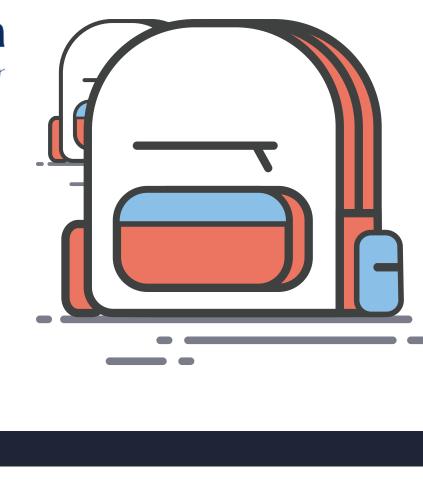
BACKPACKING TIPS FOR BEGINNERS Planning and execution of a great trip as a beginner!

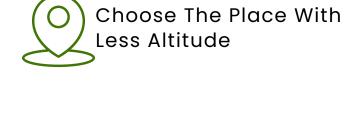




Choose Destination Do Not Hike Long Closer Home Distance

Planning of Your Camping









Start Your Overnight

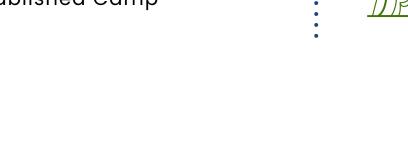


Night

Camp Near Other

Campers

Camping With Just Single







Read & Understand The

Of Country/Place Before

Regulations

You Go





Check The Weather Of The Place & Forecast





Do Not Take The Kids In Your First Camping

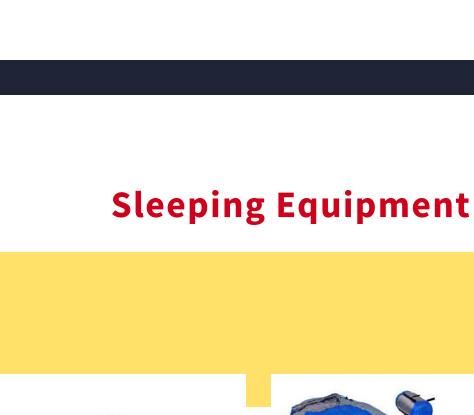


















Tent



Sleeping

Bag



Sleeping

Pad



Stove



Cookware

Dinnerware

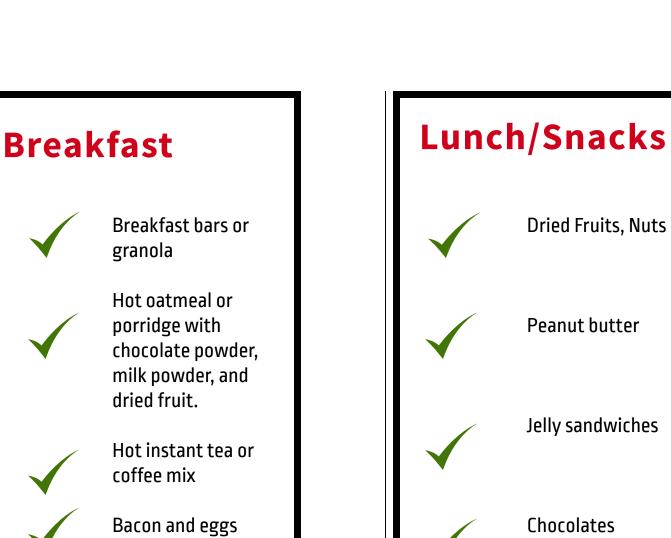


Water

Filter

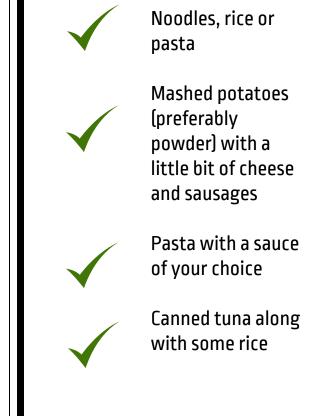
/Purifier







Dinner



Drinks

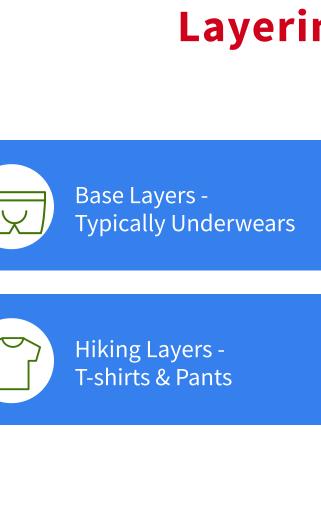
