

Packing your Rucksack

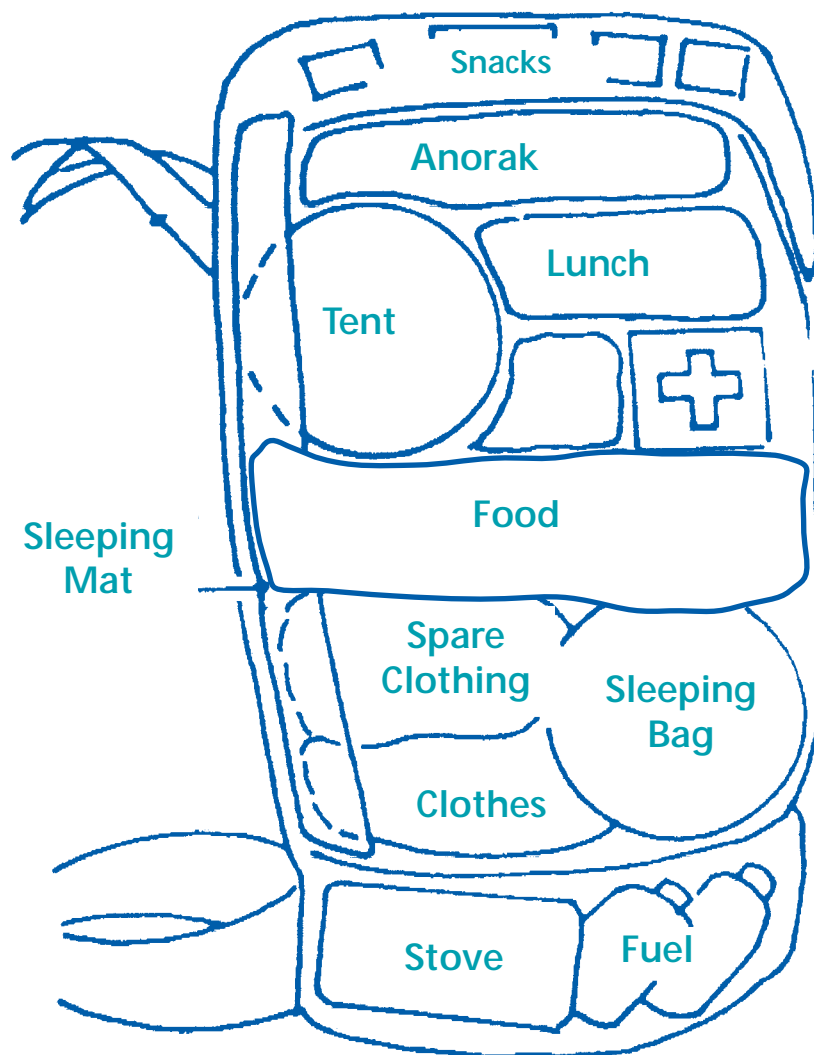
A loaded rucksack must be well-balanced.

Articles needed during the journey should be on the top or in the side pockets of your pack i.e., food for the day, first aid.

Do not have articles dangling from your pack.

All clothing and sleeping bag should be kept in a polythene bags.

PACKING YOUR RUCKSACK



Card 1

**PACK A
RUCKSACK FOR
AN OVERNIGHT
CAMP IN MID-
SUMMER**

Card 1

CHECKLIST PACKING A RUCKSACK

- *Is the rucksack waterproofed?*
- *Are emergency supplies e.g. first aid kit, wet gear, easy to access?*
- *Is the rucksack comfortable to carry?*