

# Fastpacking 101: Combining Trail Running and Backpacking for Adventure

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What is Fastpacking?

Fastpacking is a hybrid of trail running and backpacking...

[Content includes gear essentials, planning, safety, trail tips, FAQ, quiz, and resources.]

Quiz Answers:

- 1) B) 20-30L
- 2) C) Pack weight without food and water
- 3) B) 20-30 km
- 4) C) Running poles
- 5) B) When GPS fails
- 6) C) Emergency SOS
- 7) B) Too much gear + distance
- 8) D) Frying pan and spatula
- 9) B) Warm food + stretching
- 10) C) Each day is a journey

Further Reading:

- [How to Build Mental Toughness for Ultra Races](#)
- [Ultimate Guide to Recovery After a 100-Mile Race](#)
- [DNF to Redemption: Overcoming a Did-Not-Finish](#)
- [NIH Study on Endurance Sports Psychology](#)
- [iRunFar: Post-Race Depression](#)
- [Runner's World: Post-Race Blues](#)

