

Fallon Stake Young Women

High Adventure Backpacking Guide

2026

Donner Summit, California
July 30 - August 1, 2026

"If ye are prepared, ye shall not fear."
Doctrine and Covenants 38:30



About This Restored Packet

This shareable guide is a best-effort restored and updated edition created from photographed pages of an older backpacking packet. The original wording and practical wisdom have been preserved wherever legible, with light editing for clarity, consistent formatting, and updated 2026 notes for the Fallon Stake Young Women High Adventure at Donner Summit, California.

Because the source was a scanned/photographed copy, this is not guaranteed to be a perfect word-for-word transcription. To preserve the original source information, the photographed pages are included at the end as an appendix.

Table of Contents

- 1. 2026 High Adventure Updates and Notes
- 2. Welcome and Purpose
- 3. Weather and Staying Warm
- 4. Hiking Preparation
- 5. Backpacks and Pack Weight
- 6. Food and Water
- 7. Backpacking Meal Rules
- 8. Meal Ideas and Recipe
- 9. Shelter and Tent Sharing
- 10. Animals and Bear Safety
- 11. Common Problems and Prevention
- 12. Complete Gear Checklist
- 13. Gear Explanations
- 14. Parent and Youth Preparation Page
- 15. Contact Information
- 16. Appendix: Original Reference Pages

1. 2026 High Adventure Updates and Notes

These notes update the original backpacking packet for the 2026 High Adventure event. They are meant to help youth and parents prepare for a safe, comfortable, and successful backpacking experience.

Event Information

- Event: Fallon Stake Young Women High Adventure Backpacking Trip
- Location: Donner Summit, California
- Dates: July 30 - August 1, 2026
- Participants: Young Women age 15+ and approved adult leaders

Donner Summit Weather Note

Although this trip is scheduled for late July, mountain weather can change rapidly. Participants should prepare for warm daytime temperatures, cool evenings, possible wind, sudden rain, and cold nights. A dry sleeping bag and a dry set of sleeping clothes can make the difference between a miserable night and a good one.

Camp Leader Tip

Change out of all clothes worn during the day and put on fresh, clean, dry sleeping clothes before bed. Dry socks and a warm hat can make a big difference in how warm you stay overnight.

Modern Backpacking Additions

- ☐ Bring a headlamp instead of only a handheld flashlight.
- ☐ Bring fresh batteries or fully charge rechargeable lights before leaving.
- ☐ Consider electrolyte packets for each day of hiking.
- ☐ Use a pack liner such as a trash compactor bag to keep clothes and sleeping gear dry.
- ☐ Break in hiking shoes or boots before the trip.
- ☐ Keep phones in a waterproof bag if phones are permitted by leaders.
- ☐ Bring a small power bank only if leaders allow phones for safety or photos.
- ☐ Follow Leave No Trace principles and leave the area better than you found it.

Pack Weight Goal

A common backpacking guideline is to keep a loaded pack at or below about one-third of the hiker's body weight. Lighter is usually better. Girls should coordinate shared gear with tent buddies and leaders so they do not carry duplicate or unnecessary items.

2. Welcome and Purpose

Backpacking is one of the most rewarding experiences you can have. It gives you a chance to step away from normal distractions, enjoy God's creations, strengthen friendships, learn self-reliance, and discover that you can do hard things.

You do not need to be an experienced backpacker to have a successful trip. Preparation, a positive attitude, and a willingness to learn are more important than expensive gear or prior experience.

Many participants borrow equipment, learn skills for the first time, and discover that they are more capable than they expected. Ask questions early. Most gear, food, and preparation problems can be solved before anyone steps onto the trail.

Borrowing Gear

Backpacking gear can be expensive, and it is not necessary for every participant to buy everything new. Borrowing gear is encouraged when possible. If you borrow gear, take good care of it, keep track of all pieces, clean it appropriately, and return it promptly after the trip.

Camp Leader Tip

Borrow gear before buying expensive equipment. Leaders, family members, and other ward members may have backpacks, sleeping pads, tents, and other items available to loan.

3. Weather and Staying Warm

Mountain weather can change quickly. Be prepared for warm sun, wind, rain, and cold overnight temperatures. Do not assume that summer means warm nights. At higher elevations, night temperatures can drop dramatically.

The Most Important Rule: Stay Dry

Staying dry is one of the most important factors in staying warm. Wet clothes, wet socks, and wet sleeping bags can make a hiker cold very quickly. Pack clothing and sleeping gear in waterproof bags inside your backpack.

Clothing Principles

- Avoid cotton for hiking and sleeping layers. Cotton holds moisture and dries slowly.
- Choose synthetic or wool socks.
- Bring a warm layer for evenings and mornings.
- Bring rain protection even if the forecast looks clear.
- Reserve one complete set of clothes for sleeping only.

Sleeping Warm

- Change into dry sleeping clothes before bed.
- Put on clean, dry socks.
- Wear a warm beanie or fleece hat if needed.
- Keep tomorrow's clothes nearby but do not wear damp hiking clothes to bed.
- Eat a small bedtime snack if you are cold; digestion can help keep your body warm.

4. Hiking Preparation

The best way to prepare for backpacking is to hike and walk before the trip. Backpacking is different from regular walking because you carry weight on uneven ground. The more you prepare, the more enjoyable the trip will be.

Before the Trip

- ☐ Walk regularly in the weeks before the trip.
- ☐ Take practice hikes if possible.
- ☐ Practice carrying some weight in your backpack.
- ☐ Wear your hiking shoes several times before the trip.
- ☐ Trim toenails before leaving.
- ☐ Learn how to recognize hot spots before they become blisters.

