

## Bag packing Tips

- Pack the bag yourself!! (Don't ask parents to pack for you, they haven't had the training!!!)
- Follow the information you have been given in the training
- Light and bulky bottom, heavy at the top.
- Line you bag with bin bags rucksacks are not always waterproof.
- Don't carry anything on the outside of your bag.
- Always try to balance the weight in your bag avoid having one side heavier than the other.
- Emergency items should be easy access (top of your bag or side pockets)
- Make sure nothing inside your bag is sticking into your back.
- Your bag shouldn't weight more than a quarter of your body weight.
- Share the load with your camping partner, this is about teamwork!!

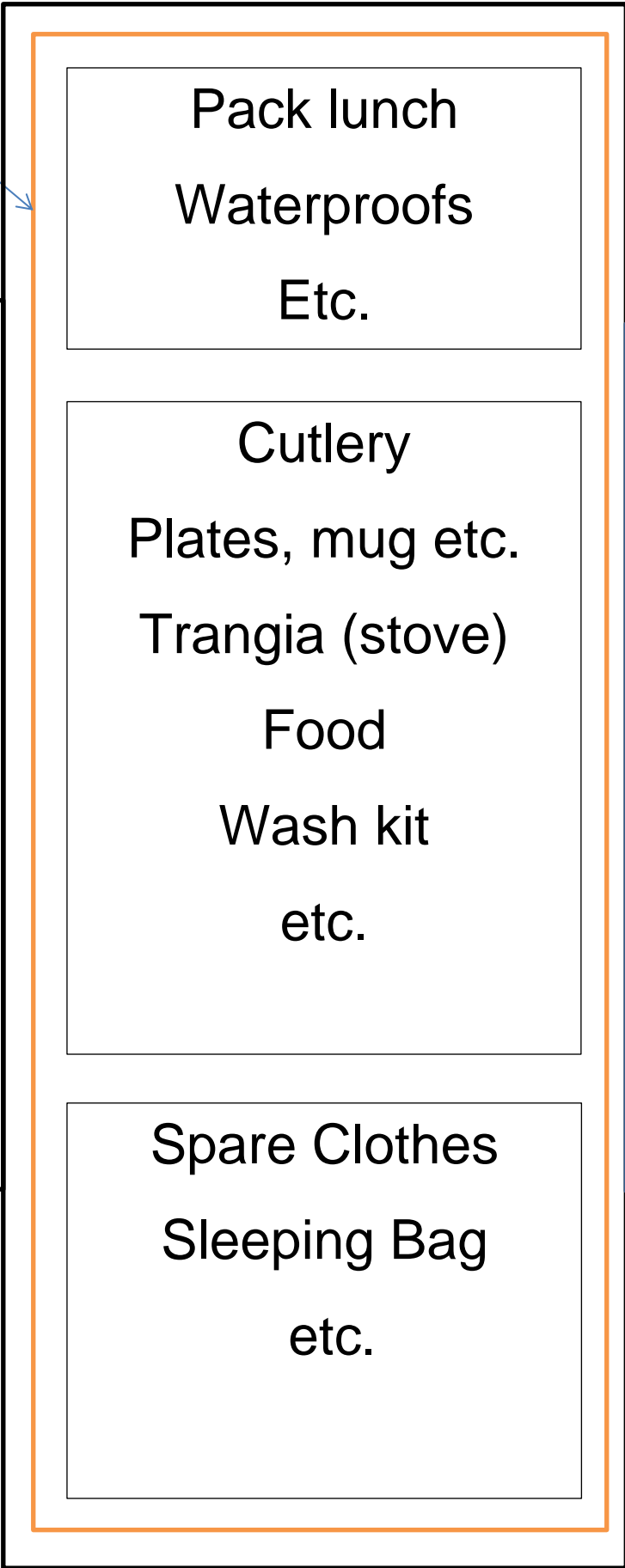


# How to Pack Your Bag

Plastic bag liner

Heavy and easy access

First Aid Kit, Matches, sun cream etc.



Gas, torch, water bottle, washing up kit etc.

Light and bulky

