

THRIFTY + LIGHT

SPEND LESS, LEARN MORE, GO LIGHTER

PRESENTED BY

TROOP498WA.COM

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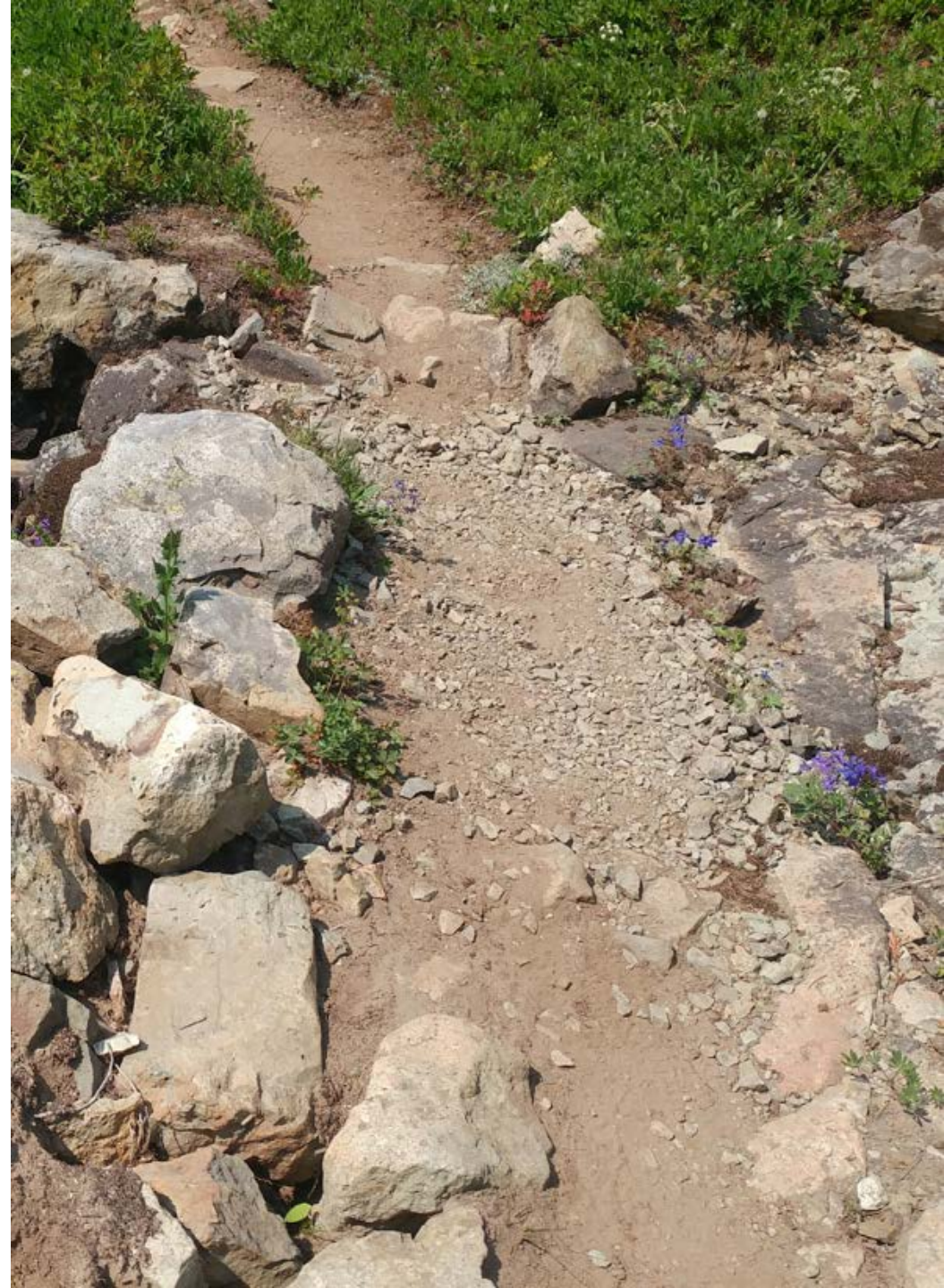
WHAT IS THRIFT?