Footwear

Do not bring brand-new boots or shoes on the trip. Footwear should be comfortable and already broken in. Pay attention to rubbing, pressure points, and hot spots. Blisters are much easier to prevent than to treat.

5. Backpacks and Pack Weight

A backpack should fit the hiker properly and have a padded waist belt. A good backpack transfers much of the weight to the hips instead of leaving all the weight on the shoulders.

Look For

- A padded waist belt that sits on the hips.
- Comfortable shoulder straps.
- Enough room for required gear without overpacking.
- Adjustable straps to pull weight close to the body.
- A size that fits the hiker's torso.

Packing Principles

- Pack heavy items close to your back and near the middle of the pack.
- Keep rain gear and snacks easy to reach.
- Use bags to organize clothing, food, and hygiene items.
- Do not attach loose items that swing or fall off.
- Do not carry unnecessary extras.

Overpacking is one of the most common backpacking mistakes. Every item should have a purpose.

6. Food and Water

Backpacking requires more energy than a normal day. Hikers need enough calories to walk, carry a pack, stay warm, and recover. Food should be lightweight, packable, and simple to prepare.

Good Backpacking Food Is

- Lightweight
- High in calories
- Easy to pack
- Easy to prepare
- Low in trash and packaging
- Something the hiker will actually eat

Water

Drink water frequently throughout the day. Do not wait until you feel thirsty. A water purification method is important when refilling from natural water sources. Leaders should coordinate water filters or purification tablets.

- ☐ Bring water bottles or a hydration bladder.
- ☐ Know how much water you can carry.
- ☐ Use only approved filtered or purified water.
- ☐ Consider electrolyte packets, especially on hot hiking days.

7. Backpacking Meal Rules

Rule #1: Keep It Simple

After hiking with a pack, complicated meals are usually not worth the effort. Choose foods that are easy to prepare and easy to clean up. Simple meals are often the most successful backpacking meals.

Rule #2: Lighter Is Better

Every ounce matters. Remove unnecessary packaging before the trip. Repackage food into smaller bags when appropriate, but label food clearly and keep instructions when needed.

Rule #3: Minimize Tools and Cleanup

Choose meals that need few ingredients, one pot or cup, and minimal cleanup. Avoid meals that require many utensils, long cooking times, or heavy ingredients.

Rule #4: Plan Enough Food

Not bringing enough food is a common problem. Plan for meals, trail snacks, and a bedtime snack. Hikers often eat more on the trail than they expect.

8. Meal Ideas and Recipe

Breakfast Ideas

- Instant oatmeal
- Granola
- Cold cereal with powdered milk

- Breakfast bars
- Dried fruit and nuts

Lunch Ideas

- Bagels and cream cheese
- Tortillas with peanut butter or other spreads
- Cheese and crackers
- Trail mix
- Jerky
- Fruit leather or dried fruit

Dinner Ideas

- Ramen noodles
- Cup O Soup
- Mountain House or similar freeze-dried meals
- Instant rice meals
- Chicken and rice
- Lipton noodle or rice sides
- Simple one-pot pasta or noodle meals

Snacks

- Granola bars
- Energy bars
- Nuts
- Dried fruit
- Trail mix
- Jerky
- Crackers
- Fruit snacks or fruit leather

Bedtime Snack

A small bedtime snack can help a hiker stay warm overnight. Choose something easy to eat and easy to store safely with the rest of the food.

Cranberry Almond Chicken and Rice

This recipe is included as a simple backpacking-style meal idea from the original packet.

- Instant rice
- Chicken, such as packaged chicken
- Dried cranberries
- Sliced almonds

Prepare the rice according to package directions. Add chicken, dried cranberries, and sliced almonds. Heat until warm. This meal provides carbohydrates, protein, and calories in a lightweight format.

9. Shelter and Tent Sharing

Shelter is essential for staying dry, warm, and protected. Tent arrangements should be coordinated before the trip so everyone knows what they are carrying and who they are sleeping near.

Tent Sharing

- Coordinate tent buddies before the trip.
- Divide tent components among tent partners to distribute weight.
- Make sure someone carries the tent body, rain fly, poles, and stakes.
- Practice setting up unfamiliar tents before leaving if possible.
- Keep sleeping bags and dry clothes protected from rain and moisture.

Keeping Gear Dry

- Use a pack liner or waterproof bags inside the backpack.
- Do not set sleeping bags directly on wet ground.
- Keep tent doors zipped when bugs or rain are a concern.
- Store wet gear away from dry sleeping gear whenever possible.

10. Animals and Bear Safety

Wildlife safety matters. The goal is to avoid attracting animals and to respond calmly if wildlife is seen.

While Hiking

- Hike in groups.
- Stay with the group and follow leader instructions.
- Make noise while hiking in areas where visibility is limited.
- Do not approach wildlife.
- Never feed animals.

In Camp

- Cook away from sleeping areas when possible.
- Store food properly.
- Keep scented items away from tents and sleeping bags.
- Do not sleep in clothing that smells strongly of food.
- Keep a clean camp and pack out trash.

Scented Items Include

- Food and snacks
- Gum and candy

- Toothpaste
- Deodorant
- Lotion
- Sunscreen
- Chapstick
- Scented wipes or hygiene items

If You See a Bear

- Stay calm.
- Do not run.
- Stay with the group.
- Make yourself look larger if directed by leaders.
- Follow leader instructions immediately.

Ticks and mosquitoes may also be present. Bring bug spray and check for ticks after hiking through brushy areas.

11. Common Problems and Prevention

Poor backpacks

Use a backpack that fits correctly and has a waist belt. Adjust it before the trip.

Overpacking

Carry only what is needed. Coordinate shared gear so items are not duplicated.

