

## Rucksack Packing

The kit list has a lot of things on it, I'm sure you will wonder how it will all fit into your rucksack. Our top tip is to **take only the essentials**, as you don't want your rucksack to be more than a quarter of your body weight. The way you pack your rucksack is important: Pack each section in separate dry bags or plastic bags, i.e. Food, clothing, cooking equipment in a separate bag. This will not only help you to find things, but also keep your kit dry. Try to keep heavy gear in the middle of the bag and close to your back, this will keep your centre of gravity close to you and make it easier to walk. Fill your rucksack in order of the things you will use: so put your sleeping bag and sleeping mat at the bottom and keep essential items accessible. Essential items include: water, snacks and food, First Aid kit, sun cream and hat, and waterproofs - you never know when the weather will change. If the weather does turn, use the rain cover to keep your rucksack dry. On most rucksacks this is located in a small zipped pocket on the bottom of the bag.



# HOW TO PACK YOUR DofE RUCKSACK

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- LINER**  
 Line your rucksack with a rucksack liner or strong rubble sack to keep everything dry. LIFEVENTURE DRISTORE ROLL TOP BAGS
- LUNCH/FOOD**  
 Bag each meal separately so you ration your food properly and pack your lunch for the day at the top to get at it quickly in case it is raining. BEYOND THE BEATEN TRACK MAIN MEAL
- WASH KIT**  
 Group and pack all kit into separate dry bags so you can find what you need quickly. LIFEVENTURE WASH HOLDALL
- TRANGLIA**  
 Clean and thoroughly dry, then place close to your back to maintain your centre of gravity. TRANGLIA 25-1UL STOVE
- SLEEPING/ROLL MAT**  
 Try to get all your kit inside your bag. If you have a large roll mat, make sure it is securely tied to the outside of your bag. VANGO TREK COMPACT SELF INFLATING SLEEPING MAT
- CLOTHES**  
 Push spare clothes to the bottom front of the rucksack to fill the space available. CRAGHOPPERS VITALISE BASE T-SHIRT
- SOCKS**  
 BRIDGEDALE WOOLFUSION TREKKER
- TOP COMPARTMENT**  
 Put in all the small items of kit you'll need during the day.
- WATERPROOFS, HAT & GLOVES**  
 Pack your bag in the order you will want your kit. Remember fast in first out. CRAGHOPPERS REACTION LITE JACKET
- SURVIVAL BAG**  
 Use up any gaps to help keep kit stable in the bag. LIFE SYSTEMS SURVIVAL BAG
- FUEL**  
 Store fuel and water vertically and double bag fuel canisters. TRANGLIA FUEL BOTTLE 1L
- FLASK**  
 Ensure you have enough water to stay hydrated. Must be easy to get to. LIFEVENTURE TRITAN FLASK L
- TENT**  
 Ensure the heaviest kit is close to your back and balanced on each side. VANGO PULSAR 300
- COOKING/CAMP/CRRAFT KIT**  
 The total weight of your bag should not be more than 25% of your body weight. LIFEVENTURE TITANIUM MUG & BOWL