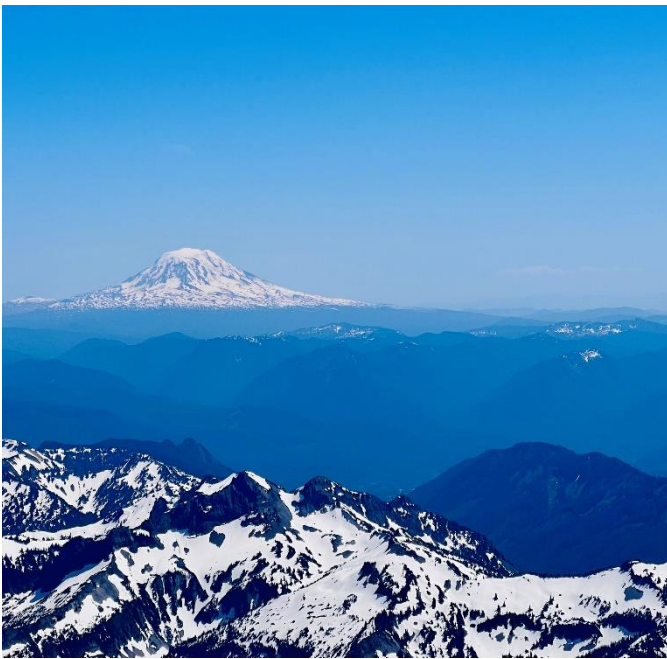
Photos by Stevo Pavkovic

**Stehekin Lakeshore Trail:** Among the first trails to open in the Spring, and the last to close in the Fall, the Lakeshore Trail provides amazing views throughout the seasons. With little elevation change, this trail is great for all hikers, and the scenery never disappoints. A must do for any hikers visiting the Lake Chelan area. The Lakeshore Trail may be the most popular trails in the Stehekin area. With an overall length of 17 miles, this makes for a great overnight trip. There are several great campsites all along the way, making it easy to customize to the needs of your specific group. ([stehekinferry.com/lakeshore-trail](http://stehekinferry.com/lakeshore-trail))



Photos by Kristy Kane and Christine Plepys

**Camp Muir:** 8 miles roundtrip, elevation gain 4,640 ft. Enter rarefied air as you climb halfway up the most popular route to the summit of Mount Rainier. This is Camp Muir, a perch higher than the summits of nearly all mountains in the state. In addition to commanding views of the South Cascades, catch a glimpse of both the history of the park and the dramatic landscape of Rainier's upper reaches. Camp Muir represents a dividing line: this is as high as you can go on Mount Rainier without a climbing permit. From here, you get a close-up view that few visitors to the park ever see: hanging glaciers, towering seracs, yawning crevasses, and thundering rockfall as the ridges of ash and breccia high above melt and crumble in the heat of the sun. For most hikers, this glimpse into the high alpine is reward enough; but for some, the lure of the dramatic landscape lying just beyond proves too tempting, and Camp Muir turns from a dividing line into a jumping off point for dreams of the summit. (wta.org)



Photos by Kristy Kane and Christine Plepys

**Elwha River Valley:** The Elwha is the Olympic Peninsula's largest watershed and, prior to the construction of two dams in the early 1900s, was known for its impressive salmon returns. Today, both dams are gone, the Lake Mills and Lake Aldwell reservoirs have drained, and Elwha River flows freely from its headwaters in the Olympic Mountains to the Strait of Juan de Fuca. Sediment once trapped behind the dams is rebuilding critical river and nearshore habitats, vegetation is being restored in the once barren landscapes of the drained reservoirs, and anadromous salmon and trout are naturally migrating past the former dam sites for the first time in over 100 years. The Elwha River Trail (ERT) spans the entire Elwha Valley, which is located in the central northern area of Olympic National Park. Today, the Elwha River is the site of one of the largest ecosystem restoration projects in National Park Service history. With its sparkling river surrounded by mountains, the Elwha Valley is a popular destination for all. (hikingproject.com)



Photos by Margaret Poshusta and John Jurgens

### **NOTICES:**

Goodies are always accepted for the monthly general meeting. You can show off your baking skills or stop at the grocery store; either is greatly appreciated. It has been rather scarce lately. Thank you.

