

THE RUCKSACK

Which kit?

Ideally you'd want to carry as little as possible! You will get a full kit list nearer the time of the expeditions, the essentials include:

- Waterproofs
- Warm jumper / trousers
- Gloves and hat
- Sleeping bag + mat
- Stove + fuel + lighter (shared between the group), cutlery, plates, food + water
- First aid, survival bag, torch
- Map + compass + route card
- Tent (shared between the group)

Packing

- Make sure you have a proper rucksack liner – a bin bag is not good enough waterproofing. We can provide some rucksack liners.
- Do not hang things from the outside of your pack, especially parts of the tent!! The only item you can have outside your bag is your sleeping mat.
- Repack food in several small strong bags or containers.

What goes where?

- Kit that's only required last thing at night should go towards the bottom of the rucksack; e.g. sleeping bag should be right at the bottom. Waterproofs, snacks, water and first-aid should be quickly accessible near the top or in side pockets.
- Try and get the side-to-side weight balance even and have nothing protruding from the rucksack into your back/ribs etc. A full water bottle in only one side pocket is not a good idea.
- Packing heavy items near the top of the pack allows you to get the weight over your centre of gravity by leaning slightly.
- Try to concentrate the weight as close to your back as possible to prevent you unbalancing on climbs/descents.
- The zipped lower compartments of rucksacks for sleeping bags shouldn't be sealed off with the internal divider; this creates a shear plane allowing the rucksack to twist and flex which will give you a sore back.