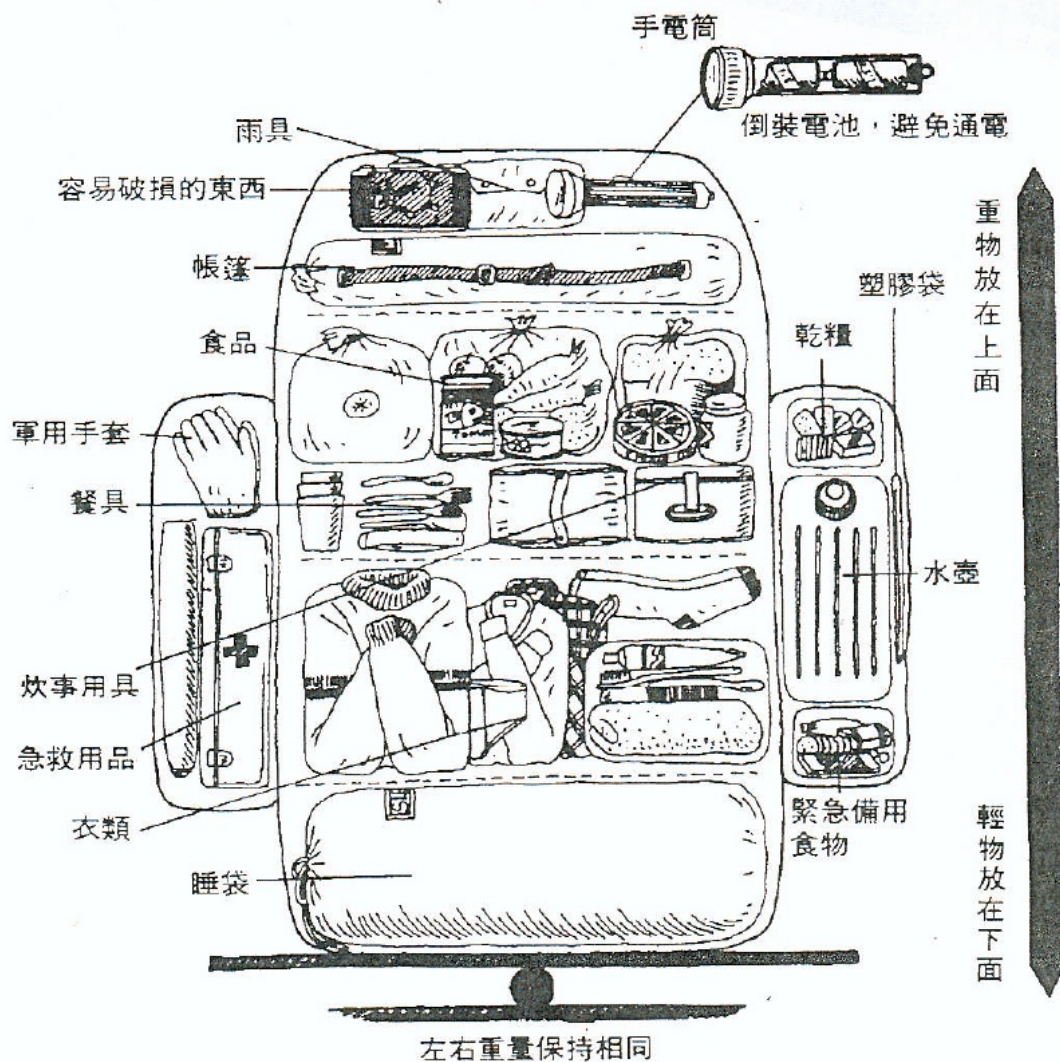


Packing a backpack

1. Don't wait until the night before to start packing
2. Stage everything that you might want to take on the floor in an open area around your backpack
3. Stick a large garbage bag into one of the outside pockets on your backpack so you can at least try to cover it during a storm. Assume that your back pack will get wet. Zip anything of value.
4. Organize objects in the way that you know you will need them and then put them inside smaller bags.
5. 75% full
6. Heavy objects near you.
7. Pack larger items first, then stuff the empty spaces around them with smaller bags and misc objects so that no room is wasted.
8. Your sleep sheet or bedding can go in the bottom.
9. Frequently-use objects – easily accessible.
10. Comfortable
11. Your backpack should never be taller than you, you should be able to look at the ceiling without hitting your head!
12. Do the “jump test” to see if anything wobbles
13. Hand free

露營背囊收拾方法

- 1) 物品應用透明袋包好，以防弄污染及潮濕。
- 2) 收拾背囊時要以上重下輕為原則，經常用的應放在易取的地方，例如雨衣、電筒等。
- 3) 尖硬物品可利用衣物包裹才放進背囊。
- 4) 各種裝備要全數放入背囊，避免損壞或遺失，同時令雙手空出以方便活動。
- 5) 細少的物件用來填塞空位及減少行動時發出的聲音。
- 6) 公用的東西放在上面；私用的東西放在下面（公上私下）。
- 7) 常用的物品應放在外囊。
- 8) 注意重量平均，重心要在肩上。
- 9) 東西不可縛在背囊外及左搖右擺。



基本方法:

1. 重量不可超過體重三份之一。
2. 重的物件放在上面，輕的物件放在下面，壓縮減少空間。
3. 左右重量保持平行。
4. 物件分門別類用防水膠袋包好。
5. 食物應盡量放在通風位置。
6. 易破損的物件，用較軟物件包裹及盡量放在上面。
7. 雨/風衣及照明工具必須放在最上面，方便即時取用。