





sierra*sage



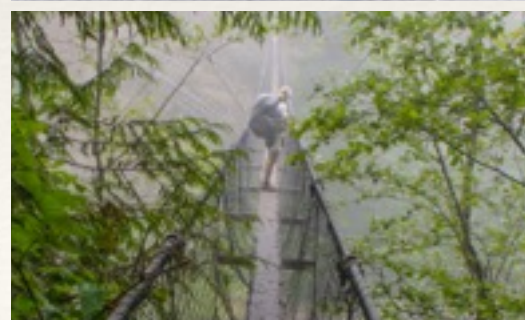
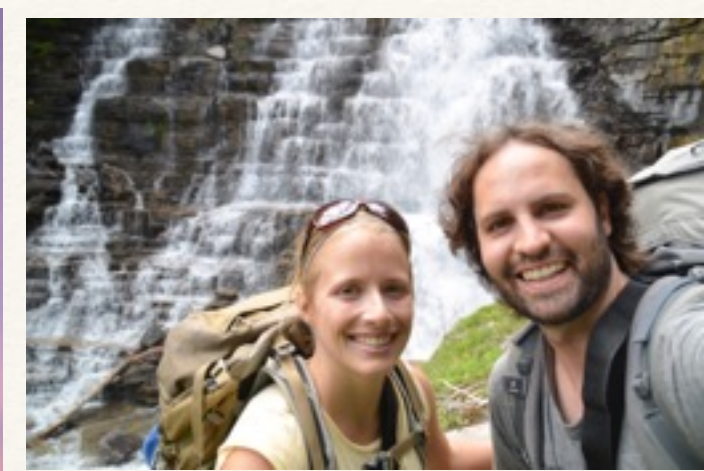






I've never been so tired, hungry, dirty and I'm having the time of my life!

GC



The Pacific Crest Trail

BRITISH COLUMBIA

Manning Park

Mt Olympus 2428

Seattle

Olympia

Tacoma

Portland

Vancouver

Salem

Eugene

Bend

Baker

Spokane

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Columbia

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OREGON

Grants Pass

Eureka

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2,650 miles
from Mexico
to Canada

Sacramento

San Francisco

Stockton

Fresno

Bakersfield

Santa Barbara

Los Angeles

San Bernardino

San Diego

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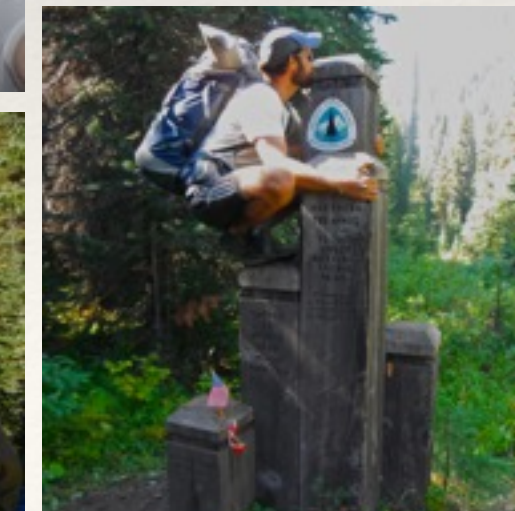
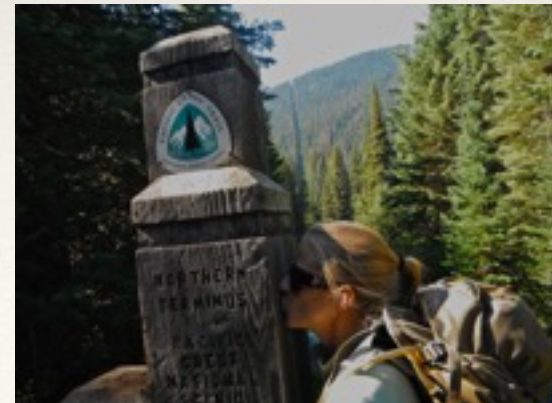
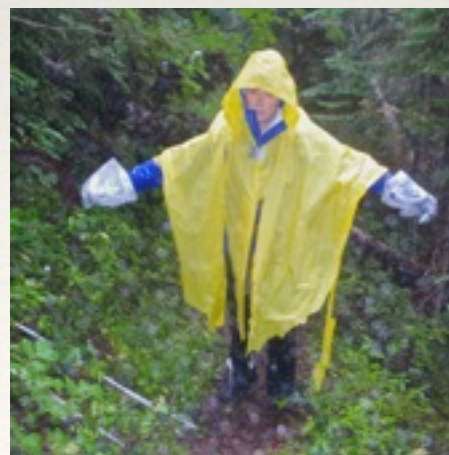
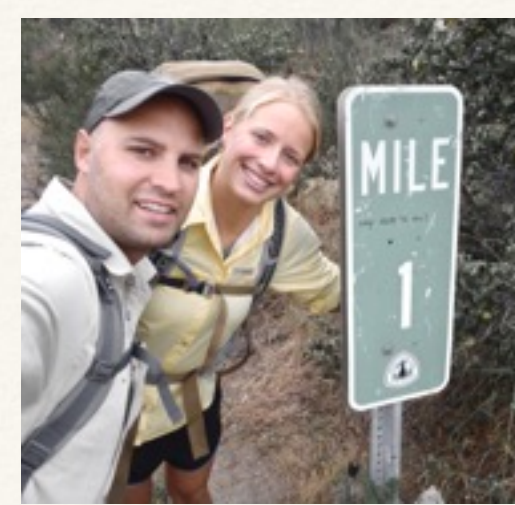
San Diego

San Diego

MEXICO

San Diego

San Diego



TransAmerica Bicycle Trail



Sources: Adventure Cycling Association, ESRI
Author: Kate Panek



Backpacking Philosophies

Gear: Simple - Efficient - Reliable

Doesn't take away Wilderness Experience



Hike Your Own Hike

There is no right way of Backpacking!