Please remember to RSVP if you plan to attend a MAP meeting or the monthly potluck, either by contacting the host or using the electronic calendar, so the host knows how many people to expect.



# How to Pack a Backpack (msrgear.com)

Correctly packing a backpacking pack is one of those skills you don't know you need until you're walking down the trail with something jamming painfully into the small of your pack. Then you need to treat some water and you realize your filter is at the bottom of the bag. Suddenly it starts to rain and where did you put that dang pack cover? A little mindfulness while packing will go miles in keeping you happy and comfortable on trail. Fortunately, once you have the info it's easy to do. Read on to become a packing ninja.

## Choosing a Backpack:

There are two key factors in choosing a backpacking pack: volume and fit. If you already own a backpack you're happy with, feel free to skip this step. But if you need a little help choosing the right backpack for your adventures, keep reading. Note: we are only addressing internal frame packs in this article as they are the overwhelmingly popular choice for most backpackers today. External frame aficionados will have to look elsewhere.

## Volume:

The volume of your pack has to be big enough to hold all of your gear, but not so large that you're carrying unnecessary weight. Backpacking bags are measured in liters, and for overnight trips you'll need something in the 40- to 70-liter range. The right volume for you will depend on your gear style (ultralight setups take up less space than more traditional gear), and on the types of trips you prefer. Are you only going out for one night at a time? Or do you go on weeklong treks where you're carrying a lot of food? Will you ever have to carry a bear can? Any snow camping? If the answer is yes, you'll need a bit more space.

For the average backpacker, 45-65 liters is ideal for most trips. These packs weigh anywhere from one to five pounds, depending on whether you want something minimalist (read: no padding, less pockets) or cushy and full-featured. The more minimal the pack, the more important it is to pack correctly; cushier bags are more forgiving and keep items from pressing into your back as easily. Two to three pounds is a good range for most people, offering a balance of weight and features.

## Fit:

A backpacking pack is only as good as it is comfortable to wear, and that starts with a proper fit. Most packs come in two or three sizes, which indicate the length of the pack where it fits your back. It is recommended that you visit your local outdoor store to be measured by a professional. Always make sure to check different brands' sizing, as they don't all follow a consistent system.

The store employees can also teach you how to properly adjust your pack straps, which is critical in assessing fit. Here's how to do it yourself:

1. Always clip and adjust your hip belt first. It should rest snugly on top of your hip bones--80% of the pack's weight should rest on your hips.
2. Tighten the shoulder straps by grabbing the strap tails below your armpits and pulling down and away. The shoulder straps should feel comfortable against your body, with no gaps above your shoulders. Don't overtighten though, or you will shift too much weight from your hips to your shoulders and they will start to ache quickly.
3. Adjust the load lifter straps, which run from the top of the pack to the shoulder straps. They should sit at about a 45° angle.
4. Clip and adjust the sternum strap, which should sit about one inch below your collarbone. Give it just enough tension to sit smooth and flat across your body, but no tighter or it could restrict breathing.

Ideally, you can try on a few different packs with weight and wear them around the store for a while. Make sure to note any spots that regularly rub against your body—they could become hot spots over time.

## Assembling Gear for Your Trip:

The season and location of your trip are the two most important elements in determining what gear to bring. If you're headed out in the peak of summer to a location where you know the temperature won't dip below 50 degrees Fahrenheit or so, you can get away with an ultralight sleeping bag or quilt and less warm clothing. But if your trip is in a shoulder season or you're going up to elevations where the weather is less predictable, you need gear that will withstand the elements and keep you warm and dry.

Generally, the length of your trip only affects how much food you need to carry; the gear list stays the same (no, you don't need a new outfit for each day). If you're heading out for a week or more, you may have to choose a larger pack to accommodate the amount of food you need. Most sources recommend packing 2-2.5 pounds of food per person per day for an average backpacking trip. Make sure you choose calorie-dense options to fuel your body.

Backpacking with a group can make packing easier because you can share the load. Assuming you are sharing a stove, tent and/or water treatment, these items can be split between hikers to lighten everyone's packs. However, make sure you stay together or that everyone has a backup water treatment option like tablets in case someone gets lost and needs to treat their own water.