A lot of water for

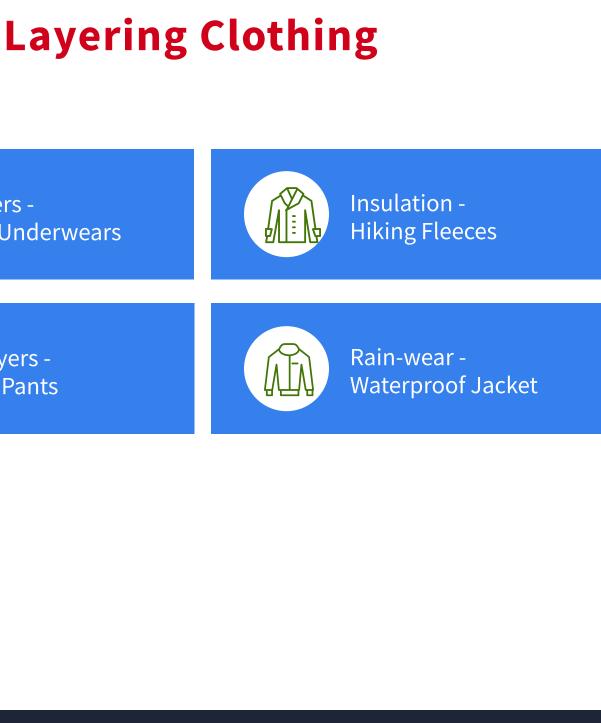
drinking

Tea & Coffee

Jelly sandwiches

No Alcohol





Synthetic or Wool Socks

Navigation &

Emergency Tools

First-aid Kit//

Headlamp/

Flashlight//

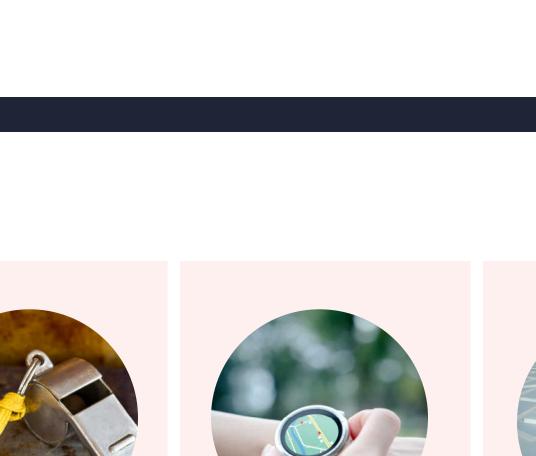
Satellite

Messenger//

Shoes

Extra Pair of Boots

Hiking Boots or Trail Runners

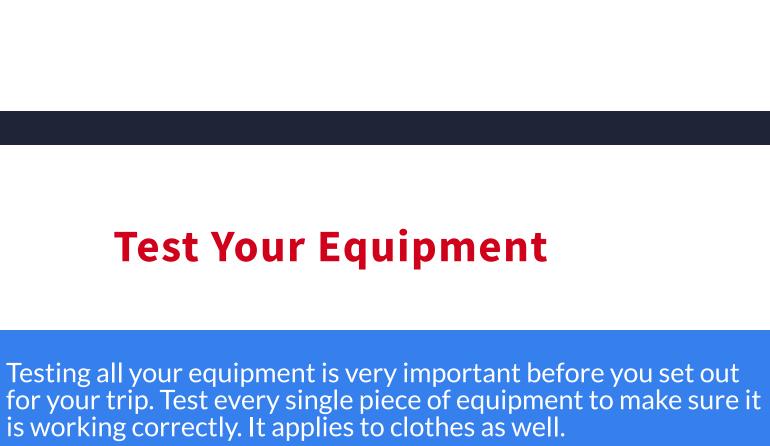


GPS Watch//

Compass &

Whistle//

Map//



Downward-dog Holds

Push-ups-Regular

Exercises for Physical Preparation

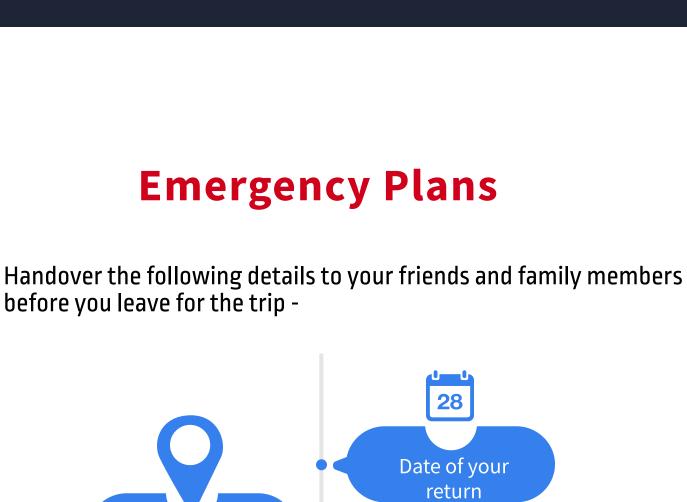
Step-ups

Lunges

Practice Backpacking

You do not become efficient in the very first time you pack. It requires some practice sessions to do it correctly. Practice the packing at least twice before the trip.

Single-leg Deadlifts Push-ups-Modified



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Your route plans