

Backpacking Shouldn't Mean Back Breaking

Trying to figure out what backpack to buy for a hiking trip can be a daunting process. It's important that you spend time shopping around to find the right pack to fit your needs and the needs of your hike. The size and type of backpack greatly depends on what you will be carrying.

You'll need to carry all provisions and equipment you intend to use on your trip. First off, start with laying out what you'll absolutely need, i.e. tent, sleeping bag, first aid kit, etc. You'll also need to determine how much water you'll need to bring. A good rule of thumb is about a gallon of water per day; a little less if you'll be able to melt snow or purify natural water resources. Bringing excessive amounts of water will weigh you down so try not to overestimate.

You'll consume a large amount of calories when you're hiking so take plenty of high calorie food. Bring food that is small in size but is filling, lightweight and has a high calorie content. Hiking is not a time to diet since your endurance depends on your intake. Nutrition bars make great sources of energy and are perfectly proportioned and packaged. A good rule of thumb is between 1 and 2 pounds of food per day. If you plan on fishing then think of it as adding to your food; don't depend on it since you could very well not catch enough to eat.

Now determine the total amount of size and weight you'll be carrying. This will determine the type of backpack you'll need to have. A mid size is sufficient for a day or two hike but if you'll be camping for longer periods of time you'll probably need a full size pack which can carry over 50 pounds. Make sure you purchase one with excellent support such as waist and chest straps and ensure there is an internal frame. The backpack should also have sufficient padding, straps for your sleeping bag, and easy to access outside compartments. Don't penny pinch; you usually get what you pay for.

Once you have your backpack and know what you're carrying in your [backpack consider](#) how much you're physically able to haul. A 50 pound bag may be fine for a mile or two but consider how long you'll be hiking and the type of terrain. Pack your bag, strap it onto your back and do some test runs. This will help build up your strength and better gauge how much you'll realistically be able to carry. Now you're ready for your hike!

About the Author

Linden Walhard very often publishes short articles on topics like how to find accommodation around Benidorm and Benidorm hotels and accommodation. You can discover his publications on [cheap accommodation in benidorm](#) over at <http://www.alicante-spain.com> .

Source: <http://www.diyresource.com>