A complete gear checklist is provided at the bottom of this article. Before starting to pack, lay out all your gear so you can visually check that you have everything you need, including food for each day.

## How to Pack a Backpack (How to make it all fit!):

When packing a backpack, weight distribution is the name of the game. The bag itself can be broken out into different zones that help determine where to pack gear. Essentially, you want the heaviest items close to your mid-back for a stable center of gravity, and any items you need while you're actively hiking to be easily accessible.

A properly balanced bag can actually make you safer while hiking. If you lose your balance, a poorly backed bag can pull you down, whereas a well-packed one can help maintain your center of gravity.

### PACK WEIGHT DISTRIBUTION & PACKING ZONES



As you can see in the above diagram, there are four internal weight zones, listed in order of how they are packed:

1. Bottom – Midweight items
2. Middle back – Heaviest items
3. Front – Lightest items
4. Top – Lighter items that you may need access to quickly

**Pro Tip:** Make sure all your pack's compression straps are as loose as possible before you start packing.

#### Internal Packing Zones:

##### Zone 1: The Bottom

The bottom of your pack is the place to stuff your bulky midweight items. Start with your sleeping bag, which essentially forms a base for the rest of your gear to sit on inside the pack. Most people pack their sleeping bags in waterproof stuff sacks, but some choose to simply stuff a loose sleeping bag into the bottom of the pack to fill the space. Depending on the size of your sleeping pad, you can stuff that next to your sleeping bag. Use your camp clothes and pillow (if you carry one) to fill in any open space. Some packs have a dedicated sleeping bag compartment at the bottom, with zipper access and a detachable sling to hold gear above the sleeping bag. If you need extra space in your pack, don't use the sling.

##### Zone 2: The Middle Back

The middle back of your pack, the area closest to the center of your back, is where all your heaviest gear should sit. This will be your pack's center of gravity, which helps keep it stable against your body while you walk versus swinging around and throwing you off balance. Gear to place here includes the tent body (and poles if they fit), cookware, a stove, fuel and food you don't need until camp. Make sure you're using all available space, which includes the inside of your cookware. Many pots can hold a fuel canister and even a small stove. The middle back is also where your pack is designed to hold a hydration reservoir because water is one of the heaviest essentials you carry (one-liter weighs 2.2 pounds).

**Pro Tip:** Fill your reservoir and place it in your pack before any of your other gear; it will be nearly impossible to do once your pack is full. Most packs have a small opening on one or both sides of the shoulder straps for the hose to exit and hook onto your preferred shoulder strap.

### **Zone 3: The Front**

Because it's the area the furthest away from your body, the front of the pack is where your lightest gear should live. Lightweight clothes, a camp towel and small toiletries can all fill out extra space around the heavy items against your back. You can also use clothes to provide insulation around hard items or gear that might shift around.

### **Zone 4: The Top**

The top of your pack includes both the inside top of the main pack and the lid, also known as the pack's brain. Everything in this zone should be lighter weight to keep your pack from being top-heavy. These should also be items that you need easy access to, like first aid, a water filter (if it's larger, otherwise keep it in an outside pocket), snacks, a compass, sunscreen, a rain jacket, etc, so that you don't have to unpack your whole bag every time you need something.

**Pro Tip:** If you have a bulky, lightweight item like a foam sleeping pad that doesn't easily fit inside your pack, you can use the space between the lid and the pack body to sandwich it in place. Simply loosen the straps that connect the lid to the pack, slide the pad between the two and tighten the straps until it is secure. If you have an ultralight tent this is a good place for it, but don't try it with tents that weigh more than 24 ounces or so, to maintain a proper center of gravity.

### **Additional Packing Areas:**

#### **Hip Belt Pockets**

Most packs come with handy pockets on the hip belt. This is the perfect place to keep small items you need regular access to, like an energy bar, lip balm, a small pocket knife or your phone or camera.

#### **Side Pockets**

Depending on the pack, your bag may have two or four side pockets. They are generally used for water bottles, and can be reached without taking off your pack, depending on the bag and how flexible you are (ask a friend for help!). They are also great for managing tent poles or fishing rods (use some of the bag's compression straps to secure the top of the poles).