IS THRIFT JUST ABOUT
CHEAPER GEAR?

THRIFT IS A MINDSET

THRIFT IS CRITICAL THINKING BEFORE SPENDING YOUR TIME OR MONEY, TO CUT WASTE.

- Thrifty solutions begin with learned skills, not stuff. Learn what is actually necessary to be prepared.
- Define and understand your needs before buying.
- Avoid wasting any time or money on unnecessary stuff.
- Spend your time and money on stuff that matters.
- Optimize for the value of a solution.. IE: Don't be cheap.
- Conserve resources and use them to participate in activities that might otherwise be out of reach.
- Spend less than you earn, don't accumulate debt, and save your resources.





WHAT IS NECESSARY?

NEED VS WANT



WHAT IS NECESSARY?

WHAT DOES SOMEONE ACTUALLY NEED TO BE PREPARED IN THE OUTDOORS?

- **Shelter:** sufficient to staying safe in current conditions.
 - Clothes: for moving around in the weather
 - Tent or Tarp: to provide a place to get out of the weather
 - Sleep system: to keep warm, and sleep
- **Food:** enough to fuel up throughout the trip, plus a safety buffer
- **Water:** enough to stay hydrated, and a way to clean more
- **Tools:** backpack to carry shelter, food and water + the 10 essentials.
- **Required Equipment:** Safety equipment for the activity. (Helmet, ice axe, harness, etc.)

NEED VS WANT

PRACTICE YOUR SKILLS TO BETTER UNDERSTAND YOUR NEEDS.

- Consider destination and season and keep it simple. You need less than you think to be safe.
- What stuff is required for safety? For fun?
- Cheap new gear vs excellent used gear?
- Tent vs nylon tarp vs blue plastic tarp?
- Inflatable sleep pad vs foam sleep pad?
- Freeze dried vs freezer bag or supermarket food?
- Down vs thermo-fleece?
- Nalgene vs SmartWater bottle?
- On low risk trips, try going without questionable needs.





