

PACKING PUZZLES

Our top ten tips for a perfectly packed pack!

- Avoid having a top-heavy pack, which will pull you backwards, or a bottom-heavy pack, which will make you feel like you are being dragged down.
- Packing heavier items close to your centre of gravity (middle of the back) will keep you balanced and make the load feel more natural.
- Place frequently used items in an easy-to-access place, such as external pockets or the top compartment.
- When walking continuously on easy terrain, pack heavy items a little higher for better posture. On more challenging terrain, put heavy items lower down for better balance.
- Stuff sacks allow you to quickly pack and unpack your gear and find what you need. Try not to stuff the sacks full, as a little play makes them easier to squeeze into gaps.
- Use your pots as hard metal stuff sacks to protect delicate items.
- Pack your food higher than your fuel bottle...just in case!
- Down gear can be compressed heaps and you can use compression strap bags to really minimize the bulk.
- Use compression straps to bring the load closer to your body and keep things in place.
- **If you haven't packed properly, don't carry!**

For more hot tips including everything you need to know about purchasing, fitting and packing your pack, purchase a copy of Wild Women On Top: How to prepare for World Class Treks [HERE!](#)