

## Packing your Rucksack

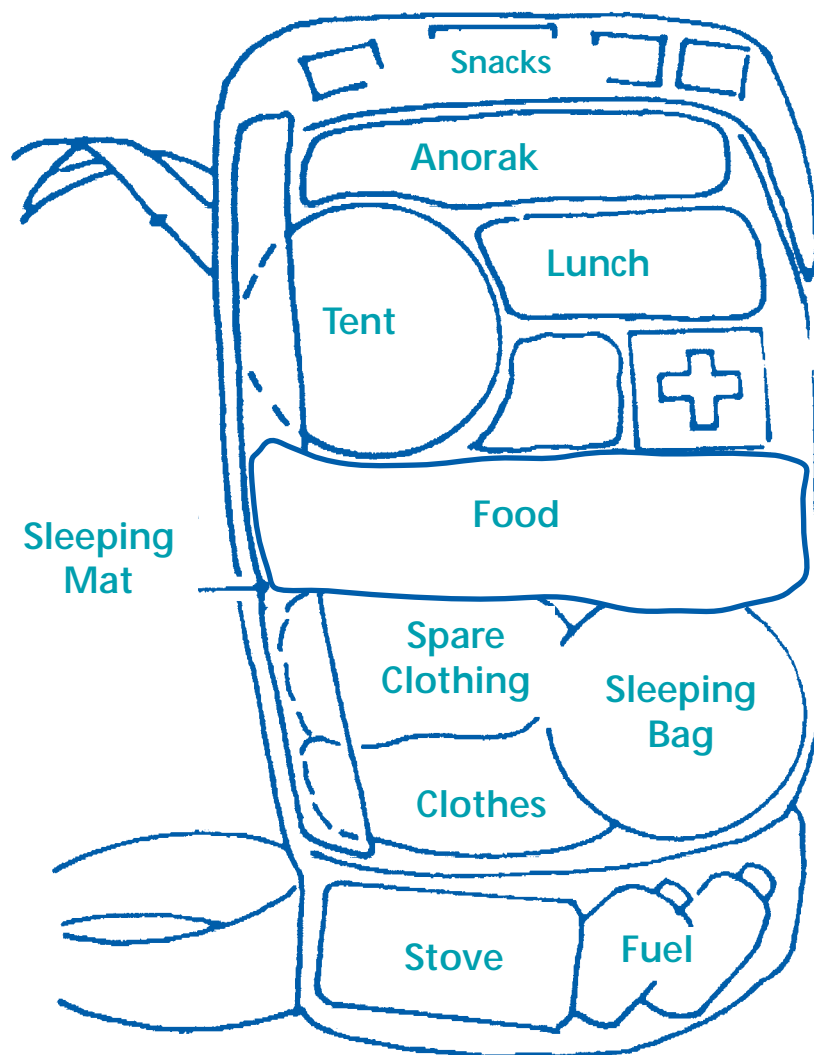
*A loaded rucksack must be well-balanced.*

*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?*