Improper footwear

Break in shoes or boots before the trip and bring extra socks.

Not enough food

Plan meals, snacks, and a bedtime snack. Bring food you will actually eat.

Wet sleeping bags or clothing

Use waterproof bags or pack liners. Keep sleeping clothes separate and dry.

Getting lost

Stay with the group and tell leaders before leaving any area.

Getting cold

Stay dry, eat enough, wear layers, and change into dry clothes before sleeping.

Medical conditions and allergies

Tell leaders ahead of time about medical needs, allergies, and medications.

Not drinking enough water

Drink regularly and refill when leaders direct you.

Sunburn

Use sunscreen, wear a hat, and reapply sunscreen during the day.

Mosquito and tick bites

Use bug spray and check for ticks after hiking.

12. Complete Gear Checklist

This checklist is a restored and updated version based on the original packet. Leaders may adjust final requirements based on route, weather, group size, and shared equipment.

Required Personal Gear

- ☐ Backpacking backpack with padded waist belt
- ☐ Sleeping bag appropriate for cold mountain nights
- ☐ Sleeping pad
- ☐ Headlamp or flashlight with extra batteries
- ☐ Water bottles or hydration bladder
- ☐ Rain jacket or poncho
- ☐ Warm jacket or fleece layer
- ☐ Hiking shoes or boots, already broken in
- ☐ Extra socks
- ☐ Dry sleeping clothes
- ☐ Warm hat or beanie
- ☐ Sunscreen
- ☐ Bug spray
- ☐ Toothbrush and toothpaste
- ☐ Personal medications
- ☐ Feminine hygiene supplies as needed
- ☐ Trail meals and snacks
- ☐ Garbage bag or zip-top bags for trash
- ☐ Waterproof bags or pack liner

Shared or Group Gear

- ☐ Tent or assigned portion of tent
- ☐ Water filter or purification method
- ☐ Backpacking stove and fuel, if assigned
- ☐ Cooking pot or cup, if assigned
- ☐ Bear bag or approved food storage system
- ☐ First aid supplies carried by leaders
- ☐ Map or navigation tools carried by leaders

Optional Helpful Items

- ☐ Trekking poles

- ☐ Electrolyte packets
- ☐ Bandana or small towel
- ☐ Small power bank if phones are permitted
- ☐ Camp shoes, if lightweight and approved
- ☐ Small notebook and pencil
- ☐ Lip balm with SPF

Do Not Bring Unless Leaders Approve

- Heavy extras that are not needed
- Large pillows
- Cotton sweatshirts or sweatpants for hiking
- Strong perfumes or scented products
- Unapproved electronics

13. Gear Explanations

Tent

Tents protect hikers from rain, wind, bugs, and cold. Girls sharing a tent should divide pieces so weight is shared fairly. Make sure all parts are accounted for before leaving.

Sleeping Bag

A warm sleeping bag is one of the most important pieces of gear. Keep it dry at all times. A wet sleeping bag can create a serious problem in cold conditions.

Closed Cell Foam Pad or Sleeping Pad

A pad is not just for comfort. It insulates the body from the cold ground. Even a good sleeping bag will not work well if the hiker is lying directly on cold ground.

Fleece Beanie or Balaclava

A warm hat helps retain body heat at night and in the early morning. It is small, lightweight, and very useful.

Bear Bag or Food Storage

Food and scented items should be stored according to leader instructions. Food storage protects both hikers and animals.

Snacks

Trail snacks help maintain energy between meals. Pack snacks where they can be reached easily during hiking breaks.

Garbage Bags

Garbage bags or heavy-duty plastic bags can be used for trash, wet clothing, or as an emergency pack liner. Pack out all trash.

Backpacking Stove

Backpacking stoves are useful for boiling water and preparing simple meals. Only use stoves under leader direction and in safe locations.

14. Parent and Youth Preparation Page

Parents Can Help By

- ☐ Helping youth gather gear early rather than the night before.
- ☐ Encouraging practice walks or hikes.
- ☐ Checking that shoes are broken in.
- ☐ Helping youth pack lightweight, high-calorie food.
- ☐ Making sure medications and allergies are clearly communicated to leaders.
- ☐ Labeling borrowed gear and personal items.
- ☐ Helping youth keep pack weight reasonable.

Youth Personal Preparation

- ☐ I have walked or hiked to prepare.
- ☐ I have tried on my loaded backpack.
- ☐ I have worn my hiking shoes before the trip.
- ☐ I know what food I am bringing.
- ☐ I have a dry sleeping outfit packed separately.
- ☐ I know who my tent buddy is.
- ☐ I know what shared gear I am assigned to carry.
- ☐ I have given leaders any needed medical or allergy information.

Personal Packing Information

Name	
Ward	
Tent Buddy	
Assigned Shared Gear	
Emergency Contact	

15. Contact Information

The following contact information from the original packet has been preserved as requested.

Brother & Sister Jaques
617 Peaceful Way
Fallon, NV 89406

Phone: (775) 217-5157

Phone: (804) 200-9476

Email: christyjaques@gmail.com

Email: brotherjaques@gmail.com

Leave No Trace Principles

As disciples of Jesus Christ, we strive to be good stewards of God's creations. These principles help protect the places we visit.

- Plan ahead and prepare.
- Travel and camp on durable surfaces.
- Dispose of waste properly.
- Leave what you find.
- Minimize campfire impacts.
- Respect wildlife.
- Be considerate of others.

16. Appendix: Original Reference Pages

The following pages are included to preserve the original source material from which this restored packet was created. Some pages may contain handwritten notes or older formatting from the original packet.

