

RUCKSACK PACKING



GENERAL GUIDELINES

The weight should be carried as near as possible to the centre of gravity of the body. The next best position is to get the weight over the centre of gravity.

The design of today's rucksack, with its padded shoulder straps and hip belt, enable even spread of weight whilst keeping the weight high and close to the body.

PACKING THE RUCKSACK

The load should be about 25% of your bodyweight, but not more than 33% of bodyweight.

Heavy items near the back at the top, avoiding protrusions.

Keep items needed for the journey and arrival handy.

Wrap sleeping bag and spare clothes in separate polythene bags.