



How to Pack a Backpack

1. Whether you have a Down Sleeping Bag or a Synthetic Sleeping Bag, it should go into a stuff sack lined with a garbage bag (To keep it dry) or a waterproof stuff sack. It should then go into the bottom of your backpack since it is one of the last items you will need during the day.
2. Heavy and dense items, such as food, should be kept in the middle of the pack and as close to your back as possible. This helps maintain good balance.
3. Items that you may need in a hurry should be at the top of your pack. For example, first aid kits and rain gear should always be handy.
4. Other items that will be frequently used should also go near the top of your pack. For example: map, compass, snacks, sunscreen, a warm layer, camera, iodine tablets, etc.
5. Keep your food above the fuel bottles in case there is a leak. (Trust me, you don't want to eat fuel-soaked food)
6. Break down larger items into smaller parts. For example, pack the tent body, the fly, and the poles all separately rather than in one large sack.
7. Stuff the tent body and tent fly into the empty spaces that are left in between other items in your pack. The best way to do this is to simply start with one corner of the fly or tent and start cramming it into the bottom of the pack where there is a lot of empty space.
8. Leave no dead space. Fill containers such as cook pots, bowls, and mugs with food or spare clothing. For protection and to save room it is a good idea to pack your stove into your cook pot if it will fit.
9. For internal packs, try to keep everything inside the pack. You will have a more balanced pack. Things are less likely to come up missing, and it just looks better.
10. Tighten your pack's compression straps to make the load more balanced and compact