Original reference page 1

Young Women's High Adventure

2026 High Adventure Hike is scheduled for July 30th through 1st. Only a few short weeks away, and we are so excited! Since you are all ~~fourth-year girls~~ ¹⁵⁺, you know that we will be going on an overnight backpacking trip.

Brother Jaques and I are so excited to be the ~~4th-year camp leaders again this year!~~ I feel I need to put a shout out to Sister Sommer here. She and her husband have lead YWs hikes at Buck's Lake for multiple years. She put together this handout, and was more than willing to let us use it. So, THANK YOU SOMMERS'.

We are busy planning out the details for a fun adventure and we're looking forward to spending time with each one of you!

This handout is intended to complement (and supplement) the knowledge you may already have about backpacking. If you don't know anything about backpacking, this is a good place to start! Most importantly, DON'T WORRY! This will be a lot of fun! Try to review this handout with your parents or leaders. For more information about backpacking you can check out the following web pages:

Backpacking Light www.backpacking.net/beginner.html

The Backpacker www.thebackpacker.com/beginners

Simple Backpacking <http://www.easybackpackingtips.com/backpacking-basics.html>

One of the first things you need to know is that you don't need to be nervous or frightened! We will all work as a team to achieve our goal as we enjoy the scenery and mountains. Still, we also want to emphasize that it will not be totally easy. There are a lot of things you can do to make the adventure comfortable and enjoyable. Below is a list of ways, and things you can do to make this the best backcountry experience possible.

Most of you have probably been camping before, but backpacking is a different experience and one of the best ways to see the beauty of Heavenly Father's creations. There are many things that you need to know before we go on our hike. This is one of the reasons we ask that you plan ahead and ask questions if you need answers or don't understand.

Original reference page 2

This idea is mentioned later, but this packet talks about having proper gear and supplies. We do not want you to feel obligated to go purchase these items. You can do so if that works for your family, but there are plenty of people in your ward or the stake who can help you find the things you need. Keep that in mind, and if you do borrow something, treat it with respect and promptly return it after camp.

Finally, if this packet does not answer your questions, or if it creates new ones, please please do not hesitate to call us! We love to help and will gladly assist you to find resources and answers.

Weather

Because our hike will be in July, it will probably be hot during the day and get cold at night, but we do not anticipate the temperatures to be too uncomfortably cold. However, one of the MOST IMPORTANT RULES about backpacking is that you must always be prepared for the worst kind of conditions. On several occasions Brother Sommer (the past camp leader) has been backpacking in the middle of August when an unexpected snowstorm dumps several inches of snow on the ground!

Since all types of weather are possible, we can stay safe by planning ahead. As we are reminded in the scriptures: "If ye are prepared, ye shall not fear." It is unlikely that we will see any snow storm but there is a possibility of rain. At the very least, remember to bring a good poncho.

There are many rules to observe while in the wilderness, but an extremely important one is that you must always stay dry. Rain, sweat, or falling into lakes and streams are the typical culprits of many a wet camper. Getting wet will put you at risk for other serious problems and it will definitely make you miserable. Your body loses heat 25 times faster if you are wet. Staying dry usually means staying warm. Make sure you bring the proper gear to keep you (and your gear) dry.

You will also need to make sure that you bring warm clothing and a good sleeping bag that will provide enough protection and warmth while you sleep. We should all be prepared for night time temperatures to drop into the low 30's. An extra pair of warm socks will help keep your feet warm at night too. - Changing out of all clothes hiked in & putting on fresh clean dry clothes for sleeping will help you stay warm.

Hiking

To some people, five miles might seem like a leisurely walk in the woods while others may feel walking that far with a backpack is nearly impossible. Regardless of how you feel about the

Original reference page 3

hike, it is a good idea to prepare yourself physically by trying to do some kind of exercise like walking, running, biking, or by going on several shorter day hikes with your family. You don't need to be in tip top physical shape, but you will be grateful if you prepare in advance by doing some physical exercise before camp.

One of the best things you can do to prepare for our hike is to make sure you have good sturdy shoes or boots. IMPORTANT NOTE: if you purchase a new pair of boots for this hike, make sure you wear them around the house for several days BEFORE the hike. Breaking in your boots will help prevent painful blisters on the hike. Happy feet = happy hikers! In the past, some girls have worried that they were going to be the "slow" hiker. Please don't worry about this because we will all stay together as a group. We will not leave anyone behind or form fast and slow groups. We work as a team so we can enjoy the experience as a team. Don't worry about your hiking speed.

Backpack

Because you will be carrying all of your gear on your back, it is important to have a backpack designed to do the job correctly! School backpacks are not adequate. There are a lot of different backpacks that work well, but make sure that you find one that makes you comfortable, and one that works correctly with no worn out straps or broken clips. If you don't have a backpack that will carry all of your gear, ask for help (family members, ward members, Brother/Sister Jaques).

Other resources include the internet and reputable outdoor gear supply stores (such as R.E.I., Scheels, Sportsman's Warehouse, Cabela's, etc.). A good functional backpack will make your trip more comfortable, it will keep you safe and balanced as you hike, and it will enable you to have more fun....which is the whole point of this hike anyway!

Food/Water

One essential part of any backpacking trip is food. As you hike your body will be working hard and burning a lot more calories than normal. Some researchers estimate that the average backpacker burns 460 calories per hour. This is about 450% more calories than you burn in an average hour. Hence, it is important to have enough food to make sure your body is working properly. If you eat enough, your brain will have the energy to maintain good judgment and your body will have sufficient calories to keep you warm. If you don't have enough food/calories, you are likely to spend a lot of time feeling grumpy or cold if the weather turns bad, not an ideal situation for a warm night's sleep in the mountains!

