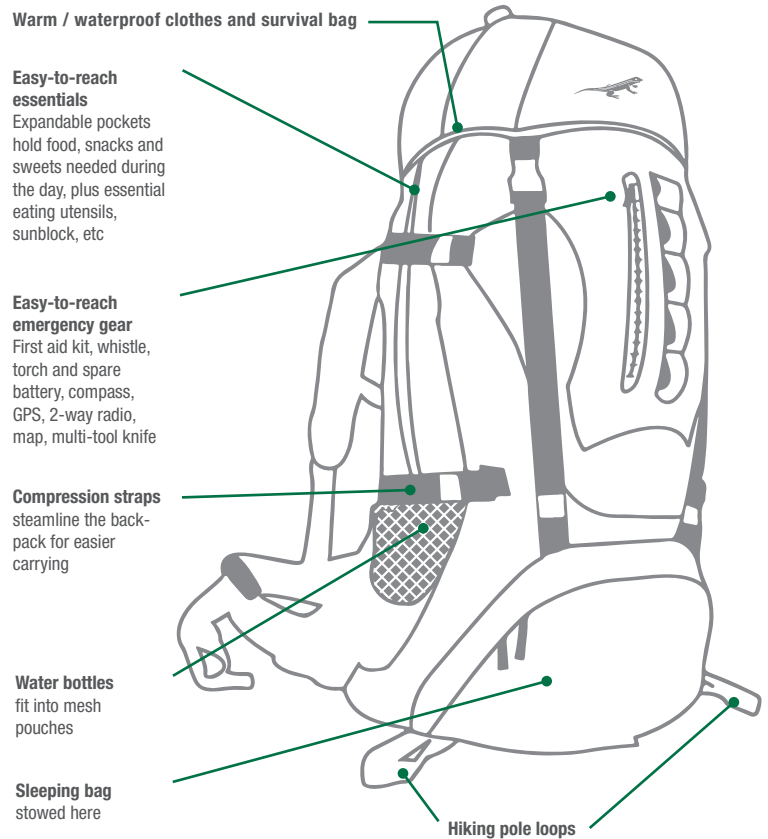


How to pack a Backpack

1. Do not overload yourself. A fit man: one-third body weight. A less fit man: one-quarter body weight. A woman: one-quarter body weight – preferably less than 12 kg, including water bottles.
2. Line the pack with a strong, waterproof bag or pack liner. If bright orange, it can be used to signal in an emergency.
3. Put bulky, lighter items in first, including your sleeping bag.
4. Ensure that your pack is well-balanced and positioned as close to your body's centre of gravity as possible, i.e. close to your back.
5. Pack spare clothing in waterproof bags.
6. Pack heavier items close to your back and higher up in your pack.
7. Do not pack sharp objects close to your back.
8. Ensure that waterproof and warm garments are easily accessible.
9. Pack the side pockets before the main body.
10. Ensure the following can be reached instantly: First aid kit, waterproof poncho / jacket, survival bag, whistle, torch, compass / GPS, map, water bottle, cellphone.
11. If the pack is not full, use the compression straps to hold the load tightly and prevent backpack sway, which causes fatigue.



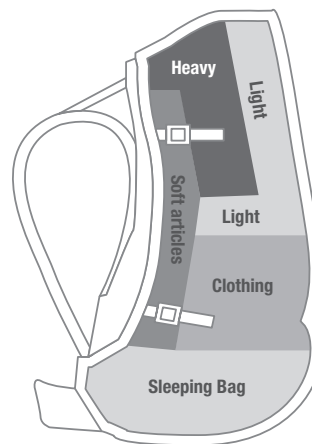
How to fit your pack

1. Load the pack before fitting it on, in order to achieve a realistic fit.
2. Loosen all straps, put your arms through the shoulder straps and mount the pack onto your back.
3. Secure the hip belt around your waist, adjusting it so that it rests on top of your hip bones.
4. Tighten the shoulder straps.

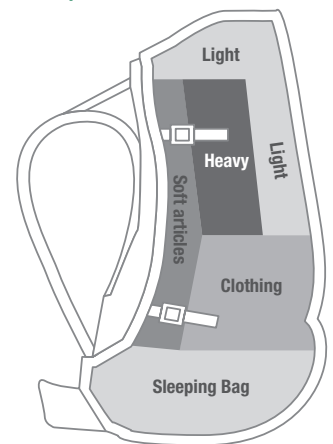
Note

The weight of your pack should be concentrated on your hips. If you feel too much weight on your shoulders, or if the hip belt is not resting on top of your hip bones, you can manipulate the length-adjustment of the pack itself until you achieve the correct and comfortable position.