THINK TWICE BEFORE BUYING

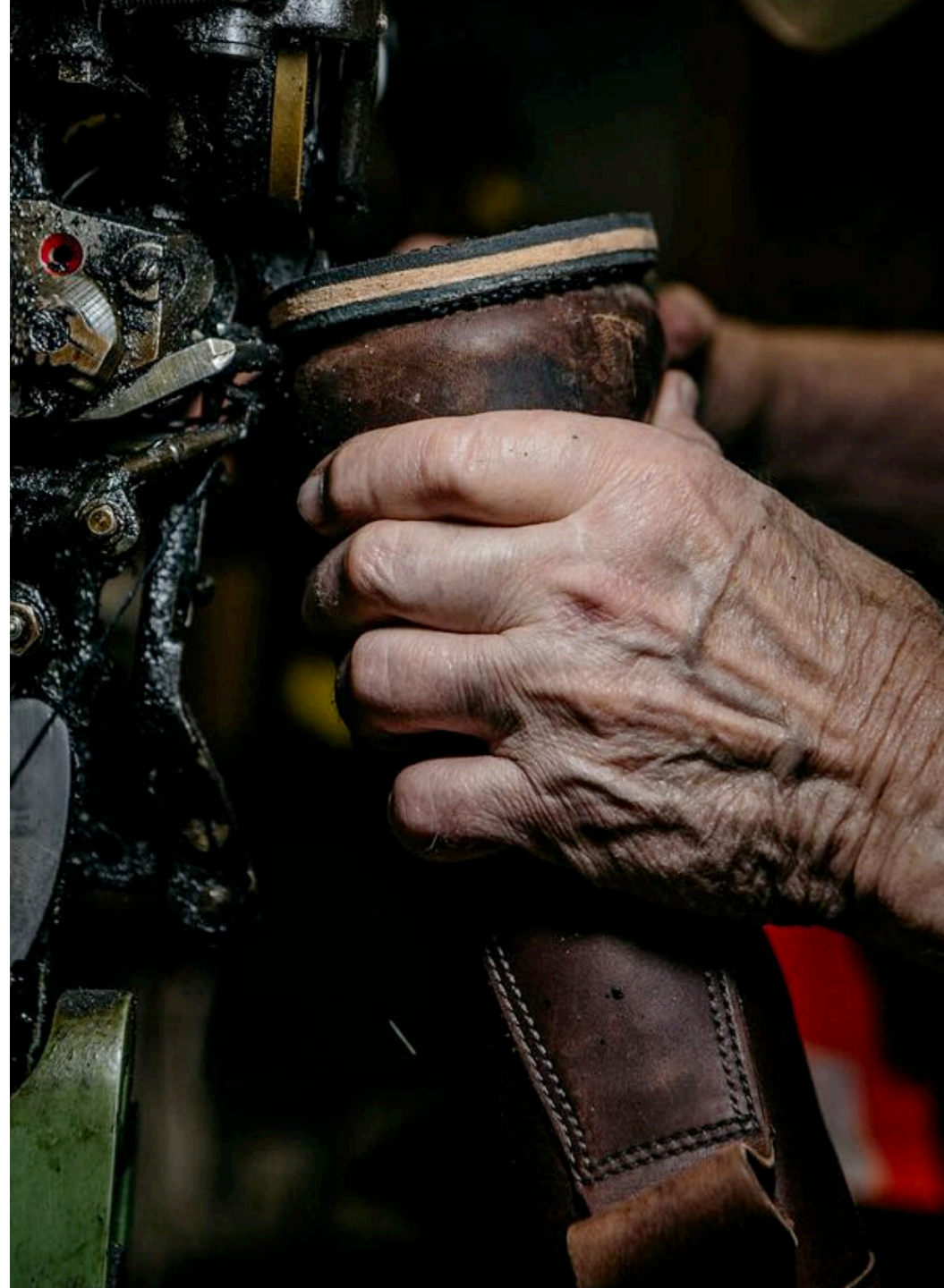
THE THRIFTIEST ITEM IS THE ONE YOU DON'T BUY

- First: Make a list of what you already own.
- Second: Make a list of what you actually need.
- Third: Do you need something? Will a nice used item work?
- Fourth: Be creative, find new ways to approach your need. Is this a chance to learn a new skill rather than buy a solution?
- Finally : Choose the lightest item practical. Often light and heavy items are the same price.
 - REI Garage Sales have great deals on actual needs.
 - Amazon and AliExpress often have good products for reasonable prices.

SPEND WHEN IT MATTERS

BUY ONCE, CRY ONCE. SPEND ON CRITICAL GEAR

- Buy nothing that you already own unless there is a quantifiable improvement that is required.
- Buy the best you can afford for socks, shoes, sleep system, and backpack. Bad socks and sleep are misery.
- Gently used or repairable high quality items are usually much better than cheap new items.
 - \$350 boots bought used for \$50 and repaired for \$100, always outperform \$150 new boots. Repairs are reasonably priced, and quality matters.
 - *Pictured – Dave Page Cobbler - Seattle*
- Brand ≠ quality, so do your research online and buy once.





SHELTER

JUST ENOUGH TO BE HAPPY

NO COTTON

WET & COLD COTTON CAN KILL YOU

- Wet cotton doesn't insulate effectively.
- Wet cotton doesn't wick water away from skin and pulls heat from the body faster than it dries out.
- In the summer cotton wicks less well than tech fabrics.
- Wet cotton promotes hypothermia.
- In the PNW, Cotton Kills. Seriously.

NO COTTON CLOTHES – ESPECIALLY JEANS OR SWEATSHIRTS!