Original reference page 4

If you have never been backpacking before, you can eat very well by following a few rules. First, let's talk about snacks. Remember those calories that are so important? One of the ways you will get sufficient calories is by eating snacks along the trail, between meals, and before bed. Bring enough snacks to keep you going, but don't over do it because you've got to carry the weight! Be reasonable. Some of our favorite trail snacks include beef jerky, trail mix, honey sticks, granola bars, fig newtons, crackers, peanut butter, cheese sticks, dried fruit, etc. A little chocolate is ok but it tends to melt in warm weather and is just messy.

Lastly, remember to bring some high calorie snacks to eat just before bed so you can stay nice and toasty all night! An excellent bedtime snack is peanut butter/Nutella and Ritz crackers. (before brushing your teeth)

Because water is even more important than food, you will need to bring at least two medium size plastic water bottles that you can refill. You also need to consider how you will get enough clean water to drink! You can't carry enough water to last you the whole trip. Bringing a water bottle that has a purifier on it is ideal. There are streams along our hike, but you should not drink directly from those sources. A filter or purification tablets will work well. Ask us if you have questions about water.

Main Meals

How many days and meals

Rule #1 Keep it simple. While it would be wonderful to have a regular home cooked meal on the trail, the fact is, those kinds of meals are simply too complicated and require equipment, ingredients, and tools you cannot (or should not) load into your pack. Simple meals can still be delicious. Simple usually means a meal to which you only need to add hot water and a few seasonings. It also means planning a meal you can make and eat with one utensil. Sometimes you will find that it is better to eat in stages by preparing one thing, eating it, then preparing another.

Rule #2 Lighter is better than heavy & dry is lighter than wet. Isn't it fairly obvious that light is better than heavy when you are planning a meal for backpacking? Of course it is. But sometimes we forget, and end up regretting it because our pack is way too heavy! It just isn't worth it to put a large can of chili in the backpack. Things spiral out of control if you try to justify that can of chili, since a "can of chili" isn't just heavy, but it requires a big tool to get it open and a big pot to cook it. Then even if you do that, you have to carry the heavy can all the way back to throw it away. Today there are much better alternatives which are lightweight and don't require a lot of effort. Go to the grocery store and look carefully as you walk down the aisles.

There are often lightweight alternatives. For example, if you want to bring some chicken? Fine, just ditch the canned stuff, and find the foil wrapped chicken* (on the same aisle). No

Original reference page 5

Lipton Noodle Gravy If you are super ambitious and you don't mind eating in stages, this is awesome. Make instant potatoes w/ an instant Lipton Chicken Noodle soup mix for gravy. Add some chicken and some Stove Top Stuffing and you might as well be sitting at the table for Thanksgiving dinner. You can prepare this meal a few different ways. If you are eating this meal alone, you can do things in stages by making/eating the potatoes and "gravy" first, then the stuffing. Also, this meal can be a good idea for two or three people who can each take charge of preparing one of the items. Note if done correctly, this meal only requires you to add water!

Bedtime Snack Hot cocoa, Ritz crackers w/ peanut butter (in a small ziplock) or Nutella. The idea here is to have a high calorie snack before bed. It is really good to include a few packets of hot cocoa mix in your evening meal and bedtime snack. It gets you warmed up and hydrated. If you don't like hot cocoa you can try apple cider mix, or some other warm drink. Choose whatever you like

* Cranberry Almond Chicken & Rice:

Combine the following ingredients in a ziplock freezer bag; 1/2 cup instant rice (Minute Rice), 1/4 cup Freeze Dried Veggies (peas are excellent), 1 to 2 tablespoons of dried sweetened cranberries, 1 tablespoon of sliced almonds (brown roasted in oven), 1/2 teaspoon of chicken bouillon (to taste), a dash of Thyme, 1/2 teaspoon dried parsley, 1 teaspoon of diced dried onion, granulated garlic (to taste). In a separate freezer bag enclose one package of foil wrapped chicken.

On the trail, add 1/2 of the chicken pouch to the rice mixture. Double bag the rice and chicken with another freezer bag. Add 3/4 cup boiling water to the rice and chicken. Seal both bags quickly and shake to combine all ingredients and the water. Carefully wrap the bag in a fleece jacket or beanie hat to hold the heat in and wait for 10 to 15 minutes. Enjoy your meal out of the bag = no cleanup.

This meal feeds one hungry hiker. You can mess around with the amounts of seasoning or add others you prefer. Double the recipe and you can use the entire chicken packet, and it will feed two hikers.

** A word about ziplock Baggies: When placing any food item in your pack for final preparation on the trail, our experience is that those baggies should be ziploc freezer bags. They are much stronger, and if you end up combining liquid ingredients inside the bag (as we often do) the added strength will provide you and your food with good protection from spills, punctures, or catastrophic bag failure. We will often double bag each meal just in case we need an extra and we often do.

Original reference page 6

There may be times, due to rain, it is difficult or impossible to get a good fire burning. Additionally, there are times when fire restrictions may completely prohibit open campfires. A small stove and fuel can provide extra peace of mind!

Backpacking Meal Ideas:

Ramen Noodles Easy to prepare, just have a pot and boiling water. Good for sodium replacement after long hikes. Disadvantage to this meal is that it contains no protein. Include ½ packet of foil wrapped chicken available at the grocery store and you've got your protein source.

CupOSoup Good self contained meal in a cup. Advantage here is superior to the Ramen noodles because there is no cleanup at all. Just boil water and add to your cup. Same advice here about protein as above.

