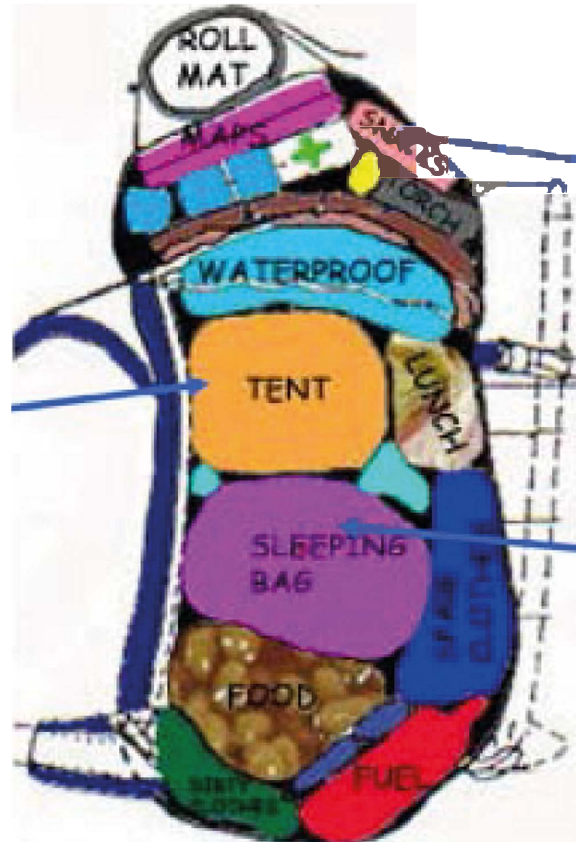


Packing your Rucksack

Use the diagram below to help you pack your rucksack sensibly for your expedition.

Put heavy items close to your back to reduce leverage on the shoulders



Put items that you will need access to during the day in the upper part of your rucksack.

Put items that are only required at the campsite in the bottom of your rucksack.

- The total load your bodyweight kg should be the maximum.
 - Remember to line your rucksack with a polythene bag and to put your sleeping bag in a polythene bag.
- should not exceed one third of and for young people about 15