Leave No Trace - Ethics

Leave No Trace Organization

Plan Ahead & Prepare

Travel & Camp on Durable Surfaces

Dispose of Waste Properly

Leave What you Find

Minimize Campfire Impacts

Respect Wildlife

Be Considerate of Other Visitors





Trip Planning

Exploring the Possibilities

Bring a Friend

Pick a Destination

How Long? How Far?

Are you Physically Ready?

Research the Destination

Rules & Regulations

Physical Geography

Climate

Plan an Agenda

Share that Agenda



The 10 Essentials

Insulation

Illumination

Shelter

Sun & Bug Protection

Nutrition

Navigation

Hydration

Tools & Repair Kit

First Aid

Fire

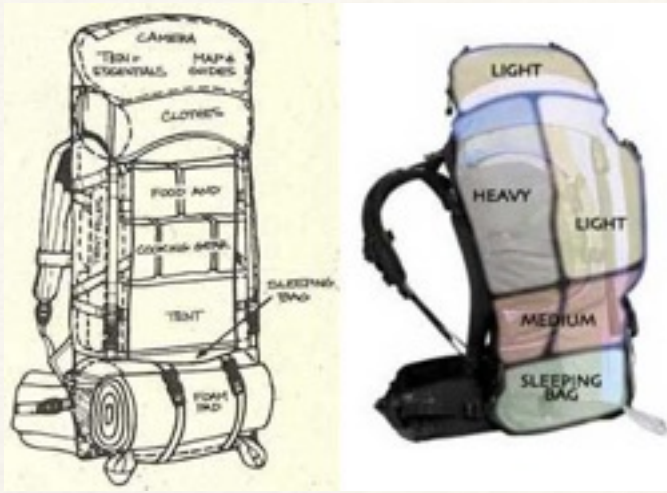


Personal Preferences
Environmental conditions



Hiking Styles
Ultra-Light Hiker vs Comfort Hiker

Backpacks!



