

HOW TO PACK A BACKPACKING PACK

A good rule to follow when you pack your backpack for camping and hiking is to pack in three parts: bottom, middle and top.

Always pack the bottom first, balance the load by keeping heavy things in the center and stack your essentials for the trail on top. This way the things you need are always within reach and don't require taking off your pack and digging through the whole thing. Here's a breakdown of how to pack a backpack for camping and hiking.



MIDDLE OF YOUR BACKPACK:

- HEAVIEST ITEMS**
- stove & fuel
 - food & bear canister
 - loose clothing stuffed around bear canister
 - toiletries
 - camp mug



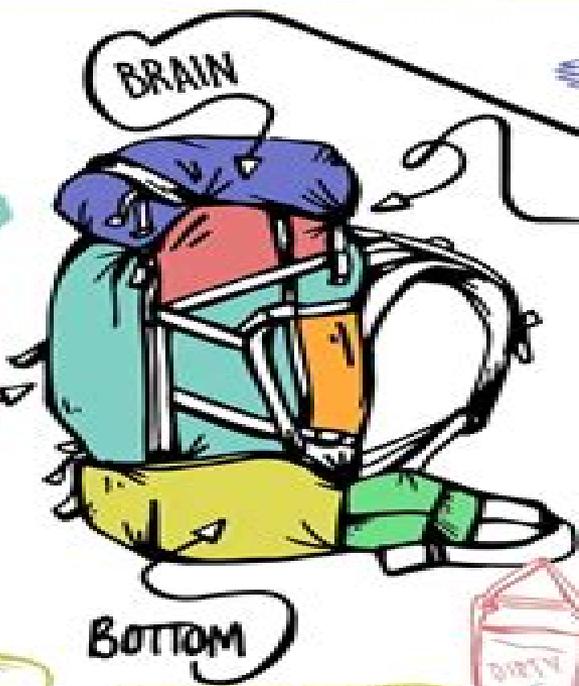
MIDDLE

SIDE POCKETS:

- Trekking poles
- Tent poles
- Water bottles

HIP BELT POCKETS:

- Lip balm
- Phone



BOTTOM

BOTTOM OF YOUR BACKPACK:

- LIGHT ITEMS THAT YOU WON'T NEED DURING THE DAY**
- Sleeping bag in a compression sack
 - sleeping pad
 - loose clothing stuffed around sleeping bag to fill in gaps



WHAT GOES IN THE BRAIN:

- Travel sized bug spray and sunscreen
- Map or GPS
- Headlamp
- Camera
- Quick snack
- Spork
- Multi-tool
- Lighter



TOP

TOP OF YOUR BACKPACK:

- Rain jacket, rain pants, rain cover
- Lunch
- First Aid
- Water Filter
- Electronics in a lightweight dry sack
- Bathroom kit (shovel, toilet paper, hand sanitizer, and a bag to pack out used toilet paper)



Backpacking Tips

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