

# Lightweight Backpacking Basics

The transitions from heavy traditional backpacking to the world of lightweight (LW) and Ultralight (UL) backpacking gear can be challenging and exciting. Start with the big 3: backpack, sleeping system, and shelter. If you can keep each of these at or below 3 lbs. then you will be well on your way to a LW setup.

## Favorite Vendors

1. Gossamer Gear and ULA have top-of-the-line lightweight backpacks to examine
2. Montbell and Mountain Hardware offer a nice variety of sleeping bags at affordable prices
3. Tarptent and Big Agnus have great choices for lightweight and ultralight tents and tarps.

## Online Retail Vendors

campmor.com, sierratradingpost.com, rie.com, backcountrygear.com, campsaver.com, and many more.

## Online Research

Check out sites like [outdoorgearlab.com](http://outdoorgearlab.com), [backpacker.com](http://backpacker.com), [sectionhiker.com](http://sectionhiker.com), [andrewskurka.com](http://andrewskurka.com) and [theultralightbackpackingsite.com](http://theultralightbackpackingsite.com) for insightful reviews on almost everything.

## Books

The Ultimate Hiker's Gear Guide by Andrew Skurka

Lightweight Backpacking & Camping:

A Field Guide to Wilderness Hiking Equipment, Technique, and Style by Ryan Jordan

Lighten Up! by Don Ladigin