Volume

Packing Space

Load

Weight the Pack can Carry

Fit

Physical Dimensions

Contact Points / Comfort

Pack Covers



Accessibility
Weight Distribution
Comfort



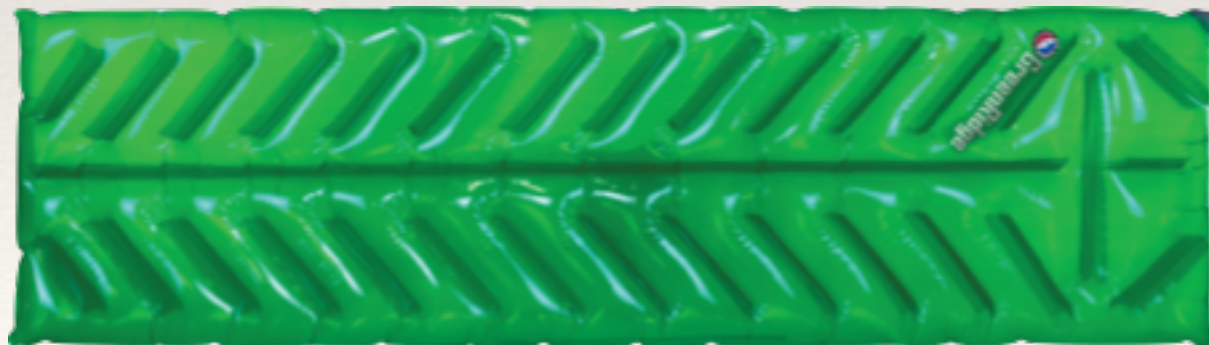
10 Essential: Insulation

Regulating your body
Temperature

Clothing

Sleeping Bag

Sleeping Pad



10 Essential: Insulation Sleeping Bag



Temperature Rating

Fill Material

Down

Synthetic

Big Agnes -

Pinneco Core Insulation

Shape

Rectangle

Mummy

Size

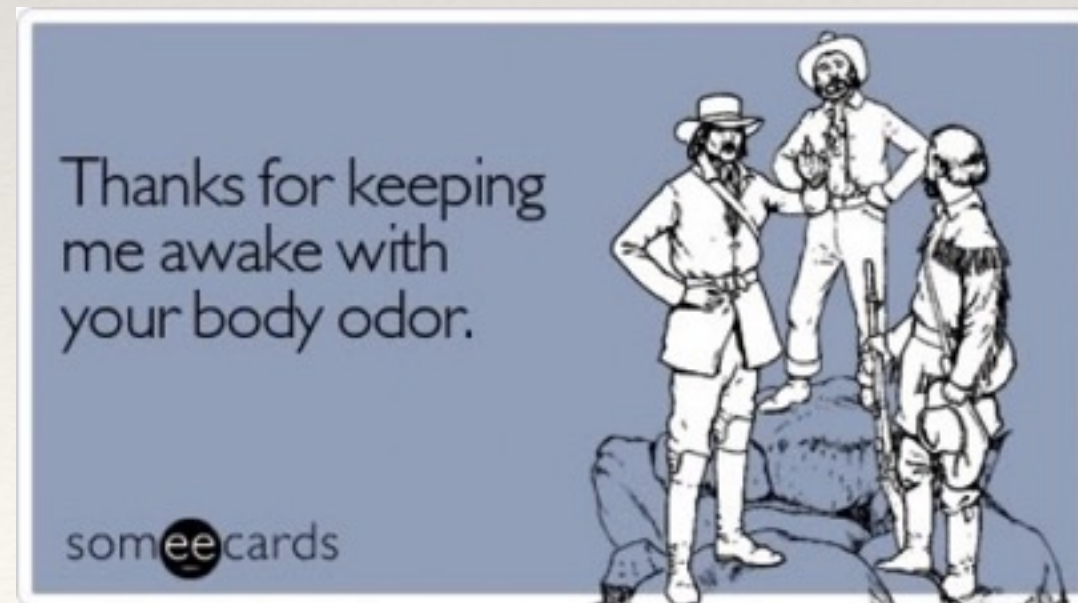
Small

Regular

Long

Sleeping Bag Liner







Gear Care

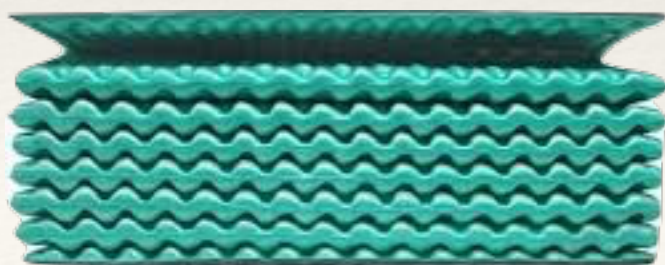
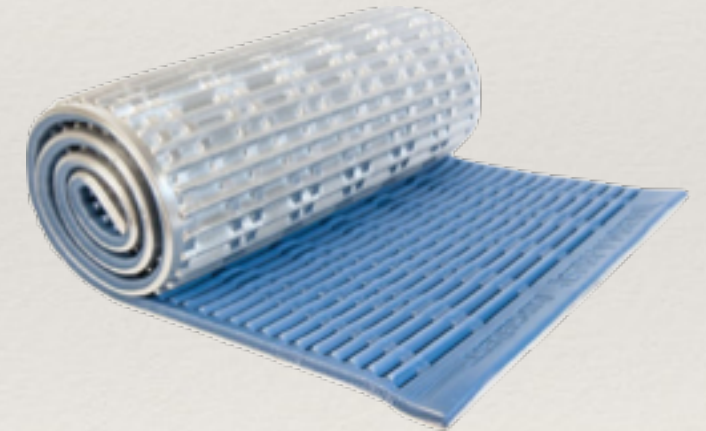
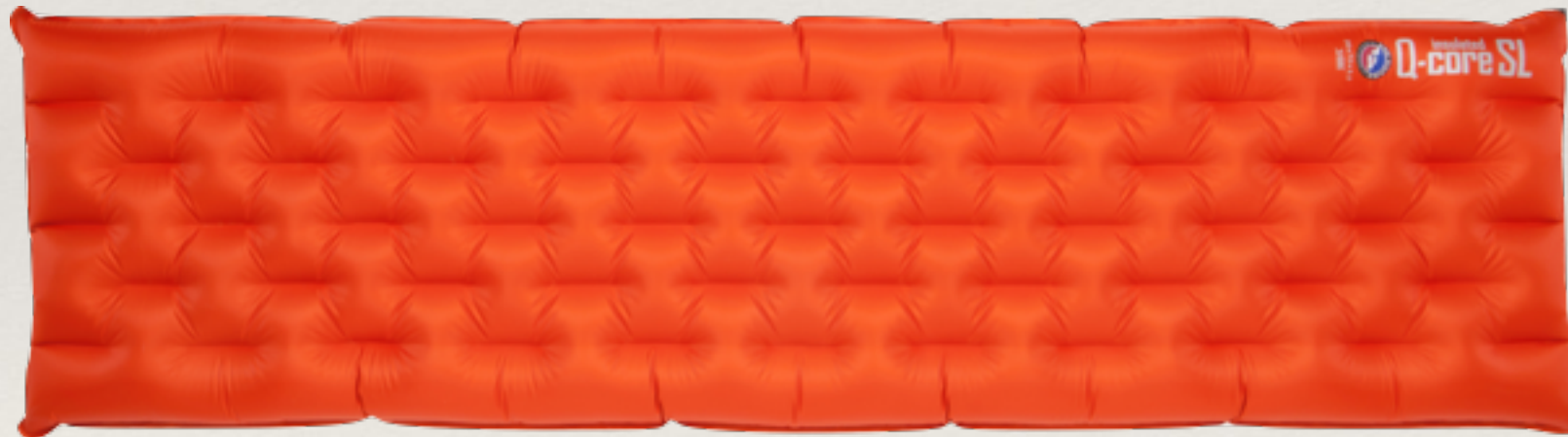
Protect your investment



