

BAGPACKING



OUTLINES

- Chosing a good Rugsack/ Backpack
- Eessential not to miss out
- What to make sure when packing
- What not to carry on trek
- What all to carry on trek
- How to efficiently pack your bag
- How do you carry your backpack
- How to ranger roll your clothes
- Equipment Familiarization
- Clothing and Layering
- Trekking pole

CHOSING A GOOD RUGSACK/ BACKPACK

- How to chose the right backpack for your trek?



VOLUME (CAPACITY)

Day Hikes (20-30L) Daypack

Light packs with room for essentials like water, snacks, and a jacket.
Best for short hikes and city tour

1-3 Days (30-50L) Trekking pack

Enough for multi-day treks with extra clothes, a small tent, and food.
(Most common for Nepal treks)

3+ Days (50-70L or more) Expedition pack

For long Expedition or carrying camping gears

Note: Choose size based on trip length, not “bigger is better.”



FIT AND COMFORT

Torso Length (short, medium, and long) average size of torso length 15 to 22 inches

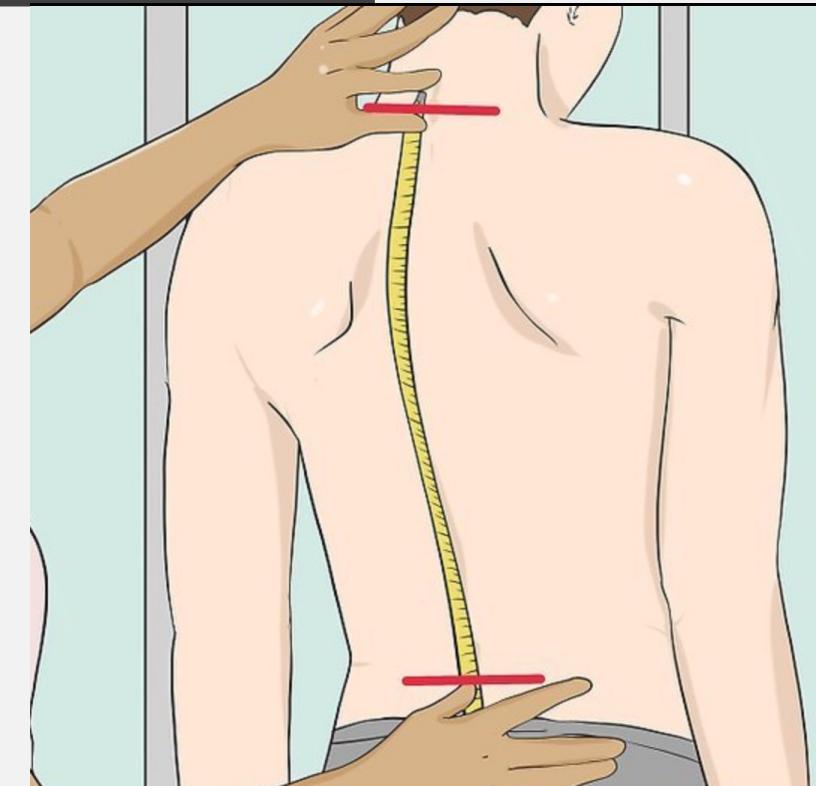
Hip Belt (distribute weight to your hips rather than your shoulders)
Shoulder Straps

Shoulder straps: Padded and adjustable.

Chest strap: Helps stabilize the load.

Ventilation (preventing overheating)

Note: *If your shoulders feel like a donkey's, your rucksack is wrong*



WEIGHT

- A good trekking rucksack should weigh **1.5–3 kg** empty.
- Too heavy = burden,
- Too light (cheap quality) = weak durability.
- Heavier, well-padded packs may be more comfortable for long treks if you're carrying a heavy load.

ACCESSIBILITY AND ORGANIZATION

- **Main Compartment Access** (Some backpacks have top-loading only, while others have side or front access, making it easier to retrieve items)
- **Pockets** (Multiple pockets allow for organized packing)
- **Hydration Compatibility**
- **Attachment Points** (Look for loops, daisy chains, or straps for attaching trekking poles, sleeping bags, or tents)

DURABILITY AND WEATHER RESISTANCE

Made of strong, waterproof or water-resistant fabric (Some backpacks come with rain covers
waterproof backpacks are a great investment)

Double stitching in stress areas.