Mountain House Outdoor retail stores and even Wal-Mart carry these freeze dried meals for sale. They generally require only that you add boiling water. This is a very easy way to have a good meal with little effort and virtually no cleanup. Some meals are better than others. Some can be a bit salty, so it might be a good idea to try one at home first to see what you think.

Chicken & Rice This meal is one we developed as an alternative to the Mountain House meals. It requires advance preparation, but it is much cheaper and (except for the full blown Thanksgiving dinner noted below) is the far and away favorite of our family. See the recipe at the end of this section.*

Bagels & Cream Cheese This is a good simple breakfast because you don't have to cook anything at all. It is sometimes hard to find the cream cheese in single serve packets, so keep your eyes open. Add a mug of steaming hot cocoa and toast your bagel over the fire (if one is available) and you've got a warm start and a healthy meal with no clean-up.

Granola & Dried Fruit Prepare this in advance by combining your granola and diced dried fruits in a sandwich size ziplock** bag. Some hikers in our group like to add some dried milk powder and then a little cold water to the bag before eating it like a bowl of cereal. Cleanup is easy because you can eat it out of the bag and zip it up when finished.

instant Oatmeal Bring two packets of instant oatmeal (our favorite is peaches & cream). Add boiling water and use your mug as a bowl. Easy cleanup and quite yummy.

Cold Cereal Our kids like to take cereal from our cupboards at home, put it in a ziplock bag and eat.

Fruit & Dip Sometimes a "no heat" meal is the easiest and fastest. Tuna (from foil pouch) on Saltine crackers is a good start. We often add sliced apples and a dip of some kind. Use what you like, but we have had peanut butter (excellent) as well as Nutella.

Original reference page 7

can, no can opener. *Foil wrapped [meat] This term is used to identify the meat such as chicken or tuna that is packaged in a foil type pouch. It is very easy to miss if you aren't looking for it. You can find all kinds of meats in this packaging. It is easy to open and extremely lightweight when empty. Check a few stores if you can't find it in the one you visit regularly. Great option for adding protein to an otherwise bland meal.

Dried or freeze dried foods are excellent friends to take backpacking because you don't have to haul the water weight of hydrated foods. Some companies make already prepared freeze dried meals. Check out "Mountain House" meals in the camping section of Wal Mart. They are a bit more expensive, but many are very good. The best thing about them is there is no pot required for cooking. You can put the hot water right in the foil pouch. Our kids generally like to take things like Ramen Noodles or CupOSoup. These are extremely light to pack and they only require hot water. There are a ton of ideas, tips and tricks under this rule, but if you want more, check out this website:
<http://www.easybackpackingtips.com/backpackingrecipes.html>

Rule #3. Minimize Tool Requirements. Backpacking limits our ability to take a lot of cooking "gear". Plan meals that will not require a lot of tools. A small (very small) pot* with a lid is typically all you need. Advance planning should include consideration of not only what you eat, but also how you will prepare what you bring. *Small Pot for backcountry hiking it is important to remember that smaller generally means lighter. The pot we use while backpacking holds only about two cups. It has a good lid to ensure we don't waste fuel, and doesn't take up a lot of room in the pack.

Attached to this packet is a list of a few meal ideas that our family has found both lightweight, nutritious, and quite enjoyable for our backpacking trips. You can use this list to begin gathering ideas and planning for your own meals. There is no wrong answer, just so long as you understand that you have to carry the tools you need to make your food. Again, please let us know if you have questions!

Shelter

You should be prepared to keep yourself (and your gear) completely dry if it rains, this means that you should figure out a method to keep your sleeping bag dry, and it also means you must think about what kind of shelter you will need. Sometimes when the weather is good you can stretch out on the ground without a shelter. But just in case, you should plan to sleep inside a tent.

Try to get with other girls from your ward so you can share tent space or talk with your YW leader so she can help to make assignments. If you can find one or two "tent buddies," so you can divide the tent into parts (poles with one girl, rainfly with another,

Original reference page 8

tent body with another); each can share the load. The goal is to make sure you carry as little weight as possible, so don't bring a three man tent if only one person will be using it. If you have any problems in securing tent space, contact Brother or Sister Jaques.

Animals

Probably more than most previous years, we need to be aware of the reality that we will be visiting the home of wild animals. This means bears. Most bear encounters end with the bear retreating quickly into the woods simply wishing to be left alone. But there are exceptions, and we need to ensure we understand how to limit our risks.

Bears have a very powerful sense of smell as in, a bear can pick out that gum wrapper in your pocket from 100 yards away. That, coupled with a potent curiosity, can make them an unwanted danger when in the woods. So, one key to our safety is to minimize the number of bear encounters. Here are a few suggestions that we will carefully follow:

1. Bears feel threatened if surprised. Do not go off in the woods alone. Hike in a group and make a bit of noise (whistling, talking, singing etc.). Most bears will leave if they are aware of your presence.
2. Avoid wearing strong cosmetics, perfumes, hair sprays, and soaps.
3. Set up cooking, eating, and supply areas at least 50 yards away from your sleeping area. Carefully clean utensils and cookware away from your tent. Put garbage and leftovers in containers immediately after eating. The lingering odors of food invites bears.
4. Change your clothes before going to bed do not sleep in the same clothes you cook in, or the clothes that you carried snacks in during the day.
5. Treat personal items (such as deodorants, toothpaste, makeup, soap, and lotions) just like food as far as storing for the night any odorous product, including inedible items like chapstick will attract bears.

Despite our best efforts, we may still encounter a bear during its daily (or nightly) travels to find food. If you see the bear before it sees you, stay calm and quietly back away. If the bear has seen you, talk in a soft to normal voice, so the now curious bear can determine you are a human that may be enough for it to want to leave. If a bear rears on its hind legs and waves its nose in the air, it is trying to identify you. A standing bear is curious, not threatening. Although it is tempting, DO NOT RUN. This may trigger a bear's desire to chase you, and one thing is certain, you will not be able to outrun a bear. They can run about 30 miles per hour. You definitely cannot run that fast!

