



## **LITE PACK'N INTO THE THREE SISTERS WILDERNESS**

**With nationally known website author Robert Speik**

**Deschutes Public Library**

**Thursday, August 6, 2009, from 6 pm to 8 pm, FREE**

**Backpacking today can be “lite and fast” and fun for the entire family!**  
But you may need to learn some new things and invest a little bit of money!

This free fun evening will begin with a hands-on talk about how to really “Be Prepared” for adventures in the nearby Cascades based on the traditional “Four Basic Responsibilities” of the backcountry hiker.

We will show and tell all of the contents of a backpack for a summer trip to Moraine Lake, Green Lakes, Sisters Mirror Lake and some less known sweet spots in our nearby Wilderness.

Based on our personal clothing and gear selection, you can personally select your seasonal items from the recently published guide, “The Ten Essential Systems” suggested by The Mountaineers, an outdoor club of 10,500 Pacific Northwest people.

Handouts, explanations, show and tell and questions and suggestions from Robert Speik of

**[www.TraditionalMountaineering.org](http://www.TraditionalMountaineering.org)**