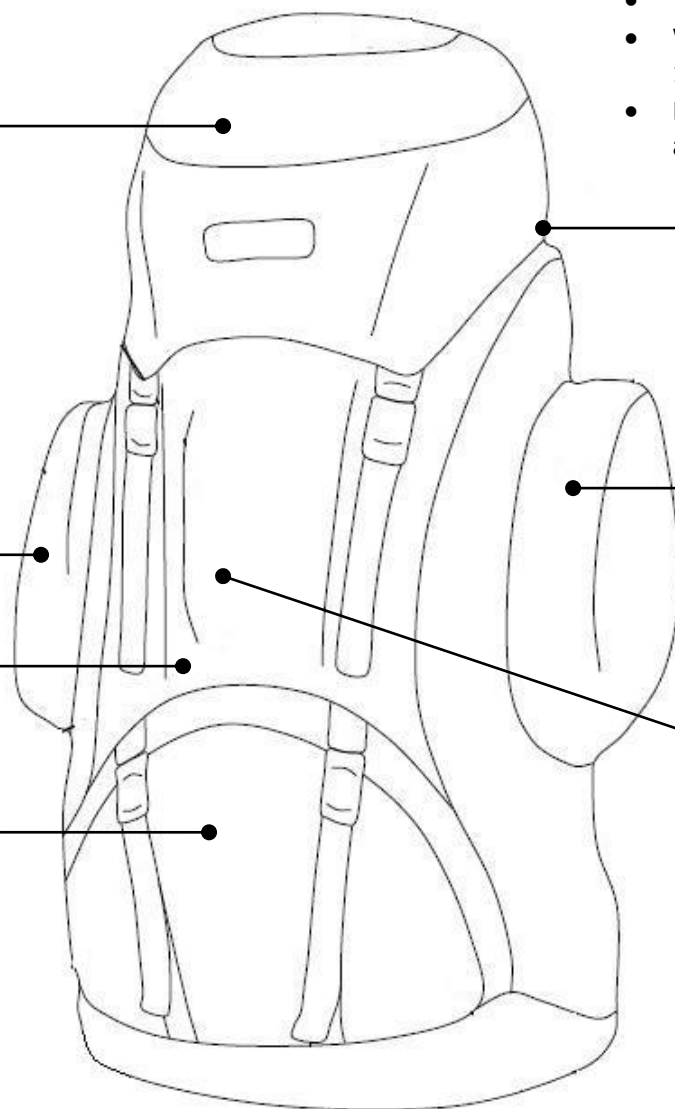


BPE DofE Expedition Bitesize 04b: Rucksack Packing

Rucksack Size and Weight

- You will need a 65 litre expedition rucksack e.g. Vango Sherpa.
- When fully packed, the weight should ideally be between 10 – 14kg, and must **not** exceed $\frac{1}{4}$ of your body weight.
- Ensure straps are adjusted to suit your body, with the waist belt as tight as possible so that the weight is carried on your hips.



Top Pocket

Hat & Gloves
Snacks
Personal First Aid Kit
Whistle
Camera
Notebook & Pencil
Waterproof Jacket
Waterproof Over-trousers

Top of rucksack

Roll Mat

Side Pocket

Water bottle
Snacks
Packed Lunch

Main Compartment (top to bottom)

Group Kit: Stove (front of rucksack, away from your back) **or** Tent (in tent bag provided)
Food (Evening Meals, Breakfasts, and other lunches)
Mug, Bowl, Spoon/Spork, Matches
Rubbish Bags, T-Towel, Brillo Pad, Washing-Up Liquid
Emergency Rations
Emergency Survival Bag (orange plastic bag)
Torch & spare batteries
Small amount of toilet paper
Small Towel & Wash Kit
Change of footwear (lightweight, for use at camp)
1 set of spare clothes (wrapped in thick polythene)

Side Pocket

Fuel

Inside Rucksack

Tent poles & pegs (vertical)

Lower Compartment

Sleeping Bag & Inner Sheet Sleeping Bag
(wrapped in thick polythene)

Outside (in hand)

Map (inside Map Case)
Compass
Routecard
Watch