

Factsheet: Packing a Rucksack

Expedition Requirements

Expeditions must be unaccompanied and self-sufficient. The team must be properly equipped, and supervision must be carried out remotely, considering what is reasonably practicable for participants and ensuring their welfare is paramount.

Outside (in hand)

Map (inside Map Case)
Compass
Routecard
Watch

Top of rucksack

Roll Mat

Side Pocket

Water bottle
Snacks
Packed Lunch

Inside Rucksack

Tent poles & pegs (vertical)

Lower Compartment / Bottom of rucksack

Sleeping Bag & Inner Sheet Sleeping Bag
(wrapped in thick polythene waterproof bag)



Top Pocket

Hat & Gloves
Snacks
Personal First Aid Kit
Emergency Rations
Whistle
Camera
Notebook & Pencil
Waterproof Jacket
Waterproof Over-trousers

Side Pocket

Fuel

Main Compartment (top to bottom)

- Group Kit: Stove (front of rucksack, away from your back) or Tent (in tent bag provided)
- Food (Evening Meals, Breakfasts, and other lunches)
- Emergency Survival Bag (orange plastic bag)
- Mug, Bowl, Spoon/Spork, Matches, Rubbish Bags,
- T-Towel, Brillo Pads
- Torch & spare batteries
- Small amount of toilet paper & sanitary products
- Small Towel & Wash Kit
- Change of footwear (lightweight, for use at camp)
- 1 set of spare clothes (wrapped in thick polythene)

IMPORTANT: Rucksack Size and Weight

- You will need a 65 litre expedition rucksack e.g. Endurance Quest etc. Must have padded shoulder straps & hip belt.
- When fully packed, the weight should ideally be between 10 – 12kg (that's 22 – 28 lb or 1.5 – 2.0 stone)!
- **Must not** exceed $\frac{1}{4}$ of your body weight.
- Ensure straps are adjusted to suit your body, with the waist belt as tight as possible so that the weight is carried on your hips.