Original reference page 9

Avoid direct eye contact as bears may perceive this as a threat. Don't make any sudden movements or throw anything, or yell. If necessary, back away slowly to give the bear plenty of room to escape. If you want a bit extra peace of mind and don't mind an extra pound of gear bring some bear spray. Ok, now that you know all this, relax. We will likely never encounter a bear. Things like bees, falling trees, ticks, lightning, and other such risks are far worse threats to us than bears.

Speaking of ticks. Please bring a small bottle of bug spray. Ticks carry diseases which can be very dangerous. Use the spray often, including on your pant cuffs and shoes.

Problems

Because we can always learn from prior mistakes, we have provided a list of problems common to new backpackers. Some things on this list actually happened in previous years at girl's camp. These problems can cause minor discomfort, but some have threatened to become much more serious.

Consider a few of the problems experienced by other people so you don't make the same mistakes:

1. Backpacks not working properly and in poor condition (e.g. straps breaking, pack too old, no waist strap, broken clips). Missing or broken straps mean carrying your pack in your arms (or on your shoulders) and not on your waist where most of the weight from your pack should rest. Please make sure your pack has a good waist strap that goes around your belly.
2. Too much unnecessary gear and too much weight in the backpack (e.g. huge flashlights, 2 liter bottles of soda, heavy blankets, canned food, perfume/body spray). You can be extremely prepared and still have a fairly light pack load. You don't need a flashlight that takes three 'C' size batteries.
3. Improper footwear. Shoes that have holes in them before the hike will not function well and will not provide the support and safety you need. Duct tape can work wonders for many gear problems, but it won't generally help your footwear problems. Additionally, hiking boots that are not properly broken-in can cause seriously painful blisters. Bring good socks. NO OPEN TOE SHOES! No keds or flats. Hiking shoes are best. Athletic shoes will do. Take care of your feet.
4. Not enough food/snacks. In past years some girls forgot to bring extra snacks, or decided they didn't want to eat dinner because they didn't like it. This resulted in cold, hungry, and miserable campers! Think about your snacks and food before you get to camp and remember that you must carry the weight you choose to bring.

Original reference page 10

5. Sleeping bags (or clothes) getting wet before bed. There are no blow dryers in the backcountry! If you or your gear get wet, you will be extremely unhappy and probably very cold. Trying to dry wet gear (boots, socks, sleeping bags) by the fire will usually result in melted or burned gear. Do everything you can to avoid getting yourself or your gear wet. Don't be reckless around water. Bring a poncho. Consider lining your backpack and covering your sleeping bag w/ a plastic trash bag.

6. Getting lost! The rule here is to "STAY FOUND." This means obeying the rules. Follow the directions of your leaders. Stay on the trail. Stay with the group at all times. If you need to go find a place to "answer the call of nature," let your leader know and take a "nature buddy"! Look around you occasionally while hiking to make note of landmarks and locations. If you feel like you are lost, DON'T PANIC! Stay where you are and keep calling out. We will find you!

7. Getting cold. Staying warm in the backcountry requires using a technique called "layering." Put a layer on if you are getting cold, or take a layer off if you are starting to get hot. This means you need to think about your clothes BEFORE you leave home. Consider what you might wear if it were freezing, and what you would wear if it were really warm (which can and often does happen all in a single day in the backcountry). As a general rule, if it is possible, try avoid clothing made of cotton in favor of synthetic materials.

8. Allergies or Medical Conditions. Don't forget your medicine! If you have a medical condition or allergies of any significance, please remember to be responsible and carry all necessary medication for your condition. And, equally important, is that you need to notify Brother or Sister Jaques before girls camp if you have any conditions that might cause a concern. We can't adequately prepare for a problem that we don't know exists. It is also a good idea to bring a few Ibuprofen tablets.

9. Forgetting to drink enough! This can result in one or more very serious medical conditions. Bring several lightweight water containers that can be easily refilled, and remember to drink plenty of water along the trail. Plastic water bottles work just fine. A good rule is to drink more than you think you need.

10. Sunburn! Sunburn is painful in the woods, and it becomes more common and dangerous in higher elevations because you are closer to the sun. You can find very small (lightweight) tubes of sunblock at the store. Don't forget!

11. Mosquito & Tick bites. Bites are annoying and sometimes painful. Ticks can carry Lyme disease, and you all know what mosquitoes can do. Bring a lightweight solution to make sure you protect yourself from these backcountry monsters. Small bottles of bug spray, or bug spray "wipes" can be very effective.

Original reference page 11

The Gear List attached to this handout is a list that provides a basic idea of what you should seriously consider bringing on the backpacking trip. Some things on the list are optional as simple suggestions while other things are absolutely essential. Each person is different as to what they need or want to take on a backpacking trip. Use good judgment in your decisions, think about safety, and if you have questions, please call or email us.

Time will pass faster than you expect so start gathering your gear right now so you won't be in a panic the night before you leave!!! Leaving things till the last minute is an excellent way to forget something really important. Also, we recognize that you probably will not have some (or most) of the items on this list. If you do not have the gear you need, please don't feel like you must go buy everything brand new at the store (although you can do so, if you want). Ask others in your ward, talk to your YW leaders, Scout Leaders, Bishopric, or even contact Brother and Sister Jaques. There are lots of people that can help you find what you need!

