

# Pack up your travels

FATHER-SON HIKING TRIP COMING UP? OR SIMPLY NEED SOME TIPS FOR YOUR NEXT CAMPING HOLIDAY? CONSULT OUR GUIDE TO GETTING ALL THE ESSENTIALS IN YOUR KIT

## HOW TO PACK A BACKPACK

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### PLANNING

Write a *checklist* and lay everything out neatly before you start packing. You don't want to forget anything... Especially not the toilet paper.

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### BEDTIME FIRST

Put your sleeping bag in the special compartment at the bottom of your pack. Then stuff other things you won't need till nightfall into the corners: PJs, socks and your teddy.



### KNOW THIS

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If you're going to be using a hydration system, put the bladder into its compartment when your pack is still fairly empty, as it's much easier this way.



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### THE ESSENTIALS

Now for the heavy stuff: food, gas canisters and your hip flask should go in the middle of the pack and as near to your spine as possible. It's a good idea to *spread heavy communal items* around the group: one person can lug the tent poles while another carries the pots.

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### LIGHTEN THE LOAD

Next, pack *lighter, softer items* that you won't be using very often (such as spare clothes and your towel) above and around the heavy things.

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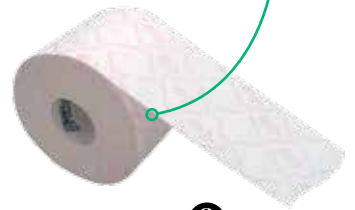
### IN OR OUT?

Unless you have a fancy inflatable sleeping mat, which rolls up really tiny, you'll probably have to *strap your mattress to the outside of your pack*. Tent poles are also better out than in.

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### QUICK THINKING

Most bags come with a variety of *outer compartments* for things you may need to get to quickly, such as sunscreen, a first-aid kit and a map. And the toilet paper.



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### REACH FOR IT

The top of your pack should house *stuff you will need* to reach while on the trail, like your lunch, camera, windbreaker and bathing costume.



### TRY IT ON

*Choose a backpack that suits your needs and fits you well. Get the salesperson to adjust the straps for you as they can be quite confusing to a beginner.*