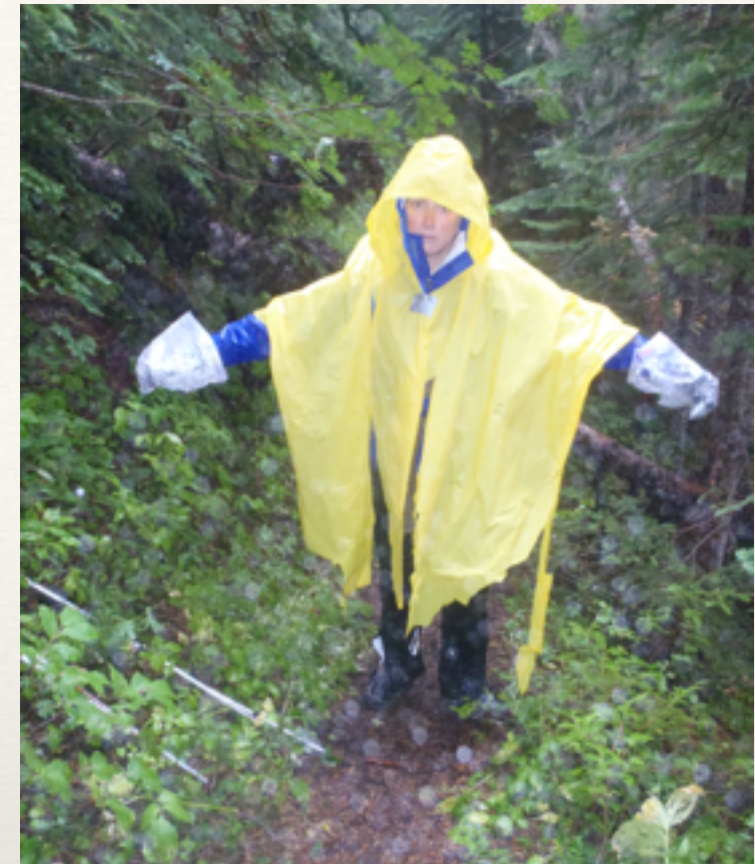
10 Essential: Insulation Sleeping Pad

Insulated vs Non-Insulated

Inflatable vs Non-Inflatable



“There is no such thing as bad weather, only bad clothing” - Uncle Guy



10 Essentials: Insulation Clothing

Synthetic

Polyester
Nylon
Spandex

Natural Fiber

Wool (Merino Wool)