BUY THE RIGHT AMOUNT OF SHELTER

PLAN FOR THE SEASON AND THE OUTING

- Buy gear based on the weather forecast and season.
 - Shorts don't help in February. Parkas don't help in August. Plan appropriately.
 - Sub-zero sleeping bags aren't needed often.
- Buy the minimum needed of each item for safety / fun.
 - Sometimes multiples of socks, underwear/ sleep clothes.
 - Wet is ok, if you are still WARM. You don't have to have two of everything. Wool & synthetics are your allies.
 - Do you need a fancy pad, or tent?

BUYING CLOTHES

EACH ITEM HAS A DISTINCT FUNCTION

- Base Layer - Synthetic/Wool underwear and socks to wick sweat – **BUY NEW**
- Mid-Layer - Light fleece or wool sweater – warm but breathable – **USED OR NEW**
- Insulation Layer - Synthetic or Down fill jacket – warmth & not breathable – **USED OR NEW**
- Shell Layer - Raincoat or Softshell – to offer rain and wind protection. – **BUY NEW**
- Appropriate pants – **USED OR NEW**
- Hats and accessories – **USED OR NEW**
- Footwear – Buy high quality. Lightly used or repairable are fine. - **USED OR NEW**



BUYING FOOTWEAR

TAKE CARE OF YOUR FEET

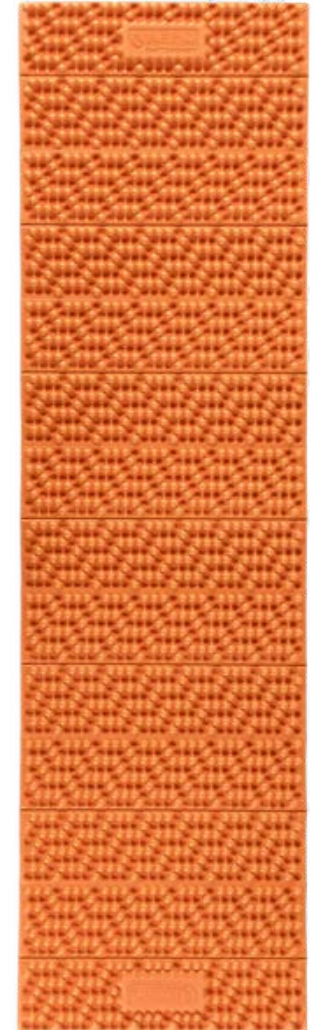
- Socks are critical to happy feet., buy wool or synthetic.
 - Good socks are worth it. – **BUY NEW**
- Heavy boots are not needed with lighter weights and often have a painful break in period. If required, buy quality. - **USED OR NEW**
- Supportive trail running shoes are recommended.
 - Breathable, comfortable, no break in.
 - REI Garage Sales have many like new shoes – **USED OR NEW**
- Waterproof shoes or regular shoes?
 - Waterproof – Never dries inside if wet gets in, resists minor wetness and puddles.
 - Not waterproof – Soaks through but quickly dries out.
- *Altra Lone Peak 4 pictured ~\$120 – often found at REI Garage sale for around ~\$50.*



BUYING A BAG & PAD

DON'T SKIMP ON YOUR SLEEPING BAG OR PAD

- ~20° sleeping bag or quilt is ideal for PNW weather
 - Synthetic fill is water resistant, but heavier and bulky.
 - Down fill is lightest, and smallest, but delicate and cold if wet
 - Should never weigh more than 3.5 lbs.! - **USED OR NEW**
- Sleeping pad
 - Blue Foam Pad- indestructible, uncomfortable – **BUY NEW**
 - Foam Z Pad – durable, packable, comfortable - **BUY NEW**
 - Inflatable Pad – heavy, comfortable, expensive - **BUY NEW**
- *Marmot Trestles 15° Sleeping Bag ~ \$85 on sale*
- *Nemo Switchback Pad ~ \$35 on sale – Award Winner*



