

# How to pack your DofE rucksack

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#### Liner

Use a dry bag or rubble sack to line your rucksack to keep everything dry. **Lifeventure Dry Bags** 

**Sun protection** Store in a sealable bag to avoid leakage and keep near the top or in a pocket to regularly reapply. **Lifesystems Mountain Factor Sun Protection** 

#### **Head torch**

Pack evening essentials such as batteries or chargers together so you can find them easier in the dark. Lifesystems Intensity 155 Head Torch



Use up any gaps to help keep kit stable in the bag. **Lifesystems Survival Bag** 



## Stove

then place close to your back to maintain your centre of gravity. Trangia 25-1UL Stove

#### **Sleeping mat**

Try to get all your kit inside your bag. If you have a large roll mat, you can tie it securely to the outside. Vango Trek Sleeping Mat



### **Spare clothing**

Push spare clothes to the bottom of the rucksack to fill the space available.

**Craghoppers Fusion Base T-Shirt** 

#### Lunch/food

Bag each meal separately to help ration your food. Pack your lunch at the top and have snacks to hand

#### **Sleeping bag**

Keep your sleeping bag dry by placing inside a waterproof bag inside your rucksack. Vango Latitude



## **Fuel** Double-bag fuel canisters

Mang

in a sealable bag and store vertically to avoid spillage. **Trangia Fuel** 



Waterproof jacket and trousers Pack your bag in the order you will want your kit. Remember last in first out. **Craghoppers Horizon Jacket** and Ascent Overtrousers

#### **Mid layers**

Fleeces are lightweight and dry quickly. Keep near the top as temperatures can change quickly. **Craghoppers Strata Hooded Jacket** 

#### Tent

Ensure the heaviest kit is close to your back and balanced on each side.

Vango Banshee 300 Tent



#### **First Aid**

Keep your first aid kit in the same place and easy to hand. Store small items you might need during the day in the top.

Lifesystems Trek First Aid Kit

#### **Rucksack**

Make sure your rucksack transfers the weight of your kit to your hips and not on your shoulders. Vango Sherpa 60:70 Rucksack

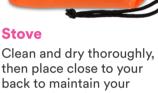


Wash kit Lifeventure Wash Bag

#### **Eating/drinking**

Plastic or titanium camping gear are lightweight, wont break and easy to clean.







or extra energy boosts. Wayfayrer

**Expedition Food** 

**Sleeping Bag** 

#### Socks

Always take at least two pairs of socks and ideally one set for each day. Pack to keep dry. **Bridgedale Hike Midweight Performance Boot Socks** 



Lifeventure Ellipse Mug and Plate



## More advice on how to save weight and waterproof your kit, as well as the official DofE Expedition Kit List, can be found at DofE.org/shopping

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