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Tips For First-Time Backpackers

Backpacking can be a great adventure. Backpacking is very affordable, but you still must plan.

You may be planning to travel from city to city, staying overnight in towns en route. Your backpacking adventure may include a few days roughing it in the wilderness, in which case you'll need to be even better prepared. You can experience a great backpacking trip with ten easy tips.

Backpacking does give you freedom, however, you must still go through with some planning.

Make sure you always have a map. It is easy to get lost in a foreign country.

A strong backpack is important in this type of trip. Your backpack shouldn't weigh more than 25% of your own body weight.

You'll need bug spray, sunscreen, a hat and lip balm. A cold place may call for a knitted hat.

Base your sleeping bag on the conditions that you will be in. Obviously, you should check the weather channel.

Tennis shoes won't endure the distance of a hiking trip, but hiking boots can be heavy. New trail running shoes combine the best of both into a lightweight, waterproof and durable shoe ideal for backpacking.

Drink as much water as you can, even if you don't feel thirsty. It's a good idea to take a water filter or water purifier, even if the region has good drinking water.

Take a small bag for first aid items. Your menstrual cycle can be changed by the change in altitude, so go prepared.

Always have a flashlight, as well as extra bulbs. Take out the batteries so it won't flip on in your bag. Pop them in when you need to use it.

A comfortable investment might be the best sleeping pad that you can buy. Try to find a sleeping bag with a sleeve to hold the sleeping pad in position for a good night's sleep.

Let someone know where you are and any changes. A backpacking trip can be the experience of a lifetime, but sensible precautions can ensure that it is a safe, successful trip.

About the author: Brenda Seal is an experienced author and currently writes about [sunglasses](#) for the [Electric Sunglasses](#) site.

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