BUYING A TENT

CONSIDER BUYING A LESS EXPENSIVE SHELTER



- Tents are comfortable and bugproof. Look for ~4 lbs or less.
 - Not completely necessary in spring, summer, or fall.
 - Buy quality, with a full sized rainfly. NO PLASTIC FLOORS.
 - Downside = Quality is sometimes expensive. – **USED OR NEW**
- Tarps that are under 1 lb. are easy to find online.
 - Pack easily and compactly, use your hiking poles for setup.
 - Open to nature, views, breezes, morning light.
 - Downside = No bug protection – **BUY NEW**
 - *Lightweight & Inexpensive – Waterproof 20d Silicone tarp ~ \$33 - AliExpress.com*



TOOLS

REQUIRED



BACKPACK

THE INTERFACE BETWEEN YOU AND YOUR GEAR.

- When possible, rent before buying, and hike with it.
- Fit & comfort – No price is cheap enough for a bad fit.
- Focus on Function +Weight over style.
- Volume between 40 & 60L works for most 3-season, 2-5+ day trips
- REI Garage Sales have inexpensive returned backpacks
 - Repairing rips is easy and cheap.
 - It is ok to start cheap, & upgrade when you better understand your needs. - **USED OR NEW**
- *Osprey Exos 58 ~\$160, but annually on sale for ~\$100*

10 ESSENTIALS

THEY ARE ESSENTIALS FOR A REASON.

- Topo Maps: - \$\$ OR Print free at Caltopo.com online - **THRIFTY**
- Compass: buy quality to avoid inaccuracy. \$ – **BUY NEW**
- Sunglasses: Cheap with UVA and UVB blocking - \$ – **BUY NEW**
- Pea-less whistles are cheap and work when frozen - \$ – **BUY NEW**
- LED Headlamps are excellent –\$-\$\$ – **BUY NEW**
- First Aid Kits – Make your own for \$ - **THRIFTY**
- Mini Bic lighter and flint and steel – \$ – **BUY NEW**
- Knife – Consider Kershaw folding knives, or Morakniv Craftline Robust fixed blades. – No blades over 4 inches allowed. ~\$14 to \$25 – **BUY NEW**
- *Brunton TruArc 3 Compass ~\$15*





COOKING

JUST THE BASICS



BUY A COOK KIT

GET COOKING FOR AROUND \$30

- Simple Aluminum Pot – Big enough to hold a gas canister, and small stove, non-stick discouraged.
 - Aluminum heats quickly and evenly, is lightweight and cheaper than titanium. – **THRIFTY**
 - Aluminum Cook Kit- ~\$13 – AliExpress.com
<https://tinyurl.com/rcv5y99>
- Canister stove – BRS 3000T - \$14 – AliExpress.com
- “BIC” Style Butane Lighters, 2 for \$1 - **THRIFTY**
- Reusable Plastic Starbucks cup ~\$2. - **SUPER THRIFTY**

ADVANCED COOKING

UPGRADES FOR COLD WEATHER

- Remote stove with preheat loop – lets you use canisters in extreme cold and with a windscreen.
 - FMS-118 Pictured ~ \$28 – Aliexpress.com
- Kettle for boiling water – great for freezer bag cooking or freeze dried meals.
 - Alocs .8L teapot ~ \$11 – Aliexpress.com
- TITO Long Handle Titanium Spork ~ \$3 – AliExpress.com





WATER

**YOU CAN GO 3 DAYS WITHOUT IT
BEFORE YOU DIE.**

TREAT YOUR WATER

CLEAN IT TO AVOID DYSENTERY

- Never drink unfiltered or unpurified water, it isn't worth getting sick. Here are some options to treat water.
 - Sawyer Squeeze water filter system ~\$25-30 – **VALUE**
 - Potable Aqua Chlorine Tablets ~ \$8– **THRIFTY**
 - Boil it – Expensive in fuel and time. – **AVOID**
- Save your Nalgene bottles for winter trips only, and for making a hot water bottle to sleep with.
- Prefer Smartwater or LifeWater bottles – **THRIFTY**
 - Durable, attractive, cheap, and easy to hold
 - 1 oz per bottle vs 9 oz per Nalgene.



