© Mike Pugh

Rule 1 - Keep moms away when you pack your sack.

Backpacking Tips for 'non Masochists'

Rule 2 - Always keep your sleeping bag and matches dry .

What You Must Take In Your Sack

Rucksack 50 to 65 litre capacity
Plastic liner – but dry bags are much better.
Sleeping mat
Sleeping Bag
Spare base layer top
Thin stretchy trousers
Two thin fleeces
Undies
Good loop stitch socks
Waterproof jacket with hood
Waterproof trousers
Warm hat
Gloves (in summer add extra socks instead)
Very small towel (trek towels are good)
Toothbrush
Water bottle or hydration bag, 2 litres.
Fork, 2 spoons, tea spoon, Sporks are great.
Plastic dishes & a mug.
Whistle
Lunches & snacks
Spare high-energy food
Money
Common sense
Sense of Humour (essential)

Shorts can be fine to wear but pack trousers as well .

In Summer add:-

Insect repellent.

Even consider head mesh /net covers. These little blighters can be hell. at camp .

Knowing what not to take is as important as knowing what to take. You don't need pillows, use a fleece. If you take a phone don't use it unless you really have to, and get a waterproof case - download OS Locate App to your smart phone. Take flip flops - not trainers.

Check all kit that is issued from the stores especially tents .

What You Should Take Per Tent

Tent
Matches (flint and steel are reliable)
One waterproof box of matches
Stove
Fuel for stove
Pen knife (Swiss army type – no open knifes)
Loo roll
Scourer and light dishcloth
Toiletries (work out what you can share)
Head Torch
Dinners & Breakfasts

Sunscreens are vital, even on dull days. Use the new breed of all day ones, such as P20/P30. A cotton baseball cap & sunglasses help.

What You Take as a Whole Group

Maps/compasses
First aid with plenty of blister treatment
Emergency procedures sheet & contact details

Remove all excess packaging. Put plastic tubs into bags.

Finally, remember the seven p' s