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Everything You Need to Pack for a 4-Day Backpacking Trip

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EXPERT ADVICE



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Backpack

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Credit: Courtesy ospreypacks.com

The old external frame pack is experiencing a comeback thanks to a resurgence in retro style, but that doesn't mean it's a good choice — unless you need to shoulder a 60-pound pack because you're a hunter who is hauling out an elk. Otherwise, stick to the standard internal frame backpacks, which are lighter and more comfortable. Look for one that's ventilated, like the **Osprey Atmos AG** (\$260), which also employs a body-contouring suspension that allows you to move more naturally with the pack on. The lightest pack of all is a frameless one, like **Kumo's Superlight Backpack** (\$175), weighing in at just under a pound, compared to 3-4 pounds for the internal frame packs. But they require strategic

packing to be truly comfortable. On trails that require a bear canister for your food, like in the Sierra's, LaRuffa steps it up to **Kumo's Mariposa Ultralight Backpack** (\$255) for more space and some added stability.