TREAT YOUR WATER!!

SO IMPORTANT IT GETS TWO SLIDES

- Water is key to a positive experience outdoors.
- Don't be cheap about water treatment. Filters last for a long time and work very quickly, even though they are initially expensive.
- Don't be tempted to save money by drinking untreated water. Being sick is a good way to completely destroy your experience in the outdoors.
- When you start to become dehydrated, your joints will hurt and movement becomes more difficult. This is not fun.
- Even when it is cold outside, you can rapidly become dehydrated.
- Some people use water flavoring to encourage them to drink before they become thirsty, to stay hydrated. Water flavor drops = \$





FOOD

IS FREEZE DRIED EVER THRIFTY?

WHAT IS FOOD FOR?

FUEL FOR THE BODY AND SOUL



- Fuel your body to keep moving.
 - Any nutritionally balanced meal with enough calories is acceptable.
 - Pre-packaged meals are not required, simple food like fruit is OK.
 - Hot meals are not necessary, cold food will do the job well.
- Fuel your soul.
 - Food is also a social activity, and should taste good. Meals provide an excuse to sit and interact with others.
 - Bring food that can be shared, and that tastes good. Bad food is demoralizing.
 - Hot food might be a need for some seasons and activities.
 - All food, even simple, tastes better when you are working hard.

TYPES OF FOOD

SUPERMARKETS HAVE GOOD CHOICES

- Canned food – **AVOID THIS**
 - Heavy & creates problem trash
- Convenience & Instant food – **THRIFTY**
 - Buy at the supermarket
 - Easy to prepare
 - Convenience = \$ - \$\$
- Home Dehydrated / Freezer Bag = \$ – **THRIFTY**
- Freeze Dried food= \$\$\$
 - Lightweight & Compact

Even Freeze Dried can be thrifty if it is needed due to weight or restrictions.

IE: Mountaineering, international travel, long periods between resupply, etc.





FREEZER BAG MEALS

CHEAP AND EASY TO MAKE, PACK AND COOK.

- Repackage food Into a Freezer Bag then add boiling water and wait for it to cook. Write water needed on bag.
- No shared germs – even with the group cooking method.
- Eliminates excess weight from packaging.
- 1 Meal per bag, 1 bag per person.
- Less garbage to pack out, virtually no clean up.
- Food is customized to dietary needs.
- Only need a spoon, time, and hot water.
- Can be adjusted to one pot cooking. Add food to the pot instead of water to the bag. More cleanup, less plastic.