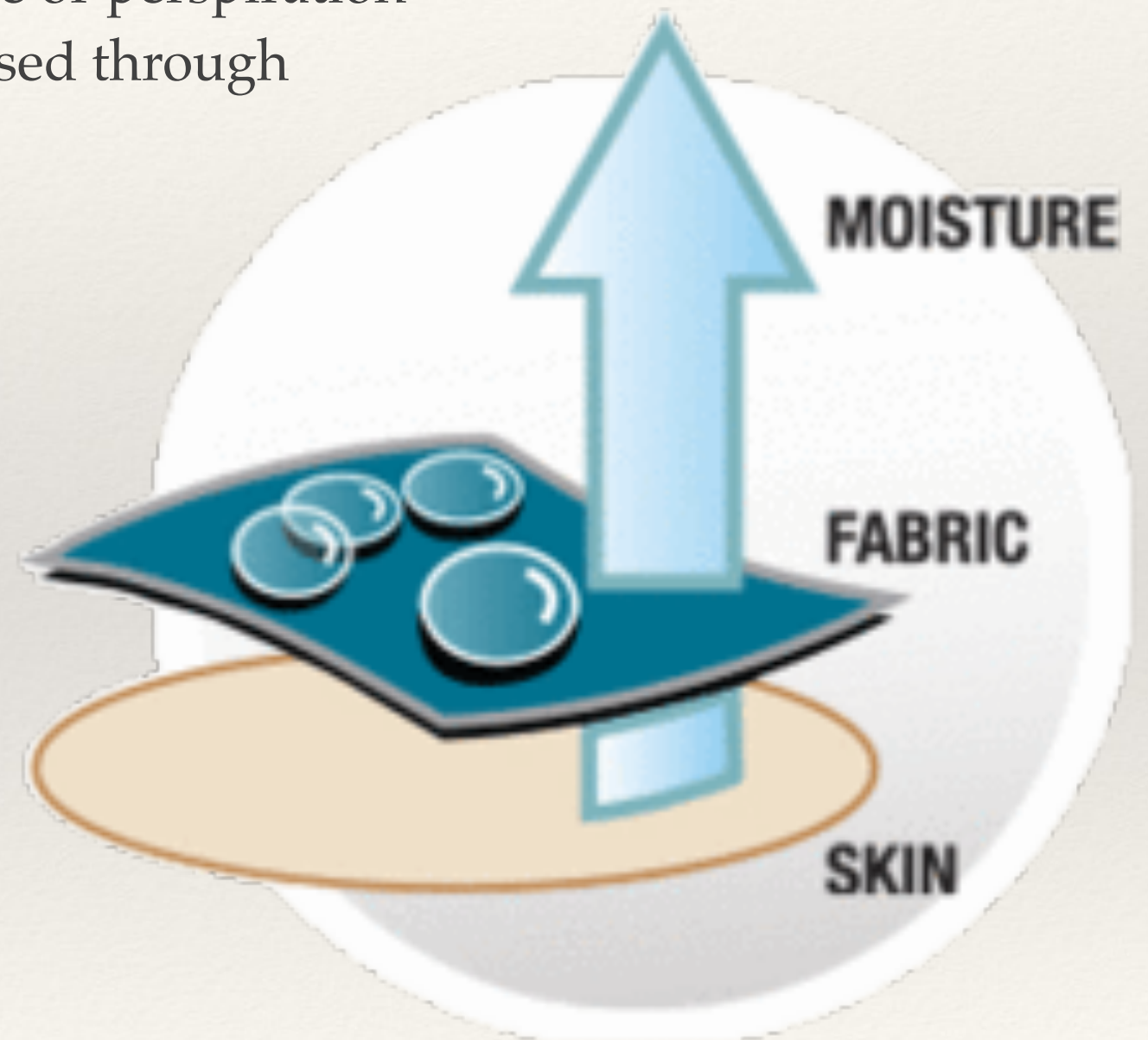
Qualities

Quick Dry
Regulate Temperature
Wicking Ability



10 Essentials: Insulation Clothing

Wick or Wicking - The action of moisture or perspiration being pulled away from the skin and dispersed through evaporation - therefore keeping you dry



10 Essentials: Insulation Clothing



Layering -

Way of maximizing your comfort in the outdoors by adjusting the number of layers you wear based on the changing weather and your activity level.

First Layer (Base Layer) -

Wicking Ability
Quick Dry

Second Layer (Middle Layer) -

Insulating

Third Layer (Shell or Outer Layer) -

Protection from the Elements
Breathable



10 Essentials: Insulation Clothing

Clothing Sets

Active Set
Dry Set
(Sleeping Clothes)



Putting on clean underwear is like Christmas!

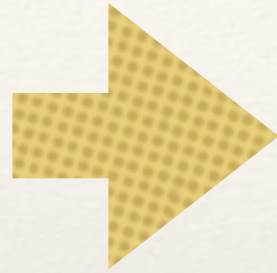
We've been on the trail too long.



10 Essentials: Insulation Footwear

Features

Boots
Hiking Shoes
Trail Runners
Sandals



Support
Comfort
Breathability
Water Proof



Socks

Materials - Quick Drying
- Wicking
- Durable

Features - Double Layer
Anti-Blister System



10 Essentials: Shelter

Comfort

Layout

Weight

Built in Lights

Weather

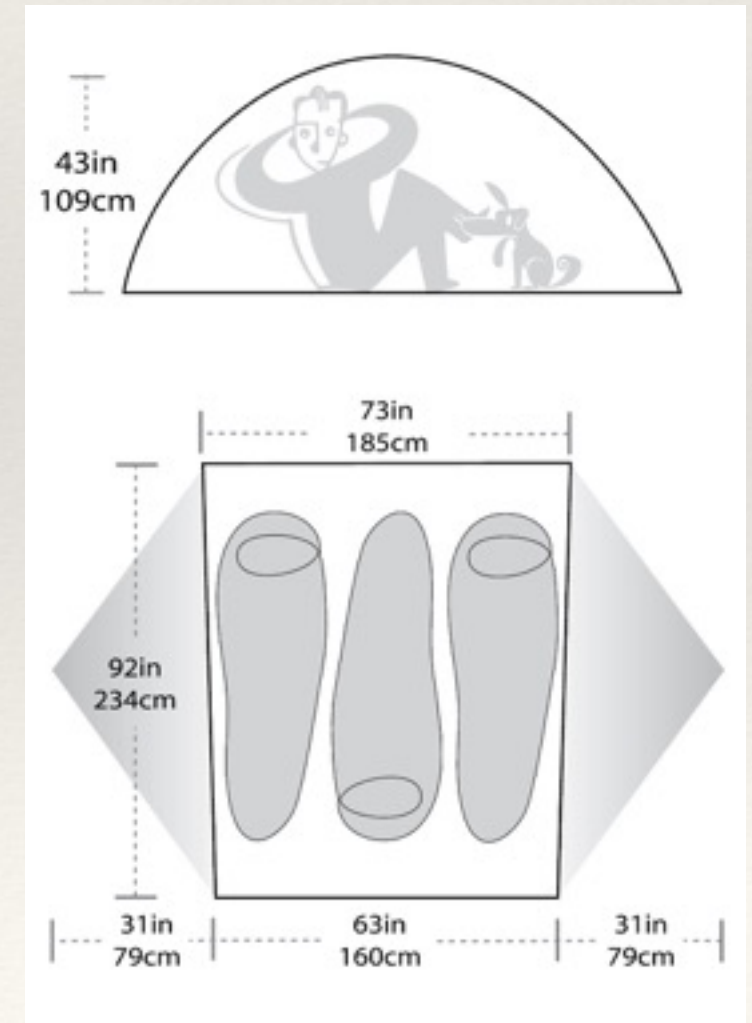
Three-Season

Four-Season

Terrain

Free-Standing

Non-Free-Standing



BOOTS MCFARLAND ©2014 GEOLYN CARVIN bootsmcfarland.com

DAY 1

We brought way too much food!



