

Packing Your Backpack

1. Keep your Pack Organized. ******MOST IMPORTANT THING******
 - a. Use waterproof bags to keep common items (clothes, smellables, etc) together.
 - b. Everyone should have at minimum:
 - i. A Clothing bag
 - ii. A Smellable bag
 - c. Avoid having loose items in your pack.
 - d. See packing list starting on page 20 of your Guidebook to Adventure
2. Leave room for Crew Gear and food.
 - a. Everyone will be required to carry anywhere from 10-15 pounds of crew gear and food each day.
3. Account for Water when weighing your pack
 - a. At times, everyone will be expected to carry up to 4 quarts of water. Be sure to account for this weight when weighing your pack.
4. Keep your hiking essentials in an easy to get to place. Essentials include:
 - a. Pocketknife
 - b. First-aid kit
 - c. Rain gear
 - d. Water
 - e. Flashlight
 - f. Trail food for the day
 - g. Matches and fire starters
 - h. Sun protection
 - i. Map and compass
5. Keep your Smellables together in a separate bag. Smellables include:
 - a. Food: any and all, including late night snacks like chocolate bars
 - b. Canned and freeze dried foods
 - c. Flavored beverages: sports drinks and mixes
 - d. Soaps and sponges
 - e. Insect repellent
 - f. Hand sanitizer
 - g. Lotions: including sunscreen
 - h. Lip balm
 - i. Deodorant
 - j. Medications: specifically pills with a sugary coating and liquids
 - k. Hygienic wipes
 - l. Tissues with lotion
 - m. Cough drops
 - n. The clothes you cook in
 - o. ALL TRASH
6. Trail Food, Snacks, and Water
 - a. Put your food for the day and your snacks for the day in an easy to get to place in your pack. This way you don't have to dig for it.
 - b. Put your food and snacks in the same place each day. And remember to check that place before the bear bag is hung at night.
 - c. Drink lots of water.

Packing your backpack

With a backpack, organization and easy access are key. Use these essential packing tips as a guide.

Store essentials such as sunscreen, a compass, maps, and guidebooks in an outer pocket

Waterproof bags should be used to store items that must stay dry, particularly spare clothing and your sleeping bag

Carry your water bottle upright where it's accessible

Lighter items such as sleeping mats and bags should remain at the bottom of the backpack

Put your tent in a waterproof stuff sack and strap it to the outside of your backpack

Pack raingear at the top where you can get it quickly

Keep first aid items accessible

Heaviest items should sit between your shoulder blades and as close to your back as possible

Store fuel bottles upright and outside the pack

