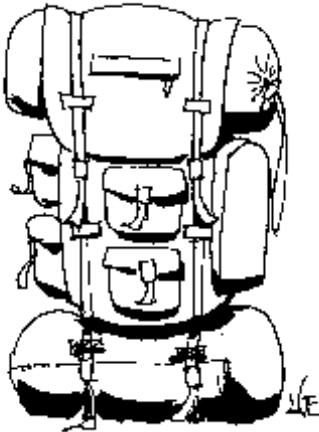


Packing a Rucksack

Being able to pack a rucksack correctly is an important skill. In an emergency situation being able to reach the first aid kit or waterproofs without having to throw all your other gear out could save someone's life.

Always pack your rucksack in reverse order - First In Last Out

Side Pockets



Left for Food

Oxo, Soups, Matches
Chocolate
Cooking Tins
Milk, Sugar, Tea
Knife, Fork, Spoon
Glucose, Sweets
Water Bottle
Plastic Bag

Right for Life

Matches
First Aid Kit
Compass
Whistle
Map
Penknife
Torch (Spare Battery)
Pencil & Paper

Front Pocket

Toilet Kit - Soap, Towel etc.

Main Rucksack

From Top to Bottom

Waterproof Survival Bag
First Aid Kit
Waterproof (Top & Trousers)
Cooking Utensils
Spare Clothing
Shoes
Main Clothing
Other Items, Toilet Kit
Sleeping Bag

All items should be in a strong, waterproof plastic bag within the rucksack.

Please note that the picture on the left is for fun only!
Do not pack your rucksack like this!



Remember to pack the outer pockets neatly before you pack the inside of the main rucksack (otherwise you will not be able to get anything into the outside pockets once the inside of the rucksack is bulging full!). You must pack neatly. Small items like socks can be used by leaving until last and squashing down into all the little gaps. Think carefully about which items you will need first and pack these last so that they are on the top. You must be able to reach the following immediately in case of an emergency:

First Aid Kit, Waterproofs, Survival Bag, Whistle, Torch, Compass, Map, Water Bottle.