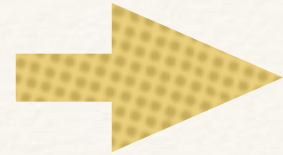
DAY 4

We didn't bring enough food!



10 Essentials: Nutrition

160 lb Person



511 Calories per hour

200 lb Person

Mayo Clinic

637 Calories per hour

About 4,000 - 5,000 Calories per day

or

About 2 lb per day



10 Essentials: Nutrition



Proper Nutrition

Carbohydrates - The preferred fuel source for your body's energy needs.

Quick Energy

Sustained Energy

Proteins - Used by the body to build, repair and maintain muscle tissue.

Recovery

Fats - The most energy dense of the three nutrients.

Helps in the absorption of vitamins and minerals

Fuel





10 Essentials: Nutrition



Top 10 Trail Foods

Gorp / Trail Mix

Tuna & Crackers

Beef Jerky

Hard Cheese & Crackers

Energy Bars / Candy Bars

Peanut Butter / Nutella

Fruit - Dried or Fresh

Freeze Dried Meals /
Dehydrated Meals

Granola / Oatmeal

Candy / Sugar!



10 Essentials: Nutrition

Factors to Consider

Weight

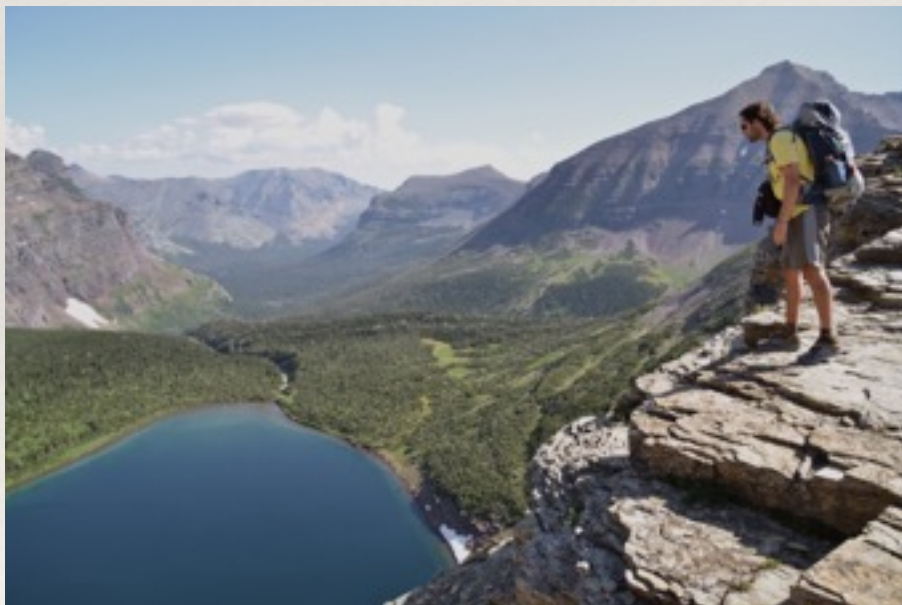
Prep Time

Trash Generated

Perishability

Price

Taste



10 Essentials: Nutrition

A Little Advice From Experience...

