



# RUCKSACK PACKING

Below you will find a guide of how to pack your rucksack for Wildside Outdoors DofE Expeditions.

More useful information can be found on our YouTube channel (Wildside Outdoors UK) and on our Event Resource System which you should have a login for.

## KEY POINTS

- Everything that you do not want to get wet must be in a waterproof bag.
- The bag your sleeping bag comes in will not be waterproof!
- If there is a divider between the main compartment and the bottom section of the rucksack then take it out or unzip it.
- Things you want access to during the day should be near the top or in the side or lid pockets.
- Things you don't need access to go at the bottom of the rucksack.
- Your first aid and medication must be in the lid pocket.
- Leave space for the group kit you will be issued at the start of the expedition.
- Don't be gentle when packing your rucksack. You will likely need to squash the majority of your compressible possessions as small as they will go.
- Everything must go inside the rucksack. All that is permitted to be on the outside is a foam roll mat and waterbottles in the side pockets.

## MAIN COMPARTMENT

We suggest packing the rucksack in the following order, but you may choose to do it in another order.

This order leaves you with the things you are likely to want access to during the day near the top of the bag or in the easily accessible pockets.

1. Sleeping bag (waterproofed)
2. Spare clothing (waterproofed)
3. Roll mat (if small self inflating type)
4. Spare footwear
5. Wash kit
6. Crockery
7. Group kit
8. Food for campsite
9. Lunch
10. Waterproofs

## SIDE POCKETS

- Water bottles
- Snacks

## LID POCKET

- First aid kit
- Medication
- Snacks
- Hand sanitiser
- Torch and spare batteries

Please see our YouTube video on rucksack packing for more tips and tricks.