



Ultra-Light PHAT Packing

Perspectives on back packing



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Trail Skills Workshop
November 1, 2025



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Ultralight backpacking

A minimalist approach focusing on carrying the lightest, most efficient gear possible — typically with a **base weight** (everything except food, water, and fuel) of **under 15 pounds (7 kg)**, and often **under 10 pounds (4.5 kg)** for more dedicated ultralight hikers.



Core Philosophy

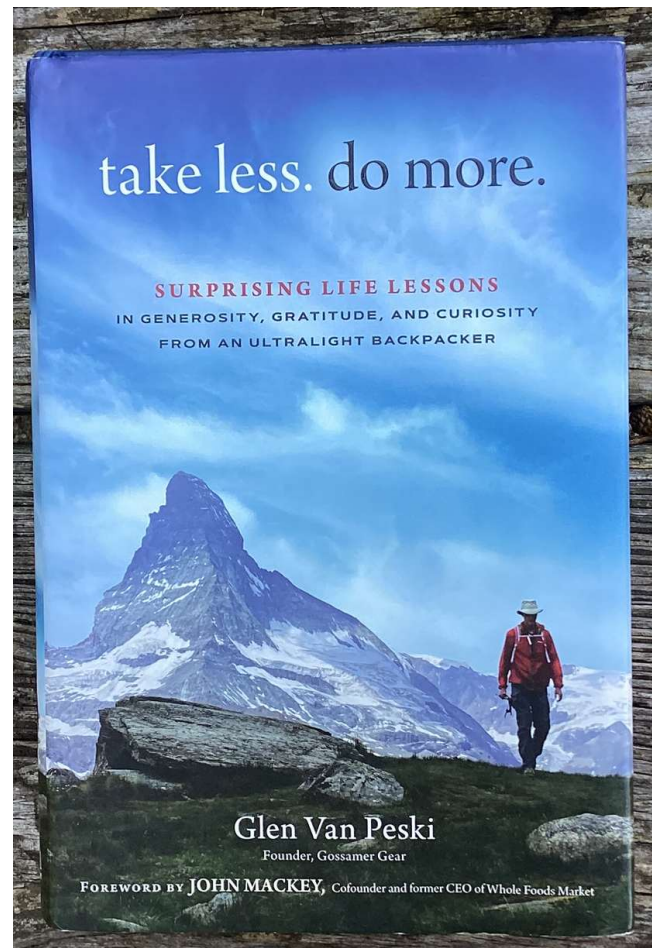
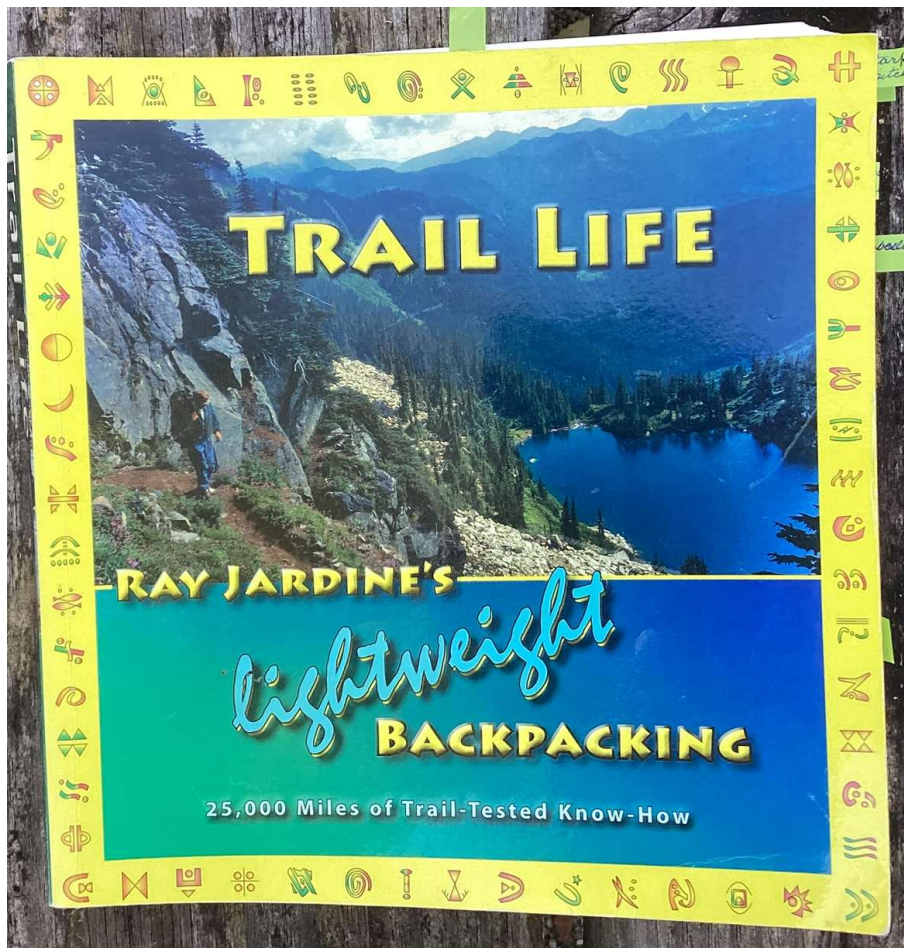
Know your gear!

Take less. Do more!

By reducing pack weight, you can:

- Hike faster and farther with less fatigue.
- Be more agile.
- Enjoy the journey instead of struggling under a heavy load.