Note: Pull the straps firmly—if they feel weak, skip that rucksack.

ADJUSTABILITY AND CUSTOMIZATION

- **Adjustable Straps** (A good backpack should have adjustable chest straps, load lifter straps, and compression straps to tailor the fit)
- **Removable Features** (Some backpacks have detachable hip belts or daypacks, allowing for flexibility in use)

TRY BEFORE YOU BUY

If possible, visit a store and try on backpacks loaded with weight. Walk around to see how it feels on your body, paying attention to the pressure on your shoulders and hips.

Adjust all the straps to check how well it fits.

BRAND AND WARRANTY

High-quality packs with long-term warranties.

Check for a good return or repair policy if issues arise after using it.

Quick Checklist Of Chosing good Backpack

- **Is the size right for my trip?**
- **Does it fit my back and hips properly?**
- **Is it durable and not too heavy?**
- **Does it have enough compartments and a rain cover?**
- **Do I feel comfortable when carrying it loaded?**

ESSENTIALS NOT TO MISS OUT OR EFFICEINT TREKKER

- ID proof
- Protin bar
- Head lamps
- Raingear or raincover
- One warm layer
- Toilet roll
- Light pair of gloves
- Packet Snacks
- Personal Medical kit
- Volini Spray
- Day cap or woolen cap (don't trek with woolen cap)
- Sunglass and Sunscreen
- Hand sanatizer
- Extra plastic bags
- Waterbottle
- Extra Socks
- Phone or camera
- Vassline or lipbam
- Handkerchiep
- Swissknief
- Cash
- Add essentilas....

Note: if you forget luxury items, no problem. But if you forget essentials like water purification, warm clothes, or first aid — that can ruin your trek or even risk your life.

WHAT TO MAKE SURE WHEN PACKING



- Less things
- Easy access
- Well Balanced

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WHAT NOT TO CARRY ON THE TREK



Heavy or Bulky Items

- Jeans, cotton clothes
- Large bottles of shampoo/soap
- Big towels

Multiple pairs of shoes

Fancy clothes you won't wear.

Unnecessary electronics;
Laptops, tablets, big speakers.

Heavy junk food

Jewelry, expensive watches.

WHAT ALL TO CARRY ON THE TREK

- Clothing
- Footwear
- Bedding
- Weather protection
- Camping Essentials
- Personal Items

CLOTHING

- If your trek is 8to 10 days than you shoud carry 4-5 full sleeves Tshirt
- Trek pants 3
- Fleech
- Tharmal layer
- Padded jacket
- Hand gloves
- Wollen cap
- Socks (avoid low ankle)

FOOTWEAR

- Carrying new pair of shoes while trekking (shoe bite or blister which spoil their trek.)
- Carry a pair of Sandles/ Chappals
- There is a big **NO** about one thing (you should not wear at all and that is Sneakers.)

BEDDING

- Thin Blanket or Bed Sheet

WEATHER PROTECTION

- Increase the Sun Radiation (As the air get thin, The Sun radiation increase)
- Sun Cap or Round Hat.
- Goggles (should carry extra 1 pair)
- Sun blocks cream (SPF 40+)
- Lip balm
- Pancho or raincoat (Raincoat is not a good option)

PERSONAL ITEMS

- RuckSack or Daybag
- Headlamp with extra bateries
- Pesrsonal Sanitization
- Extra Plastic Bag for wet clothes
- Snacks and Energy Bars
- Cash
- Personal Medication

HOW TO EFFICIENTLY PACK YOUR BAG?



ACCESSIBILITY

HOW TO
PACK YOUR BACKPACK ?



Quechua

BALANCE



COMPRESS



DRY



EVERYTHING INSIDE



FUEL BOTTLES AT THE BOTTOM



SUMMARY

Packing your backpack

With a backpack, organization and easy access are key. Use these essential packing tips as a guide.

