



HOW TO PACK YOUR DofE RUCKSACK

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LINER

- Line your rucksack with a rucksack liner or strong rubble sack to keep everything dry. LIFEVENTURE DRISTORE ROLL TOP BAGS



LUNCH/FOOD

- Bag each meal separately so you ration your food properly and pack your lunch for the day at the top to get at it quickly in case it is raining. BEYOND THE BEATEN TRACK MAIN MEAL



TOP COMPARTMENT

- Put in all the small items of kit you'll need during the day.

WATERPROOFS, HAT & GLOVES

- Pack your bag in the order you will want your kit. Remember last in first out. CRAGHOPPERS REACTION LITE JACKET



WASH KIT

- Group and pack all kit into separate dry bags so you can find what you need quickly. LIFEVENTURE WASH HOLDALL



TRANGIA

- Clean and thoroughly dry, then place close to your back to maintain your centre of gravity. TRANGIA 25-1UL STOVE



SLEEPING/ROLL MAT

- Try to get all your kit inside your bag. If you have a large roll mat, make sure it is securely tied to the outside of your bag. VANGO TREK COMPACT SELF INFLATING SLEEPING MAT



SURVIVAL BAG

- Use up any gaps to help keep kit stable in the bag. LIFESYSTEMS SURVIVAL BAG

FUEL

- Store fuel and water vertically and double bag fuel canisters. TRANGIA FUEL BOTTLE 1L



FLASK

- Ensure you have enough water to stay hydrated. Must be easy to get to. LIFEVENTURE TRITAN FLASK 1L



TENT

- Ensure the heaviest kit is close to your back and balanced on each side. VANGO PULSAR 300



SLEEPING BAG

- Always put your sleeping bag inside another waterproof bag, do all you can to keep your sleeping bag dry. VANGO STRATOS



CLOTHES

- Push spare clothes to the bottom front of the rucksack to fill the space available. CRAGHOPPERS VITALISE BASE T-SHIRT



SOCKS

BRIDGEDALE WOOLFUSION TREKKER

COOKING/CAMPCRAFT KIT

- The total weight of your bag should not be more than 25% of your body weight. LIFEVENTURE TITANIUM MUG & BOWL



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MORE ADVICE ON HOW TO SAVE WEIGHT AND WATERPROOF YOUR KIT, AS WELL AS THE OFFICIAL DofE KIT LIST, CAN BE FOUND AT DofESHOPPING.ORG/EXPEDITION-KIT



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