

How to pack a rucksack

Outside rucksack - tent

Positioned at the top as this is heavy and so will sit on the shoulders rather than the waist / lower back

Use straps to secure on

Top pocket

- Waterproofs
- Hat / gloves
- Cover for rucksack

These are then to hand if bad weather occurs suddenly

Main body

- Clothes
- Plates & cutlery
- Cooking equipment (eg Trangia if needed)

Heaviest items at the top so you don't overbalance!

Side pockets

- Torch & spare batteries
- Wash bag
- Underwear
- Waterbottle

These are then to hand when needed

Sleeping bag

Use a compression sack to fit it in this section

Outside rucksack - sleep mat

Very light so can go at the bottom. If a tent is not being carried, can go at the top

Use a plastic cover in case of rain and straps to secure on

Fitting

Make sure all straps are securely tightened. The waist strap should sit on the hips at 90 degrees to the rucksack and there should not be much daylight between the shoulder straps and the body. Once on, the rucksack should look either upright or slanted in to the body, not away from it.