Have a good Variety

Don't include foods you
don't like



10 Essentials: Nutrition

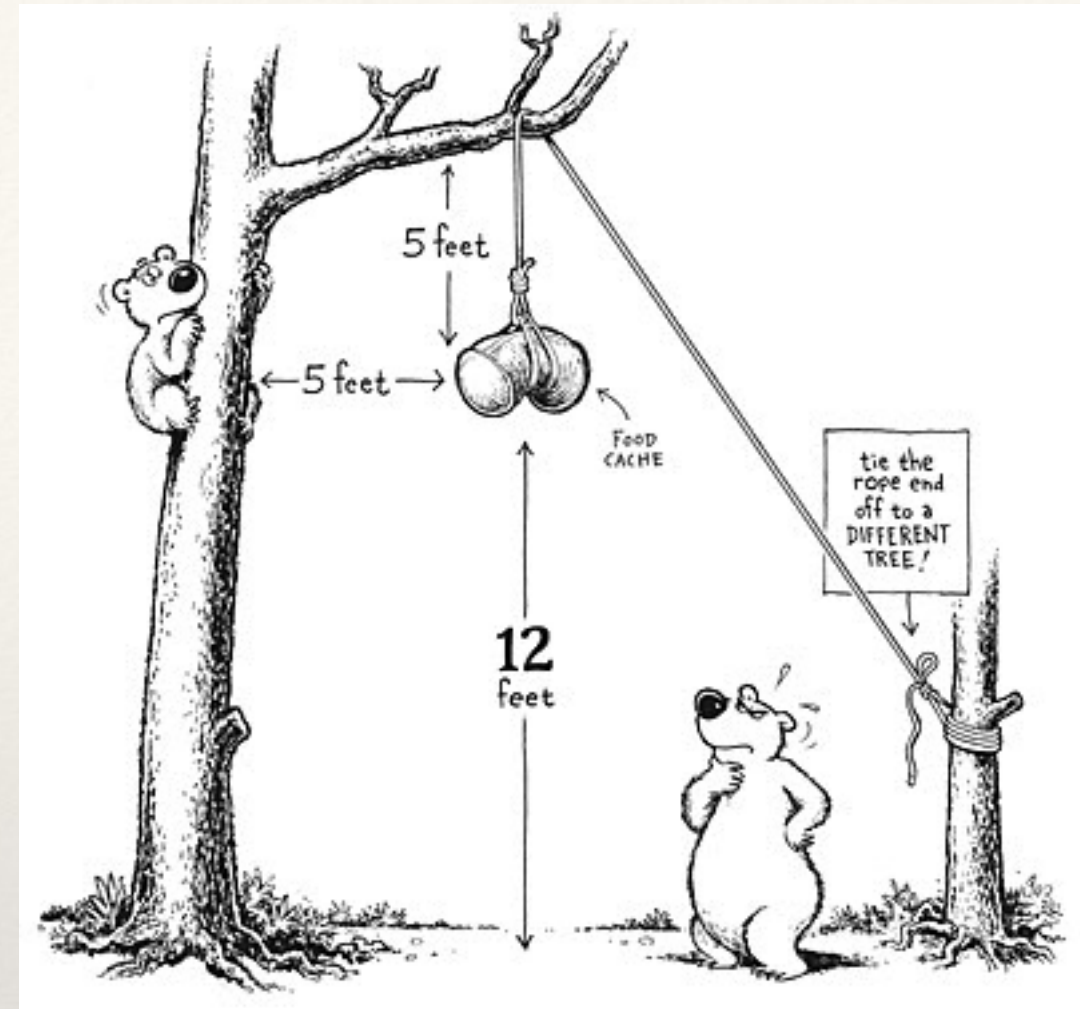
Proper Food Storage

- Personal Safety from Predators
- Protect your Gear
- Protect the Animal

Bear Box

Hang Food

Bear Canister



Safety in Bear Country

Hike Smart!

Safety in Numbers - Don't hike alone
Be loud when you're on the trail
Proper Food Storage



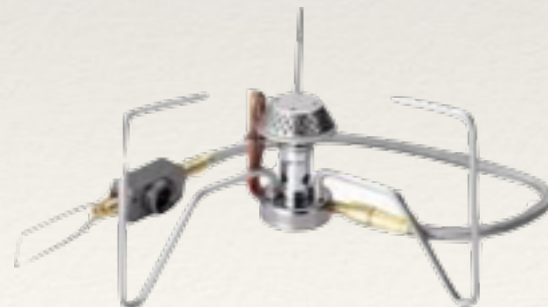
10 Essentials: Nutrition Stoves / Cookware

Choices

- Multi-Fuel Systems
- Integrated Systems
- Canister Fuel Systems

Cookware

- Cook Pot
- Cups
- Plates
- Cutlery
- Bowls
- Cleaning Supplies
- Mugs
- Partyware



10 Essentials: Hydration

Store

- Bottle
- Bladder



Treat

- Boil
- Pump
- UV
- Chemical
- Gravity



Water = 2.2 pounds per Liter



10 Essentials: First Aid

Emergency

Supplies

Skills / Knowledge

Proactive

Prevention

Trekking Poles

Braces

Hygiene

Bathroom Kit



10 Essentials: Illumination

Light Up the Night

Headlamp

Flashlight

Lanterns

LED Technology

Compact

Lightweight

Efficient



10 Essentials: Sun & Bug Protection



Sun Protection

Bug Protection

First Layer

First Layer

Clothing

Clothing

Long Sleeve Shirt

Long Sleeve Shirt

Long Pants

Long Pants

Sunglasses

Hat / Head Net

Hat



Second Layer

Second Layer

Chemical

Chemical

Sun Screen

Permethrin

Lip Balm

Non DEET

DEET



10 Essentials: Navigation

Map & Compass
Skill to use

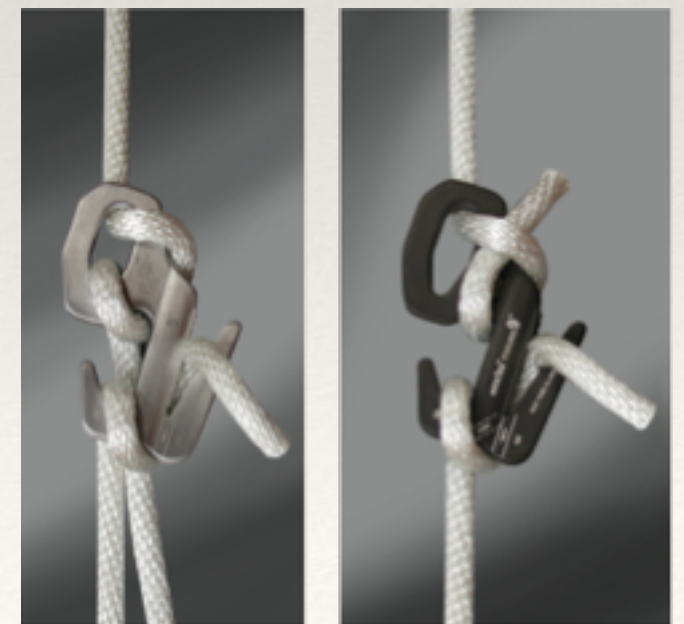
GPS



10 Essentials: Tools & Repair Kit

Knife / Multi-tool
Patch Kit
Tent Pole Sleeve
Rope

Duct Tape
Needle & Thread
Safety Pins



10 Essentials: Fire

Multiple Methods

Lighter

Waterproof Matches

Flint & Steel

Stove



The 10 Essentials

Insulation

Illumination

Shelter

Sun & Bug Protection

Nutrition

Navigation

Hydration

Tools & Repair Kit

First Aid

Fire



Luxury Items



Enhance you time on the trail!

