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# 12 Steps To A Lighter Pack

## 12 STEPS TO A LIGHTER PACK



SHAVING THREE OR MORE  
POUNDS FROM YOUR PACK

STEVEN LOWE



## Synopsis

Offering some realistic tips on how to lighten the load you carry into the woods. 12 Steps to a Lighter Pack is written by an avid outdoorsman, for those interested in lightweight, as well as ultralight backpacking and trying to shave some weight from their packs. Steven, who has been camping since he was a child, offers real-world tips on how to look at your gear from a different point of view from what you might be used to. Inside, are some tips on how to pack a little bit lighter. The tips here can help you to relieve at least three pounds from your pack â€“ and maybe more. The tips listed here are not tips he simply recommends; they are tips that he himself practices within his own pack. While learning how to pack a lighter pack, you need to be mindful of one simple fact: There are 16 ounces in a pound. There are 12 steps within this book. If you can shave just four tiny little ounces in each of the 12 steps, you can shave 48 ounces from your pack. 48 ounces divided by 16 ounces in a pound is THREE POUNDS of weight that you will have shaved from your pack. Whether you are planning a multiple day backpacking trip, or packing your day pack because you are planning on hiking for just a few hours one day, you still need to be aware of the items you are carrying as well as the weight of those items. Since no one book can get you as light as you can, this book is to help the newbie get started down the path to a lighter pack. To get your pack to its lightest possible weight, you have to gather information from a lot of resources. 12 Steps to A Lighter Pack is just one resource that can get you started down the right path. Steven offers tips on how to cull some weight from several areas of your pack but here are just four: your pack your kitchen your shelter system and even your pockets. Yes, Steven even looks into your pockets to help you pack light. For a closer look at the full list of steps, scroll up and click on the cover to look inside. Here are what some customers are saying: "I am an experienced backpacker but this book was a good review for me. I liked the 3 pile method to review what was used and what was not. It is easy to drift into patterns that add ounces." -Deborah Ryals Very good information. Picked up several ideas from this book. Helped me lighten my load by thinking outside the box! Thank you Steven Lowe! -peaberry This book is a practical guide to keeping non-essential items from bogging down your enjoyment of the outdoors. The author explains the why and why not's of each item in his analysis of what constitutes a practical pack for backpacking in the wilderness. -sswope Ask yourself one question: When on the trail, do you want to lug around a heavier pack, or a lighter pack? The tips listed here will help with packing a lighter pack. Even if your goal is to trek over to the ultralight backpacking, these tips may help. Either way, your back, hips, knees and feet will thank you for buying this book.

## Book Information

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## **Customer Reviews**

Among my complaints for this book are absurdly unequal gear comparisons, poor preparation, and a few boneheaded comments.~~ Let's start with gear comparisons: The author, in his shelter section, compares a nine pound Kelty tent to a sub-four-pound hammock setup. I could go to Wal-Mart and buy a 10 pound solo tent with 2 pound air mattress and then compare it to a Dream Hammock Darien UL with a cuben fiber A-Sym tarp and an 850-fill down UQ which probably weighs in around 40 ounces. Of course the hammock set up is going to be lighter, I bought the top of the line lightest available equipment in the category and compared it to heavy, bulky stuff. Not comparing apples to apples.~~ Now for the poor preparation: Now, I know I only paid \$99 for this eBook but the number of times he admits to not having a certain item on hand lends a sense that he wrote the book in a single sitting one evening and simply wasn't prepared but published it anyways. At one point he admits that he lost his two-piece travel toothbrush since his last trip so he cuts a full length toothbrush in half instead to gather data for the book. I don't know about you all, but if I was publishing and charging people to read a book with my name on it, I would prefer to be slightly more

prepared.~~ To end with the most painful comment in the book:Steven Lowe graces us with the line "...the lightest way to make your water drinkable is to boil it. Period." Well Steven, let me make you aware that boiling (assuming you're using fuel from your stove and not a campfire) is not as light weight of a purification method as it might seem.

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