For moderate terrain



For steeper terrain



Meal suggestions

Breakfast

A hot meal can give you a good boost. Bear in mind that a light snack means no cleaning up is necessary, ensuring a quick start to your day. Common choices: Hot cereal, breakfast bar, bread, dehydrated eggs, muesli, dry cereal, fresh fruit, dried nuts

Lunch

Instead of taking a long break to unpack, prepare, clean up and repack, rather eat a few energy-filled snacks during the day. Remember to have snacks and a drink regularly. Common choices: Energy bars, nuts, raisins, biltong, enerjelly candy, dried fruit, crackers, biscuits, energy gels

Dinner

Go for the 'just add boiling water' options as these are convenient after a long day of hiking. Pre-packed, freeze-dried food as well as pasta provide a quick, satisfying meal. Common choices: Pasta, rice, instant soup, tuna, sardines

Hiking Checklist

Use this as a guide to start ticking off the items you need for your next hiking trip.

Always consult the specific hiking trail's website or information office for suggestions/requirements with regards to what you will need for your chosen trail.

Backpack

- Hiking pack
- Pack liner
- Rain cover

Overnight camping

- Hiking tent (check bag contents)
- Sleeping bag
- Sleeping bag liner
- Foam mat / airmat / airbed
- Groundsheet
- Hiking pillow

Clothing • Weather-dependent

- Hiking socks (thermal socks)
- Underwear (thermal underwear)
- Tracksuit (for day- or night-time)
- Sun hat (with chin-strap)
- Warm hat (fleece beanie or balaclava)
- Warm jersey (polarfleece or polartec)
- Windproof jacket
- Waterproof rain jacket or poncho
- Waterproof rain pants
- Spare laces
- Sandals for overnight / spare footwear
- Gaiters (short and long)
- Gloves / mittens
- Handwarmers
- Short- / long-sleeved shirt (lightweight, moisture-management fabric, ideally UV-protective and insect-repellent)
- Zip-off trousers (lightweight, moisture-management fabric)
- Shorts
- Swimwear
- Poncho

Toiletries

- Toilet paper
- Tissues
- Toothbrush
- Toothpaste
- Deodorant
- Biodegradable soap
- Biodegradable shampoo
- Hiker's towel and facecloth
- Wet wipes
- Moisturising cream
- Hair brush / comb
- Sunblock
- Sunscreen lip balm
- Insect repellent
- Shaving kit
- Mirror (also used for signalling)
- Foot and baby powder
- Contact lens case and solution

First aid and emergencies

- Plasters / bandages / gauze
- Moleskin dressings for blisters
- Burn dressing
- Aftersun lotion
- Scissors and tweezers
- Surgical gloves
- Safety pins
- Rubber bands
- Personal medication
- Malaria tablets
- Painkillers
- Antiseptic
- Antihistamines
- Anti-diarrhoea medication
- Muscle-relaxing ointment
- Anti-inflammatories
- Eye drops
- Thermometer
- First aid manual
- Space blanket
- Survival bag
- Whistle
- Cellphone
- Emergency contact details
- Multi-tool / pocket knife
- Duct tape
- Spare batteries
- Rubber bands
- Smoke / regular flare

Equipment

- Multi-tool
- Permits
- Trail maps
- Cash / bank card
- Passport / visas / Medical Aid card
- Vaccination certificates
- Brochure / trail guide / field guides
- Camera & film / memory card
- Binoculars
- Spectacles & sunglasses
- Needle & thread
- Pen / pencil / paper
- Waterproof bags (e.g. Ziploc)
- Strong, large, waterproof bag (to protect backpack during river crossing)
- Headlamp or torch
- Candles
- Cable ties
- Rope
- Carabiners
- GPS / compass
- Two-way radio
- Chemical hand / toe warmers

Cookware

- Hiking stove
- Hiking pots
- Dish / plate
- Knife, fork, spoon set / spork
- Hiking gas canisters
- Waterproof matches or lighter
- Firelighters
- Water bottle
- Mug / cup
- Can opener
- Rubbish bags
- Dishcloth

Drinks

- Water purification (tablets or filter)
- Water
- Tea, coffee, sugar, salt
- Isotonic powders

Food

- Smoothies
- Fresh
- Dry
- Dehydrated / freeze-dried foods
- Energy bars
- Spare rations (emergency, high energy)