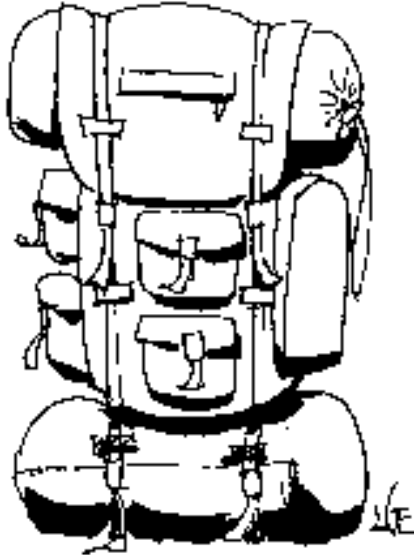


## Packing A Rucsac

Being able to pack a rucsac correctly is an important skill. In an emergency situation being able to reach the first aid kit or waterproofs without having to throw all your other gear out could save someone's life.

**Always pack your rucsac in reverse order - First In Last Out**

### Side Pockets



**Left for Food**  
Oxo, Soups, Matches  
Emergency rations  
Cooking Tins  
Milk, Sugar, Tea  
Knife, Fork, Spoon  
Glucose, Sweets  
Water Bottle  
Plastic Bag

**Right for Life**  
Matches  
Chocolate First Aid Kit  
Compass  
Whistle  
Map  
Penknife  
Torch (Spare Battery)  
Pencil & Paper

### Front Pocket

Toilet Kit - Soap, Towel etc.

### Main Rucsac

From Top to Bottom  
Waterproof Survival Bag  
First Aid Kit  
Waterproof (Top & Trousers)  
Cooking Utensils  
Spare Clothing  
Shoes  
Main Clothing  
Other Items, Toilet Kit  
Sleeping Bag

All items should be in a strong, waterproof plastic bag within the rucsac.

Please note that the picture on the left is for fun only!  
Do not pack your rucsac like this!



Remember to pack the outer pockets neatly before you pack the inside of the main rucsac (otherwise you will not be able to get anything into the outside pockets once the inside of the rucsac is bulging full!). You must pack neatly. Small items like socks can be used by leaving until last and squashing down into all the little gaps. Think carefully about which items you will need first and pack these last so that they are on the top. You must be able to reach the following immediately in case of an emergency:

*First Aid Kit, Waterproofs, Survival Bag, Whistle, Torch, Compass, Map, Water Bottle.*