



Packing your backpack

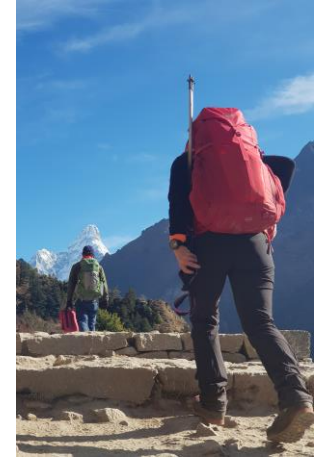
Packing for a trekking or climbing trip can be fun yet exhausting. You are probably feeling excited and a little overwhelmed by everything you need to prepare for this adventure trip. Fitting everything into your bag (backpack or duffle bag) can be a daunting process, but by packing efficiently and only bringing the essentials, you can avoid lugging around a heavy and uncomfortable bag during your trip. We will provide you the resources you need to enjoy yourself on the trail.

Note: All Pictures shown in this document are for illustration purpose only



We will share on how to pack your backpack for an outdoor hike/trek/climb. We would like to highlight that we are not referring to a month-long backpacking trip where you carry almost everything on your own. Here, our packing tips refer to a two-day or multi-day trek up a mountain or base camp where you carry minimal load; for some trips being up to 20 days; but are supported by porters, mules, and/or yaks. Nevertheless, the packing concept of a backpack for either type of trip is quite the same.

We provide a pack list for each of our trips to ensure you have everything you require. This will lessen the chance of missing out on any important items. Plan your packing early so you do not have to rush to buy what you need. Some of our partner retail shops offer discounts to our trekking participants.



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Give yourself time to plan – to buy new items, or to loan from friends. Once you have gathered all your items, lay them out on a floor. Use our pack list as a guide to confirm you have everything you need. Please exercise due diligence in your packing. The more you bring, the heavier your pack will be.

For most of our trips, you will likely need to have two bags – A transporter bag and a daypack.

A **transporter bag** serves as your main pack where most of your items are kept in. You use this bag to check in to flights, and for porters or mules to ferry from point to point during a trek (if your trip has portage service). This transporter bag is commonly a duffel bag, with strong handles on the sides, usually between 80L and 150L. Some trekkers prefer to use a bigger volume backpack (60L -80L). You can also use a luggage case for some destinations, but it is not suitable for most of the trekking routes.



A **daypack** refers to the pack that you will carry to trek. This is usually a backpack with a size ranging between 30L and 50L. The size of your daypack will be determined by the length of your trip, how much you need to carry on a daily basis, and your body frame. Usually, this daypack will also be your summit pack if your trip is a peak climbing trek.



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You cannot take everything you want on a trip, but you can usually bring everything you need. Figure out what you will actually need and plan what you will wear in advance, so you do not overpack. With a little forethought and technique, it can be done.

1. Put your heaviest and bulkiest items at the bottom of the duffle, toward the centre.
2. Trekking poles / ice axe are sharp objects and may poke through your duffle. If you do not have the accessories to cover the sharp points, you can improvise by using duct tape to tape up the sharp points, or use toilet roll cardboard as protectors. Place them at the bottom of the duffle, towards the sides.
3. Organise your clothes into separate compartments within your duffle. Roll your clothes and pack them in packing cubes.
4. Use compression sacks for bulky items like sleeping bag and down jacket; or store it loosely in a drawstring bag so it can be compressed as you stuff items around it.
5. Pack your toiletries in separate ziploc bags so it will not stain your stuff if they leak.
6. You can stuff small items inside your empty water bottle.
7. Use casing for fragile items like ski goggles.
8. Pack your trekking shoes or mountaineering boots in a waterproof bag; pack each side of the shoes separately so you have the option to stuff them into different parts of the duffle.
9. Tighten all the compression straps on your duffle to minimise load shifting.
10. **DO NOT** sit on your duffle bag as you may break your own stuff or force objects to poke through your duffle.



There is a method in packing your items into your backpack to improve your carrying experience. Learn to organise your gear before loading your backpack. Be sure that you have the proper pack size to fit the gear you plan to bring. Keep in mind that shorter trips will require you to pack lesser gear, eliminate unnecessary weight and certain luxury items.

A well-loaded backpack will feel balanced when resting on your hips and nothing should be shifting or swaying inside. As you walk, the pack should feel stable and predictable on your upper body. By distributing weight in a specific manner, you can achieve better comfort, convenience and stability. Instead of simply stuffing your backpack with gear, follow these guidelines:

1. Lightest gear like down sleeping bag, light weight clothes should be packed at the bottom.
2. Medium weight gear should be loaded on the lower part of your back.
3. Load the heaviest gear next to your back, centred in the pack.
4. Load your frequently used items in the top compartment so they can be found with minimum searching.



Pack by Weight

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| A | Light weight items that you needed frequently – headlamp; poncho; energy food |
| B | Heaviest gear - Camping supplies; water; electronics; batteries ; food etc |
| C | Light weight items that you may need during the trek – outer shell; lightweight warm shirt; gloves etc |
| D | Medium weight items – warm clothing; toiletries; slipper etc |
| E | Lighter gear that you do not need to access frequently - down jacket; sleeping bag |

A big volume backpack (90L) to ferry personal items on Mt Elbrus North. The weight distribution guidelines are important to ensure the pack is stable and comfortable.



First, you need to ascertain the type of support you will get on your trek, then you can estimate what is required for you to carry in your daypack, and what can be left in your transporter bag. Whichever support, we aim to carry light.

Knowing that being in the outdoors, unforeseen elements may happen, so we try to be as prepared as we can. Below are the essential items to have in the daypack while trekking, regardless of the kind of support you have.



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| For Weather Changes | Gloves, beanie, outer shell, fleece jacket, down jacket, poncho and rain cover for backpack. |
| For Hydration | At least 2 litres of drinking water. Oral hydration salt/electrolytes or isotonic drink mix to replace excessive salt loss through perspiration. |
| For Hygiene & Sun Protection | Toilet paper, wet wipes, hand sanitizer; sunblock, lip balm, sunglasses. |
| For Energy | Some snacks (like chocolate or energy bar) to fuel the body while on the go. |
| For Emergency | Headlamp with battery, whistle and a small basic first aid kit with personal medication. |
| Others | Personal travel documents (e.g., passport), cash |

- Waterproof all your items, be it in the daypack or in the transporter bag.
- Keep your frequently used items within reach (e.g. sunscreen, sunglasses, headlamp, energy food, first aid & medication)
- Tighten all compression straps to minimise load shifting (duffle bag / backpack / daypack)
- Minimise the amount of gear you attach to your pack's exterior. If you absolutely must, make sure it is snugly strapped to your pack. Loose hanging gear can jeopardise stability and risk losing it.
- Make an effort to find out the functions of the accessories that are found on your backpack. You will be surprised how apparently random items on your pack can help facilitate your outdoor experience.