Camera

Book / Journal

iPod / Music Player

Binoculars

Fishing Pole

Field Guide

Playing Cards

Etc, Etc...



Know your Limit & Be Smart



In Summary...

Get Out More!

Be Like a Boy Scout

Proper and Well Balanced
Nutrition is Key

No One Right Piece of
Equipment or Gear

Have Fun on the Trail







Avenues to follow us

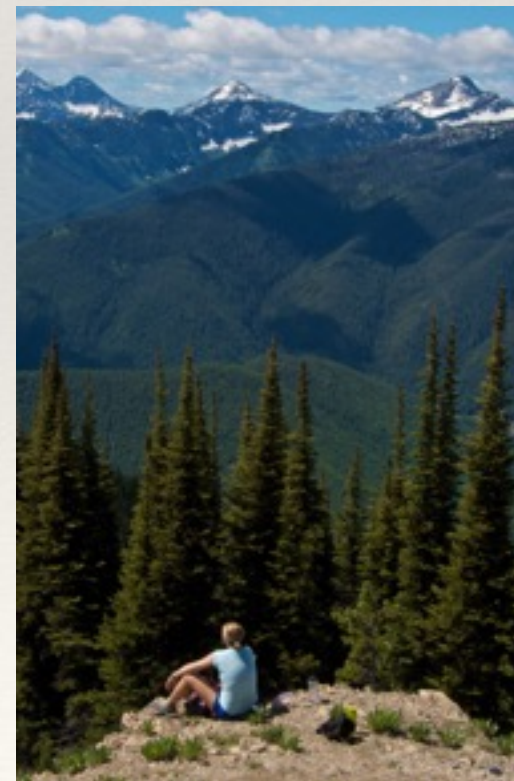
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RHINO-RACK



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**LIFE IS AN:
ADVENTURE**

ZAMST



SHARE YOUR RECOVERY STORY
AND BE ENTERED FOR A
CHANCE TO WIN \$100
OF ZAMST PRODUCTS.

WINNER WILL BE ANNOUNCED
AT THE END OF THE MONTH.



KNEE ANKLE ICING SYSTEMS BACK COMPRESSION



OUTDOOR FREQUENT INJURIES

<p>ICE: Large Body Part Icing System Product: IW-2 Tech: Customized fit with dual medical grade ice bags.</p> 	<p>Injury: Wrist Sprains/Support Wrist: Wrist Stabilizer Product: Wrist Band Tech: Wristband with individualized wrap fit.</p> 
<p>ICE: Small Body Part Icing System Product: IW-1 Tech: Customized fit with individual medical grade ice bag.</p> 	<p>Injury: Back Sprains/Support Back: Dual Back Stabilizers Product: ZW-5 Tech: Exo-Grid internal dual back stabilizers with individualized fit, ventilation cooling and grip tech materials.</p> 
<p>Injury: Ligament Strains/Support Knee: MCL/LCL Stabilizers Product: ZK-3 Tech: Exo-Tech Dual 2-way ligament support with individualized fit, flyweight design and ventilation cooling.</p> 	<p>Injury: Muscle Soreness/Delayed Muscle Soreness, Muscle Fatigue Leg: Gradient Compression Calf Sleeve Product: LC-1 Tech: Gradual gradient compression calf sleeves enhances blood flow and improves performance.</p> 
<p>Injury: Patella Tendinitis/Jumpers Knee Knee: Patellar Compression Product: JK-Band Tech: P-Tech padding with individualized fit applies compression to patellar tendon.</p> 	<p>Injury: Plantar Fasciitis Foot/Heel: Plantar Arch Support/Gradient Compression Product: HA-1 Short and Compression Tech: Arch support offloads pressure and gradual compression enhances blood flow and enhances performance.</p> 
<p>Injury: Ligament Tears or Strains/Support Knee: ACL/PCL/MCL/LCL Stabilizers Product: ZK-7 Tech: Exo-Tech Quad 4-way ligament support with individualized fit, flyweight design and ventilation cooling.</p> 	<p>Injury: Tendon Strains/Support Ankle: Achilles Tendon Strain Product: AT-1 Tech: A-strap and individualized fit slows for a taping function while heel lock ensures heel stabilization.</p> 
<p>Injury: Osgood-Schlatters Disease/ Patella Tendinitis/Chondromalacia Knee: Kneecap Stabilizer Product: JK-2 Tech: Kneecap stabilizer with P-tech padding, flyweight fabrication and ROM Tech designed with an individualized fit.</p> 	<p>Injury: Ankle Sprains/Support Ankle: Inversion Ankle Sprains Product: AT-5 Tech: Exo-Grid internal stabilizers with anatomically (left or right) correct lightweight design, provides protection from ankle sprain, low profile design.</p> 



MELISSA ARMOUR



Sabre Frontiersman





NIKWAX
WATERPROOFING

NIKWAX
EASIER SAFER DRIER



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