#### **Front Pouch**

Nearly all backpacks have a stretchy front pouch, often called a kangaroo pocket, that expands to hold lightweight essentials you need to be able to grab quickly. These include a rain cover, bathroom kit (small trowel, toilet paper, hand sanitizer and pack-out baggies), a water filter (if it's small, otherwise store it in the top of your pack), bandana, and even a rain jacket if there's still room. Some are stretchy enough to store crunchable snacks like a bag of chips without causing too much damage.

#### **Loops and Cinch Cords**

Some packs come with loops and elastic cinches to help manage extra gear. Some are specifically designed to hold things like trekking poles when you don't want to use them; others are there for you to get creative. Try not to have too much extra stuff dangling off your pack though--hanging items can catch on tree branches and just generally feel (and sound) annoying.

**Pro Tip:** Hook a few safety pins to some of your pack loops—they are perfect for hanging drying socks on while you hike.

### **Packing Systems, Tricky Items and Other Tips:**

#### **Packing Systems**

Packing systems (aka using stuff sacks and other organizational tools) are entirely personal preference and something you will refine over time. Some people prefer not to take the extra weight, others like knowing there's a bag for everything. Small ditty bags in different colors are useful for holding toiletries, snacks and first aid, so you always know which bag to grab depending on what you need.

It can be a good idea to pack certain items in waterproof stuff sacks, like your sleeping bag and any electronics that could get moisture damage. If you're really trying to maximize the space in your pack, compression stuff sacks can also be helpful for squishing everything as small as possible, including clothes and sleeping bags. The oblong shape of stuff sacks can create 'dead space' in your pack however, so try packing a few different ways to determine what works best for you. Odor-proof bags are a good option to hold all your food and 'smellables' like toothpaste--even if you're not in bear country, small rodents can and will chew through your gear to get your tasty snacks if they can smell them.

#### **Bear Cans**

Speaking of bears, some national and state parks, forests and wilderness areas require anyone staying overnight to carry bearproof food protection. This protects the bears as much as it does backpackers--no one wants to see a bear destroyed because it got into your energy chews. Always check with the local rangers to ensure you're following the requirements for the area you're visiting.

The trouble with bulky, hard-sided bear cans is that they can be tough to pack. Generally, the best way is to place them vertically on top of your sleeping bag so they sit at your middle back where the heaviest items go. Make sure to pack the can itself full so you're using all the available space. Use soft items like clothes to pack around where the can hits the back frame, otherwise, it could press uncomfortably into your back while you're hiking. Lighter, easier-to-pack soft-sided bearproof bags do exist, but they're not permitted everywhere. Again, check with the local authorities to see what is permitted.

### **Winter Additions**

Winter camping adds a few extra layers of preparation to backpacking. Your shelter and sleep system will get heavier because you'll need warmer gear. You will also need more warm clothing layers, more food and more fuel. Your body will burn more calories as it works to keep you warm, so more food is needed to fuel your body's furnace. You may also need a burlier stove that performs well even in freezing conditions. All of these items take up more space, and may require a larger pack.

### **Liquid Fuel**

Most backpackers carry canister stoves for their ease of use and low weight. But some still carry liquid fuel stoves, preferring them for their easy in-field maintenance and all-weather performance. If you fall into the latter camp, make sure to store your liquid fuel bottles vertically (water bottle pockets are great for this), and keep them away from your food in case of spills.

### **Waterproofing Your Pack**

You carry a rain jacket for yourself--your pack needs protection from the elements too. The most common option is a waterproof rain cover that goes around the outside of your pack and cinches around the back panel with a cord. Most brands sell their own version--make sure to buy the right size for your pack volume. Some packs even come with a rain cover included.

The other option, which can be combined with a pack cover for extra protection, is to line the inside of your pack with a heavy-duty trash compactor bag. These bags are thicker than a regular trash bag, and are perfect for keeping water off the gear inside your pack, particularly when you set your bag on the wet ground. Since they are light and cheap, compactor bags are great for those trips when the forecast says sunny but you want to be prepared just in case (always a good idea in the mountains).