Once you have your gear gathered, place it in your backpack and weigh it. Your backpack should not be more than 1/3 of your body weight. Again, if you have questions about what gear is essential and what you can leave behind to trim the weight from your pack, call Brother and Sister Jaques.

More info.

If you have any concerns or questions about this handout, please contact us.

Backpacking is an excellent and enjoyable activity, and we are excited to have the chance to spend our time with each of you!!!!

Brother & Sister Jaques

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Backpacking Gear List

This gear list should help you understand what items to consider putting in your backpack. Be careful about putting too much in your pack because you do not want your pack to be cumbersome and unsafe. Too much weight means your hike will be difficult and uncomfortable. Because there is always a chance of cold weather and precipitation during high country trips in Summertime, this list includes items which should be in every pack in order to provide some protection from the cold and rain/snow. Do not assume that the weather will be good. In fact, you need to assume it WILL NOT be good weather. It is better to carry one or two extra things, than to need something important and not have it.

We understand that not everyone will have certain gear, so use this list as a guide. Obviously some items are more important than others, so use good judgment. There are some items in this list that have a star (*) next to them. Please read the notes on the attached page for more information on these. Remember, if you have any questions about what to bring, or if you cannot locate some gear that you need, start asking around your ward, ask your YW leader, or contact Brother and Sister Jaques

Gear

Gear You Should Wear (not in your backpack)

Original reference page 13

- ☐ Long sleeve shirt (preferably not cotton)
- ☐ Long pants (again, preferably not cotton/jeans)
- ☐ Good Quality Socks
- ☐ Watch
- ☐ Hat (to keep sun off of your face)
- ☐ Good hiking boots
- ☐ Softshell jacket (for layering)

Gear you should pack

- ☐ Good Sleeping bag (prepare to sleep in below freezing)
- ☐ Closed cell foam pad or lightweight air pad (VERY important)*
- ☐ Small (lightweight) fleece blanket
- ☐ Headlamp/flashlight (VERY small think "one AAA)
- ☐ Small Pot (for boiling water)
- ☐ Lightweight Backpacking Stove*
- ☐ Utensils (cheap/lightweight, but sturdy)
- ☐ Water filter or other water purification method
- ☐ Warm sleepwear (shouldn't fit too tightly or constrict blood flow to your hands and feet)
- ☐ 3-4 large garbage bags (e.g. black "clean the yard" size)
- ☐ Small bottle/can of mosquito repellant and sunscreen
- ☐ Poncho
- ☐ Toilet Paper, Kleenex (not a whole roll)
- ☐ Lip balm/chapstick w/ spf
- ☐ Water bottles (2-3 lightweight bottles)
- ☐ 2 Disposable lighters
- ☐ Strong rope (paracord) 30 feet
- ☐ Bear bag (large enough for food etc.)*
- ☐ Whistle
- ☐ Gallon size ziploc baggies (4-5)
- ☐ Hand sanitizer (small bottle)
- ☐ Small toothbrush/paste
- ☐ Two small hand warmers
- ☐ Feminine Hygiene Products
- ☐ Bear Spray (optional)
- ☐ Food for meals
- ☐ Snacks for trail. (high calorie)*

(you can usually assemble this from items in your home)

NOTE ABOUT GEAR: Remember that "smaller" generally means lighter. The less weight you have to carry, the more enjoyable the hike will be for you. Still, don't leave something behind that may be really important! Use good judgment, think about the problems you may reasonably face in the event you become lost, or severe weather strikes. If you think about it now, you won't have to think about it when it is too late to prepare properly.

Tent

This is usually the single heaviest piece of gear in anyone's bag. Because of this fact, it is usually better to find a "tent buddy" and each carry ½ of the tent. If it is good weather, you can choose to simply sleep under the stars. But because we don't know how the weather will be, make sure you have reserved some tent space.

Closed Cell Foam Pad Much of a person's body heat is lost during the night by contact with the ground. A closed cell foam pad (e.g. the blue ones sold in WalMart camping section for cheap) is essential because it insulates you from the cold ground. Note that this kind of pad is not designed to make the ground soft and comfortable. But sleeping on the ground without a pad like this will make you extremely cold at night. The pad insulates you from the ground and helps you stay warm.

Fleece Beanie/Balaclava In addition to providing warmth while you are moving about camp, this kind of gear should be worn at night while you sleep. A lot of your body heat is lost through your head and neck so it goes without saying that if you want to stay warm, cover your head/neck with something that will keep in the heat.

Bear Bag This is any bag that you can put your food into, and then tie it in a tree to keep out of the reach of any curious bear visitors (thus the importance of bringing some strong, lightweight rope). The stuff sack to your sleeping bag may work just fine if it is strong enough. If you already have a bear canister, you can bring that instead and won't have to worry about tying your food into a tree.

Snacks Backpacking requires that your body use A LOT of calories in order to keep functioning and stay warm. You will be in charge of bringing your own snacks. High calorie snacks will help your body recover from expending all that energy on the hike, so you will want to bring something to eat. Want ideas? Okay...granola bars, raisins, peanuts, dried fruit, hard candy, jerky, bite size candy bars, Ritz crackers, cheese sticks, peanut butter, Nutella, etc.

Garbage Sacks These are a very lightweight, cheap and versatile tool in the backcountry. You can use them to keep your gear dry during the night by covering your pack. You can use them as emergency ponchos. You can put a garbage sack over the foot of your sleeping bag at night as a vapor barrier. They are lightweight and very inexpensive. Bring 3 or 4 just in case.

Backpacking Stove This gear item can be a lifesaver. There are a lot of options for small stoves. Examples include: MSR Pocket Rocket. It weighs about 3 ounces (yes, just three!) and can boil water in just under two minutes. The Jet Boil is another good option.