

PACKING A BACKPACK FOR THE TRAIL

Hitting the trail is an awesome fun thing to do. But if you want to make sure it stays fun, you'll want to make sure you pack well. That does not mean that you pack everything but the kitchen sink. It means having the right mix of items that you'll need and no more, so you are not encumbered carrying a heavy pack or redundant items.

FLIP OVER FOR YOUR NEXT CHALLENGE



EARN THIS NUGGET

- Pack a backpack appropriate for a trip, whether it is a day hike or a weekend camping trip. If you can't make the trip happen, plan for one anyway for the sake of this exercise
- If possible, take the trip and see how your planning pays off.

Any Cragman worth their salt needs to make good decisions, so they can enjoy the journey and have what they need along the way.

- Select the right sized backpack. If you are going for a day hike, you'll need a much smaller pack than if you are going for an overnight trip with camping gear and cooking equipment. The rule of thumb is select the smallest pack that can accommodate the equipment you'll need to carry. You'll also want to find a backpack with a frame (usually internal these days). These are very different from a school backpack. The frame helps support the load and will make carrying weight a whole lot easier.

- Select items for your trip that are the least bulky. Get creative and eliminate unnecessary packaging on food items. Select light non-bulky clothing that will still get the job done. Select a compact first aid kit, small flashlight, and use the camera on a phone rather than bringing additional items. Research the necessary items for a trip of the length you are planning.

- Separate items by weight: light, medium, and heavy. Then wrap, roll, and nest items so that they will take as little room as possible.

- Now, to pack the bag, place light items at the bottom. Heavy items should go toward the top and back of the backpack so they are close to your shoulders.

- Make sure items such as water, phone, trail bars are easily accessible.