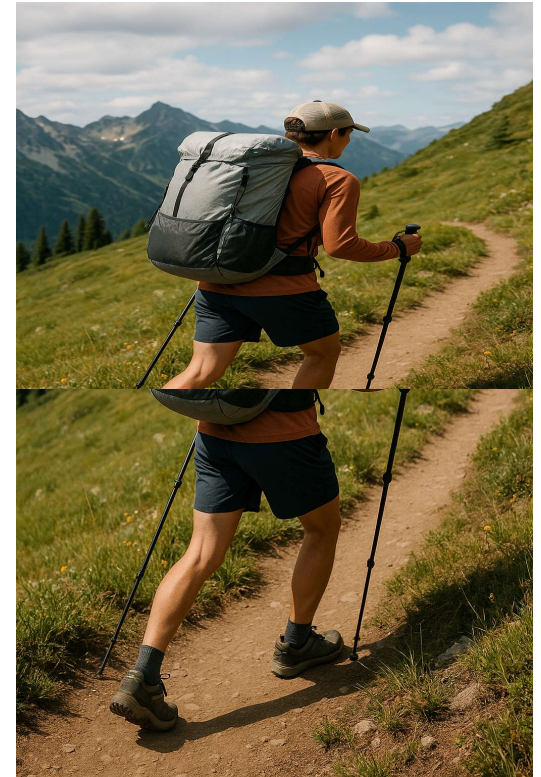


Who It's For
Ultralight backpacking appeals to:

**Thru-hikers on long trails (e.g.,
Appalachian Trail, PCT).**

Minimalists who value efficiency.

**Experienced hikers who know their environment
and limits.**



Key Principles

1. **The Big Three** — focus on reducing weight in your *backpack, shelter, and sleep system*, which often make up 70% of your base weight.
 2. **Multi-use gear** — every item should serve multiple purposes (e.g., trekking poles double as tent supports).
 3. **Skills replace stuff** — you rely on experience and smart decisions rather than backup gear.
- Simplicity over comfort** — comfort comes from movement, not equipment.



Typical Ultralight Gear Setup

Category	Ultralight Approach
Backpack	Frameless or minimalist internal frame pack (30–45L)
Shelter	Single-wall tent, tarp, or bivy sack
Sleeping System	Down quilt or lightweight sleeping bag + pad



Typical Ultralight Gear Setup

Cooking	Tiny alcohol or canister stove, one titanium pot/spork
Clothing	One hiking outfit + one warm layer (no extras)
Footwear	Trail runners instead of boots
Water Treatment	Compact filter or tablets
Navigation & Tools	Smartphone GPS, small knife, minimal first aid kit



PHAT Packing

Pleasantly Hiking the Appalachian Trail

Emphasis on going slow and “smelling the roses”



PHAT packing suits people who want to *enjoy basecamp*, cook real meals, and sleep comfortably.

Ultralight backpackers want to *move fast, go far*, and minimize fatigue.

Most hikers end up somewhere in between — a “lightweight” middle ground, where comfort meets practicality.



PHAT packers prioritize comfort, durability, and preparedness over minimalism. Instead of cutting every ounce, they bring:

- . Heavier tents and sleeping systems for better protection and comfort**
- . Extra clothing and food for warmth and morale**
- . Redundant gear (like backup lights or cookware) for safety**
- . Luxury items such as camp chairs, books, or even real coffee gear**



This does not replace the Ten Essentials

There is still a bunch of stuff you need!



Fabrics

- Packs
- Shelters
- Clothing
- Stuff Sacks



Packs



Shelter



Sleep Systems



Sleep Systems



Zenbivy



Comfort



Clothing

Footwear



Leave No Trace



Principle 1



Plan Ahead & Prepare

Principle 2



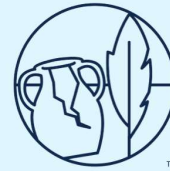
Travel & Camp on Durable Surfaces

Principle 3



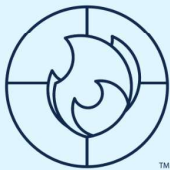
Dispose of Waste Properly

Principle 4



Leave What You Find

Principle 5



Minimize Campfire Impacts

Principle 6



Respect Wildlife

Principle 7



Be Considerate of Others



Accessories



Warm donor can



Can 3.5
Gas 3.5
Total ≤ 7.0 oz.



Care

**Respect your gear,
respect the places it takes you,
and get every ounce of life out of it."**

—Robert H.



Care



- Clean regularly
- Air out after use
- Prevention
- Storage



Links

[Hyperlite Mountain Gear | Lightweight, Durable Outdoor Gear](#)
[Gossamer Gear | take less. do more.](#)

[ULA | ULA Equipment | Ultralight Backpacking Equipment](#)

[Zpacks | Level Up Your Next Adventure](#)

[Ultralight Backpacks, Tents, Tarps, and Travel gear - Six Moon Designs](#)

[HOME - Tarptent](#)

[Mountain Laurel Designs](#)

[Ultralight Backpacking Gear & Outdoor Apparel | Enlightened Equipment](#)

[Home - Western Mountaineering](#)

[Feathered Friends - Down Sleeping Bags, Outerwear, & Down Bedding](#)



Links

[LightHeart Gear Ultralight backpacking gear, women's clothing, tents,](#)

[GooseFeet Gear | Ultralight Down | Gear for Ultralight Warm](#)

[Garage Grown Gear](#)

[LoopAlien](#)

[GripClips Archives | Shelter Systems](#)

[Backpacking Sleeping Bags, Quilts, Mattresses & Pillows |](#)

[Zenbivy](#)

[GEAR AID | We Make Gear Last Longer](#)



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