### **How to Put on a Full Pack:**

It may seem silly to provide advice on how to put a backpack on--until you've tried to lift a fully loaded pack onto your back. There's a right and wrong way to do it. Here's how:

1. Make sure all the pack's compression straps are tightened. Loosen the shoulder straps slightly (this will make it easier to slip the straps on).
2. Grab the haul loop at the top of the back panel (between the shoulder straps) and, using your core and legs, lift the pack onto one thigh with the shoulder straps facing you.
3. Put the other arm through a shoulder strap and shift the pack until the padding touches your shoulder.
4. Lean forward and ease the pack fully onto your back. Slide your arm through the other shoulder strap.
5. Buckle the hip belt first, then adjust all the straps as needed.

### **Backpacking Gear Checklist:**

The 10 Essentials (originally developed in the 1930's by the Seattle organization The Mountaineers):

- Shelter: Tent, tarp or bivy
- Navigation: GPS unit, compass and paper map (don't rely exclusively on anything with batteries)
- Hydration: Water treatment, water bottles and/or reservoir, backup treatment (like tablets)
- Fire: Lighter/matches, stove and fuel
- Food: About 2-2.5 pounds/day plus some emergency rations
- First aid kit: Pain/inflammation medication, disinfectant wipes, tape/bandages, blister care, insect repellent, etc.
- Headlamp and extra batteries
- Sun protection: Sunscreen, lip balm, sunglasses and hat
- Pocket knife
- Extra clothes/layering system: Rain jacket, insulated jacket, long underwear top and bottom, extra socks and underwear, warm hat and gloves

#### Other Essentials:

- Backpack
- Sleep system: Sleeping bag or quilt, sleeping pad
- Cookware and utensils
- Rain cover and/or waterproof pack liner
- Bandana
- Toiletries: Toothbrush, toothpaste, wet wipes, biodegradable soap
- Gear repair kit
- Bathroom kit (lightweight trowel, toilet paper, hand sanitizer and pack-out baggies)

#### Luxury Items:

- Camp pillow
- Battery pack
- Book/E-reader
- Camp chair
- Camera

#### Location-Dependent/Seasonal Items:

- Bear can
- Fleece jacket
- Rain pants
- Insulated pants
- Wind shirt/pants
- Camp sandals/shoes
- Insulated booties
- Sleeping bag liner
- Personal towel

#### On Your Body:

- Hiking shirt: Wicking wool or synthetic, never cotton
- Hiking bottoms: Fast-drying convertible pants, shorts, skirt or kilt
- Hiking socks
- Hiking boots or trail runners
- Wicking underwear
- Sports bra
- Hat
- Sunglasses
- Trekking poles
- Trail gaiters (optional)

#### **How to Pack a Backpack Cheat Sheet:**

Lay out all your gear, adapted to your trip (use the checklist so you don't forget anything).

1. Make sure all pack compression straps are as loose as possible.
2. Fill your hydration reservoir and place it in your pack.
3. Stuff your sleeping bag in the bottom of your bag. Fill out extra space with a small sleeping pad, camp clothes and/or a camp pillow.
4. Layer your heaviest gear against the back of the pack, including camp food, your cook system and tent body.
5. Fill out the body of the pack with the lightest items, including lightweight clothes, camp towel or light toiletry items.
6. Put lighter items on the top of your pack and in the lid that you may need access to while you're hiking, including first aid, snacks, a rain jacket, sunscreen etc.
7. Fill out your pockets with water bottles, tent poles, snacks, pack cover, bathroom kit and other lightweight items you'll want to grab quickly.
8. Cinch down pack compression straps to secure your load.



## PACK LIKE A PRO: BACKPACKING GEAR CHECKLIST



### 1. THE 10 ESSENTIALS

- Shelter: Tent, tarp or bivy
- Navigation: GPS unit, compass and paper map (don't rely exclusively on anything with batteries)
- Hydration: Water treatment, water bottles and/or reservoir, backup treatment (like tablets)
- Fire: Lighter/matches, stove and fuel
- Food: About 2-2.5 pounds/day plus some emergency rations
- First aid kit: Pain/inflammation medication, disinfectant wipes, tape/bandages, blister care, insect repellent, etc.
- Headlamp and extra batteries
- Sun protection: Sunscreen, lip balm, sunglasses and hat
- Pocket knife
- Extra clothes/layering system: Rain jacket, insulated jacket, long underwear top and bottom, extra socks and underwear, warm hat and gloves

