

Packing your expedition pack!

As you may have noticed we have mentioned what should go in your pack plenty of time over the last couple of months. What we haven't really covered is exactly how to pack all your recommended gear so that it is as light and as easy to use as is possible.

This is essential to having a good exped. And poor 'pack management' can lead to some rather unhappy D of E memories. Much of the art of bag packing is common sense: Don't put breakable items at the bottom of your pack; don't put fuel and food together and don't mix wet and dry clothes. However there are some other less obvious hints and tips and these are the ones we are going to talk about:



Not the best spot for a repack....

Take your time when packing your bag: Its so much better to think through what and when you are going to need certain items, and then pack accordingly, while you are in the warmth. Rather than desperately trying to rummage through your bag when it's wet and miserable and you've just walked across what feels like a small continent. Also by know where stuff is you will not be forced to put dry clothing and equipment onto potentially wet ground as you frantically search for that spare fleece you wanted.

Put heavier items above your centre of Gravity: We are not sure of the exact science behind this, something to do with Isaac Newton and an apple.. But it will give you more balance and should help you to feel less weighed down by your pack. This can be very important, particularly on long days and walking on steep and treacherous ground. Items like tents and cooking stoves should therefore go as near to the top of your bag while not getting in the way.

Use your pockets effectively: If you have a one compartment bag then it is essential to use your pockets well. This means that certain items in your pack can be reached with ease. Think about having one side pocket for snacks and your water bottle and the other for non-food items. This not only stops the potential for food contamination but also means you can get that that snack you have been thinking of for a couple of kilometres nice and quickly. *Always try to keep your food and fuel as far away from each other as you can*

Make use of dry/stuff sacks: Dry sacks (e.g. sea to summit ultralite stuff sacks) can make packing and using your gear an absolute breeze. Not only will they help keep your stuff dry; they will help to organise your gear for certain days or certain tasks. Knowing what colour dry sacks a certain item is in means you can go straight to an item your need without disrupting the rest of your packed gear. This is obviously most helpful in wet and miserable weather but even in dry weather it means you don't have to waste your time rummaging around when there is important sun bathing etc to do...

Top of pack

FIRST AID KIT, GLOVES,
HAT, SPARE FLEECE,
EMERGENCY BLANKET.

Top of main compartment

HEAVY ITEMS TO IMPROVE
BALANCE

Bottom of main compartment

BULK OF GEAR, CLOTHES IN
DRYSACKS, SPARE COATS, FLEECES
ETC, FOOD IN SANDWICH TINS.

Bottom compartment

SLEEPING MAT AND SLEEPING
BAG IN WATERPROOF BAG

SIDE POCKET 1

SNACKS, WATER,
EMERGENCY
RATIONS, TORCH

Side pocket 2

FUEL, TENT PEGS,
CUTLERY,
CLEANING GEAR.

