

**WILDRNESS BASICS COURSE
(WBC)**

DEVELOPING A PERSONAL SYSTEM FOR
PACKING A BACKPACK

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WILDERNESS BASICS COURSE

RULES OF THUMB IN PACKING

- PACK HEAVY ITEMS (e.g., TENTS) TOWARDS YOUR CENTER OF GRAVITY AND MID-BACK OR HIGHER
- WHERE POSSIBLE, COMPRESS THE VOLUME OF PACK ITEMS TO CREATE MORE SPACE IN YOUR PACK
- PACK LIQUIDS WHERE THEY CANNOT POSSIBLY LEAK ONTO CLOTHING OR SLEEPING BAGS

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- ENSURE THAT EXTERNAL ITEMS ARE FIRMLY SECURED TO THE BACKPACK
- IF BAD WEATHER IS POSSIBLE, DOUBLE-WRAP YOUR SLEEPING BAG IN GARBAGE BAGS
- STORE ITEMS THAT YOU MAY NEED QUICKLY (RAIN GEAR & FIRST AID KIT) IN OUTSIDE, CONVENIENT LOCATIONS
- BE SURE TO TUCK IN LOOSE CORDS THAT DANGLE FROM TENT BAGS OR OTHER EXTERNAL ITEMS - THESE CAN CATCH ON LIMBS AND CAUSE YOU TO FALL

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- GROUP COMMON ITEMS SUCH AS 10 ESSENTIALS, AND PACK THEM TOGETHER AS A UNIT - EASILY ACCESSED IN EMERGENCIES.

WILDERNESS BASICS COURSE

PERSONAL PACKING SYSTEMS

THE GOAL OF A PERSONAL PACKING SYSTEM IS TO PACK EVERYTHING YOU NEED FOR A HIKE (NO MORE, NO LESS) SO THAT EACH ITEM CAN BE RETRIEVED EFFICIENTLY AND SUCH THAT ITEMS DO NOT INTERFERE WITH EACH OTHER, A WELL-PACKED PACK IS STABLE AND EASIER TO CARRY IN ALL TYPES OF TERRAIN!!!

WILDERNESS BASICS COURSE

- USING THE "RULES OF THUMB", FIND A PLACE IN YOUR PACK FOR EACH ITEM OR UNIT OF ITEMS THAT YOU PLAN TO CARRY IN YOU BACKPACK
- EACH TIME YOU PACK YOUR BACKPACK, PLACE THE ITEMS OR UNITS OF ITEMS IN THE SAME PLACE
- AFTER EACH TRIP, EVALUATE YOUR SYSTEM AND MODIFY UNTIL THE SYSTEM "FEELS" RIGHT FOR YOU -- SIMILARLY, EVALUATE WHAT YOU CHOOSE TO CARRY WITH YOU AND LEAVE UNUSED, NON-CRITICAL ITEMS AT HOME TO REDUCE PACK WEIGHT.