### 2. OTHER ESSENTIALS

- Backpack
- Sleep system: Sleeping bag or quilt, sleeping pad
- Cookware and utensils
- Rain cover and/or waterproof pack liner
- Bandana
- Toiletries: Toothbrush, toothpaste, wet wipes, biodegradable soap
- Gear repair kit
- Bathroom kit (lightweight trowel, toilet paper, hand sanitizer and pack-out baggie)

### 3. LUXURY ITEMS

- Camp pillow
- Battery pack
- Book/E-reader
- Camp chair
- Camera

### 4. LOCATION-DEPENDENT/SEASONAL ITEMS

- Bear can
- Fleece jacket
- Rain pants
- Insulated pants
- Wind shirt/pants
- Camp sandals/shoes
- Insulated boots
- Sleeping bag liner
- Personal towel

### 5. ON YOUR BODY

- Hiking shirt: Wicking wool or synthetic, never cotton
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- Hiking socks
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- Sports bra
- Hat
- Sunglasses
- Trekking poles
- Trail gaiters (optional)

## PACK A BACKPACK CHEAT SHEET

1. Lay out all your gear, adapted to your trip (use the checklist so you don't forget anything).
2. Make sure all pack compression straps are as loose as possible.
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4. Stuff your sleeping bag in the bottom of your bag. Fill out the space with a small sleeping pad, camp clothes and/or a camp pillow.
5. Layer your heaviest gear against the back of the pack, including camp food, your cook system and tent body.
6. Fill out the body of the pack with the lighter items, including lightweight clothes, camp towel or light toiletry items.
7. Put lighter items on the top of your pack and in the lid that you may need access to while you're hiking, including first aid, snacks, a rain jacket, sunscreen etc.
8. Fill out your pockets with water bottles, tent poles, snacks, pack cover, bathroom kit and other lightweight items you'll want to grab quickly.
9. Cinch down pack compression straps to secure your load.

msrgear.com

Next month: Where to pitch a tent

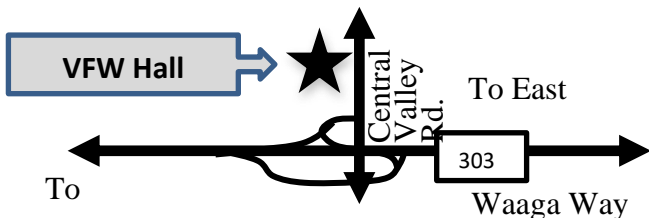
## Club News

### PWC Online... <http://www.pwckitsap.org/>

Go to the website to find upcoming trips, trip reports, photos, a discussion forum, and more!

### PWC General Meeting

The PWC General Meeting is held the first Wednesday of each month at 7:00 p.m. at the VFW Hall at 9981 Central Valley Road in Bremerton WA.



**WELCOME FRIENDS!!!** If you are a guest or new member, please introduce yourself and ask for help, or look for someone who can answer questions and point out members who share your interests. However, to really get to know us – come to a potluck or go on an outing with us!

### Sponsor an Outing!

If you are a club member and interested in leading an outing, let us know about it so we can post it! Even if you list your trip in other forums, including it as a PWC event helps connect people and groups, and helps the club stay active. To sponsor an outing, come to a MAP meeting to discuss your trip, or fill out the form on our website, or email or call the info to our Calendar Editor, Christine Plepys, at [c\\_plepys@yahoo.com](mailto:c_plepys@yahoo.com) and 859-240-2704 or Emily Grice at [emilykgrice@gmail.com](mailto:emilykgrice@gmail.com) and 206-669-0817, or to our Webmaster, Jay Thompson, at [pwcadmin@pwckitsap.org](mailto:pwcadmin@pwckitsap.org) and 360-307-0037.

### We Need Your House!

The club's Monthly Activities Planning (MAP) meetings and potluck dinners are held at a member's home. If you can handle a small home invasion, please contact the Calendar Editor, Emily Grice at [emilykgrice@gmail.com](mailto:emilykgrice@gmail.com) or 206-669-0817.

