

Guidelines on How to Pack Your Backpack

The type of pack you use and the way you pack it will depend on what type of trip you are going on, i.e. Hiking, Canoeing, Mountain Climbing...

The guidelines that follow will discuss packing for an over night hike.

note that all items should be individually packed in garbage bags (ensure you squeeze the air out of the bags before closing or you will waste valuable space in your pack).

How you pack will also depend on the particular brand of pack that you have. The following guidelines are suggestions to keep in mind when packing your pack.

- 1) Trail items and emergency gear in the handiest pockets or at the top of pack (such as small shovel, toilet paper, rain gear, maps and compass, first aid kit canteen, jacket, sunglasses, sun block lotion, spare socks etc.).
- 2) Bottom compartment or area of pack.
Sleeping bag and foam pad (air mattress) as well as other bulky but light equipment, such as clothes in the bottom compartment (Place soft items in pack closest to back for comfort).
- 3) Middle compartment or area should contain food and other gear as listed previously.
- 4) Top Compartment.
pack heavy items high and close to your back (for better balance) such as rolled tent, tent poles, camera, flashlight, cooking kit etc.
- 5) Adjust straps so that your pack fits close to your body.
- 6) Try to pack items that go together into various kits or containers (such as cloth bags, plastic zip lock bag, garbage bags etc.). If you pack things logically you will be able to find things quickly. Also try to maximize the use of space keeping the guidelines above in mind when packing your particular pack.