



# A Backpacker's Guide to Making Every Ounce Count: Tips and Tricks for Every Hike

*Steven Lowe*

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*A Backpacker's Guide to Making Every Ounce Count* was written by an avid outdoorsman, for those interested in knowing how a Gram Weenie thinks. If you are interested in lightening your pack a few ounces at a time, this book covers that very subject. Steven Lowe discusses how he used to pack for a trip and how he learned from the so-called “experts.” After following their advice, he ended up with a very heavy pack and soon realized that there had to be a lighter way to backpack.

*A Backpacker's Guide to Making Every Ounce Count* offers tips that may allow you to approach your pack from a different point of view, like cutting the tags from your clothes and cutting your toothbrush in half--all in the name of shaving a few ounces of weight.

When planning a trip, you need to look at your gear and ask questions like, “How many ounces can I shave from this item?” This book offers some ideas on how to lighten a few ounces from any pack, reduce the weight on your Big Three, and help you define just what type of backpacker you are--a lightweight or an ultra-lightweight backpacker.

There are sixteen ounces in a pound. If you can shave four ounces from four areas in your pack, you just shaved one pound from your pack. Every ounce truly does count.

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