### PENWICLE Submissions

Email your PENWICLE submission by the deadline to ensure it is included in the next issue. *Please send calendar entries in advance (see "Sponsor an Outing!" on this page),* and for other PENWICLE submissions, send an email to the Webmaster, Jay Thompson, at [pwcadmin@pwckitsap.org](mailto:pwcadmin@pwckitsap.org)

### Your Trip Photos Wanted!

Do you have some great PWC trip pictures you'd like to share? Each month we need your photos to share during the PWC General Meeting slide show and in the PENWICLE. Contact Jay Thompson ([jaythom1@hotmail.com](mailto:jaythom1@hotmail.com)), our Dropbox manager, to find out how!

## Club Business

### Email, Address or Phone Number Changes

Send changes to the PWC Treasurer, Marti Howard at:

Peninsula Wilderness Club  
P.O. Box 323  
Bremerton, WA 98337-0070

### Joining/Renewing your Membership

To join or renew, please see the form on the back of this newsletter. PWC members receive a discount on select merchandise or services at the following businesses (check with vendor for details):

- Ajax Café, Port Hadlock, <http://www.ajaxcafe.com/>
- Back of Beyond, Bainbridge Is., <http://www.tothebackofbeyond.com>
- Commander's Beach House Bed and Breakfast, Port Townsend <http://www.commandersbeachhouse.com/>
- Wilderness and The Gear Stash, Bainbridge Island <http://wildernessoutdoorstore.com>
- Olympic Outdoor Center, Port Gamble <http://www.olympicoutdoorcenter.com/>
- Poulsbo Running, Poulsbo, <http://www.poulsborunning.com>
- The Quick Fix, Port Orchard, [cmountaindave@aol.com](mailto:cmountaindave@aol.com) and 360-871-5577

### PWC Officers and Staff

Co-Presidents.....	Erin Hennings.....	360-621-6961
	Stevio Pavkovic.....	360-813-2743
	Cathie Strand.....	714-328-6697
Vice President.....	Tony Abruzzo.....	360-871-5754
Secretary.....	Megan Thompson.....	360-473-6126
Treasurer.....	Marti Howard.....	360-620-2991
President Emeritus.....	Doug Savage.....	360-994-0003
Members at Large.....	Truett DuPuis.....	253-358-0242
	Peter Kalmar.....	360-286-0328
	Jenny Lymangrover.....	408-203-2277
Entertainment.....	Jay Thompson.....	360-307-0037
Annual Picnic.....	Tony Abruzzo.....	360-871-5754
Refreshments.....	Tina Fox.....	360-649-0424
Membership Database.....	Marti Howard.....	360-620-2991
Webmaster.....	Jay Thompson.....	360-307-0037
Calendar Editor.....	Christine Plepys.....	859-240-2704
Dropbox Manager.....	Jay Thompson.....	360-307-0037
PWC Historian.....	Margaret Poshusta.....	360-692-0126
PENWICLE Editor.....	Margaret Poshusta.....	360-692-0126



The Peninsula Wilderness Club (PWC) is an organization for people interested in active outdoor pursuits. Main activities include hiking, backpacking, mountain climbing, rock climbing, skiing, snowshoeing, kayaking, and bicycle riding. All outings - from casual hikes to technical mountain sports - are initiated by individual members who volunteer to make minimal arrangements so an outing can take place. They do not accept responsibility for the safety, training or care of any participant, and members are expected to have whatever clothing, equipment, skills, and physical conditioning are appropriate for the outing they wish to join. Members practice responsible environmental stewardship and accept that there are dangers and a risk of injury in most outdoor activities.

Dues are \$25 per household per year. Bring dues to a PWC General meeting, or send a check or money order to:

Peninsula Wilderness Club  
P.O. Box 323  
Bremerton, WA 98337-0070

Please check if: New Member(s)  Renewing Member(s)  Change of Address

Name(s): \_\_\_\_\_

Mailing Address: \_\_\_\_\_

City, State, Zip: \_\_\_\_\_

Telephone: \_\_\_\_\_ E-mail: \_\_\_\_\_

For new members – how did you hear about us? \_\_\_\_\_

(Please print clearly)

NOTE: New members will receive the PENWICLE newsletter by email, or can download a copy via the PWC website.

Check here if you do NOT wish any information to be included in the membership list distributed to members.

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