



*Rule 1 - Keep
moms away
when you pack
your sack.*

Backpacking Tips

What You Must Take In Your Sack

- Rucksack 50 to 65 litre capacity
- Plastic liner – but dry bags are much better.
- Sleeping mat
- Sleeping Bag
- Spare base layer top
- Thin stretchy trousers
- Two thin fleeces
- Undies
- Good loop stitch socks
- Waterproof jacket with hood
- Waterproof trousers
- Warm hat
- Gloves (in summer add extra socks instead)
- Very small towel (trek towels are good)
- Toothbrush
- Water bottle or hydration bag, 2 litres.
- Fork, 2 spoons, tea spoon, Sporks are great.
- Plastic dishes & a mug.
- Whistle
- Lunches & snacks
- Spare high-energy food
- Money
- Common sense
- Sense of Humour (essential)

What You Should Take Per Tent

- Tent
- Matches (flint and steel are reliable)
- One waterproof box of matches
- Stove
- Fuel for stove
- Pen knife (Swiss army type – no open knives)
- Loo roll
- Scourer and light dishcloth
- Toiletries (work out what you can share)
- Head Torch
- Dinners & Breakfasts

What You Take as a Whole Group

- Maps/compasses
- First aid with plenty of blister treatment
- Emergency procedures sheet & contact details

*Rule 2 - Always
keep your
sleeping bag
and matches
dry .*



*Shorts can be
fine to wear but
pack trousers as
well .*

*In Summer add:-
Insect repellent.
Even consider
head mesh /net
covers. These little
blighters can be
hell. at camp .*

*Knowing what not to
take is as important as
knowing what to take.
You don't need pillows,
use a fleece. If you take
a phone don't use it
unless you really have
to, and get a waterproof
case - download OS
Locate App to your smart
phone. Take flip flops -
not trainers.*

*Check all kit that is
issued from the stores
especially tents.*

*Remove all excess
packaging. Put
plastic tubs into
bags.*

*Sunscreens are vital,
even on dull days. Use
the new breed of all day
ones, such as P20/P30. A
cotton baseball cap &
sunglasses help.*

Finally, remember the seven p' s

