



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

# Backpacking Tips for 'non Masochists'

## What You Must Take In Your Sack

- Rucksack 50 to 65 litre capacity
- Plastic liner inside rucksack
- 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
- Fork, 2 spoons, tea spoon.
- Plastic dishes & a mug.
- Whistle
- Lunches & snacks
- Spare high-energy food
- Money
- Brain (may not always be a good idea)
- Common sense
- Sense of Humour (essential)

## What You Should Take Per Tent

- Tent
- Matches
- One waterproof box of matches
- Stove
- Fuel for stove
- Pen knife (Swiss army type – no open knives)
- Loo roll
- Scourer and light dishcloth
- Toiletries (work out what you can share)
- Small torch (new batteries removed, spare bulb)
- Dinners & Breakfasts

## What You Take as a Whole Group

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

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

Mobile phone: -Must be  
switched off sealed up  
& waterproof.  
Emergency use only!

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,  
you might need a  
camera. If you take a  
phone don't use it unless  
you really have to, and  
get a waterproof case -  
download OS Grid  
Convert App to your  
smart phone. Take 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 P20/P30. A  
cotton baseball cap &  
sunglasses help.

Finally, remember the seven p's

