

Really Useful Backpacking Tips -

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Not Found on the Usual Lists! !!!!!



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

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
Head torch
Lunches & snacks
Spare high-energy food
Money
Common sense
Sense of Humour (essential)

What You Should Take Per Tent

Tent
Matches (flint and steel are reliable)
One waterproof box of matches
Stove
Fuel for stove
Small pen knife (Swiss army type – no fixed blade knives)
Loo roll
Scourer and light dishcloth
Toiletries (work out what you can share)
Dinners & Breakfasts

What You Take as a Whole Group

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

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

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

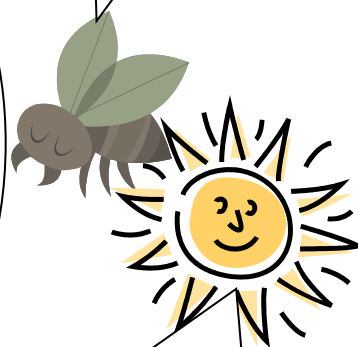
*Knowing what not to
take is as important as
knowing what to take.
You don't need pillows,
use a fleece. If you take
a phone don't use it
unless you really have
to, and get a waterproof
case - download OS
Locate App to your smart
phone. Take crocs/ flip
flops - not trainers.*

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

*Remove all excess
packaging. Put
plastic tubs into
bags.*



*In Summer add:-
Insect repellent.
Even consider
head mesh /net
covers. These little
blighters can be
hell. at camp .*



*Sunscreens are vital,
even on dull days. Use
the new breed of all day
ones, such as P30/P50. A
cotton baseball cap &
sunglasses help.*