THRIFTY PHILOSOPHY

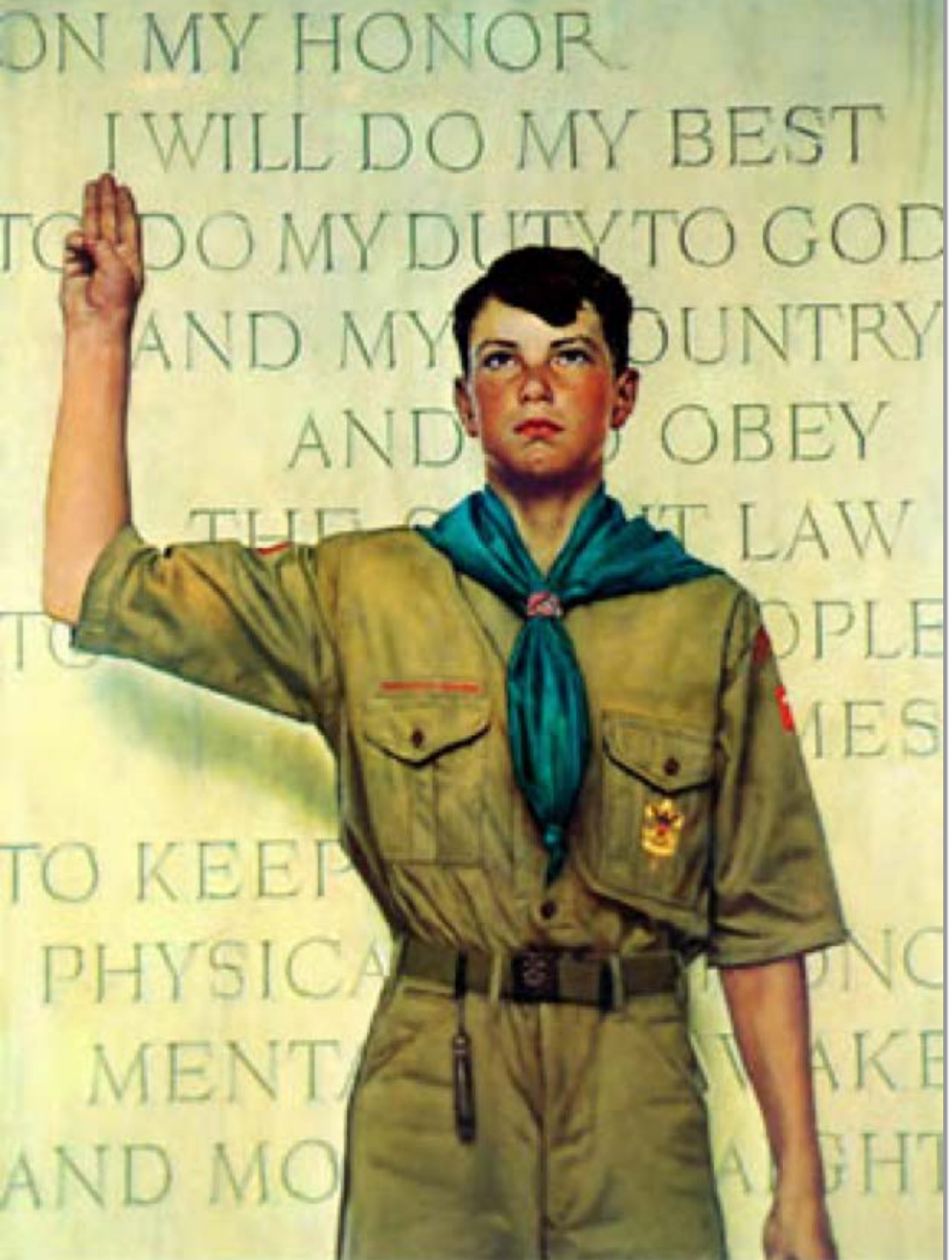
WHAT IS IT REALLY ALL ABOUT?

WHY SHOULD YOU CARE?

IF YOU HAVE PLENTY OF MONEY, WHY BE THRIFTY?

- Thrift is actually **conservation of your resources, minimizing waste** of what you worked hard to gain.
- **Opportunity cost.** Every dollar or minute not spent is one that you can use for something else that may be more important or higher value. Saving money gives you options.
- More value. Thrift isn't about pinching every penny, though it can be that, but is about spending only what is necessary to **get the greatest value.**
- Value is subjective. Many people value their time more than their money, or use the savings on Wants. The thrifty mindset allows you to **define value in your own terms.**
- **Minimizing your mental, financial and physical burden** lets you move faster and do more in every one of these areas.





CONCLUDING THOUGHTS

SOME WISDOM FROM OUR FOUNDER.

It is expected that a Scout will save every penny he can, and put it in the bank, so that he may have money to keep himself when out of work, and thus not make himself a burden to others; or that he may have money to give away to others when they need it.

SIR ROBERT BADEN- POWELL



CONTACT INFO

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COMPANION PDF W/ LINKS TO GEAR:

[HTTPS://TINYURL.COM/VM522EZ](https://tinyurl.com/vm522ez)