

# Packing your Rucksack

Start packing by placing all the items to be packed on your bed and check off the list. When all items are present then pack. Work on the principle of *LAST IN FIRST OUT* and *IF IT DOESN'T FIT IN THE SACK IT'S NOT GOING* don't carry anything that you don't need and keep items on the outside of the pack tied down and tidy. Make sure however that you

have all the essential items. Use your own judgement as to whether you really need that campfire blanket on an overnight bivvy. Another consideration when carrying your pack is to distribute the weight in the bag so that the heavier items tend to be near your back in the middle to bottom of the pack. This will help to stabilise your pack particularly when travelling over rough terrain.

## General Guide to Packing a rucksack

PREPARING TO EXPLORE