Store essentials such as sunscreen, a compass, maps, and guidebooks in an outer pocket

Waterproof bags should be used to store items that must stay dry, particularly spare clothing and your sleeping bag

Carry your water bottle upright where it's accessible

Lighter items such as sleeping mats and bags should remain at the bottom of the backpack

Pack raingear at the top where you can get it quickly

Keep first aid items accessible

Heaviest items should sit between your shoulder blades and as close to your back as possible

Store fuel bottles upright and outside the pack

Put your tent in a waterproof stuff sack and strap it to the outside of your backpack

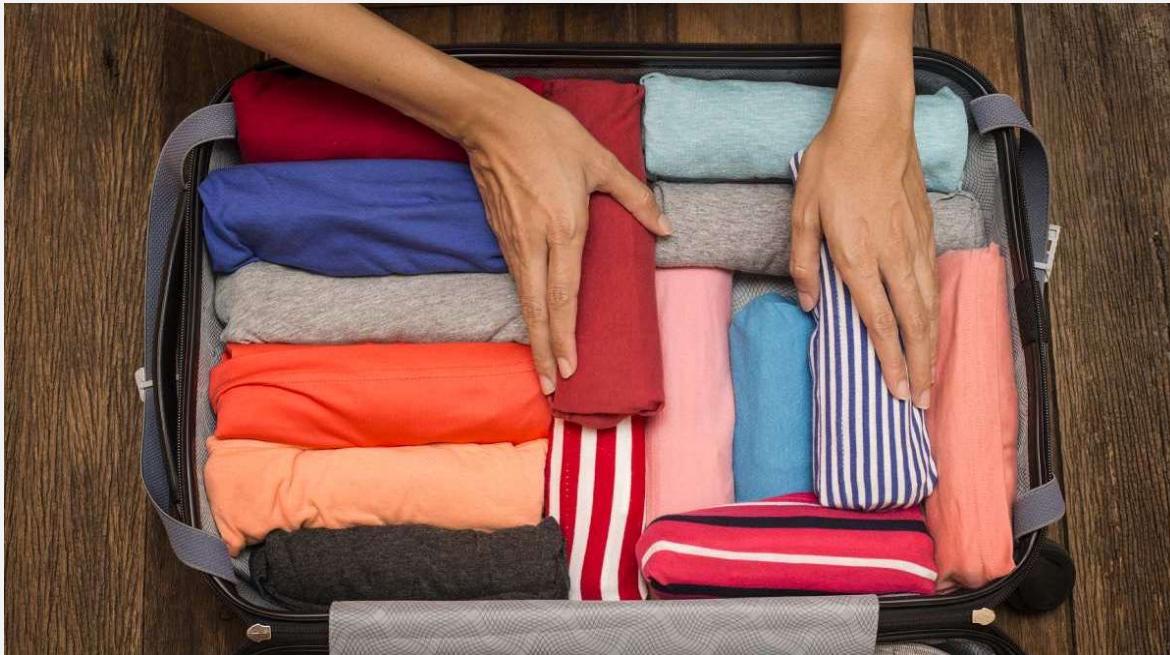


SUMMARY



**HOW DO YOU CARRY A
BACKPACK?**

HOW TO RANGER ROLL YOUR CLOTHS?



Ranger roll Demo of towel?

WELL BALANCED BAG

How do you carry a heavy pack while hiking, and how do you keep it balanced?

The answer is: not more than 20% of your body weight, and ideally, it'll be about 10% of your body weight.



WAIST STRAP



Don't carry the weight of the world on your shoulders, put it on your hips!
For a simple webbing waist belt, the bottom of the belt should
rest on top of your hip sockets.

ELECTRONIC THINGS

- Given that extreme cold shortens the lifespan of a battery, you want to pack your batteries **deep within your backpack** where they'll stay as **Warm as Possible**. The best place might be tucked into your **Sleeping Bag or a Woolen Sock** that's nestled in the middle of your backpack

5 MINUTES BREAK

EQUIPMENT

FAMILIARIZATION

HELMET



**SUNGLASS (UV
PROTECTED)**



HARNESS



CARABINER



TYPES OF CARABINER



NON-LOCKING CARABINER



Straight Wire Gate



Bent Wire Gate



Straight Solid Gate



Bent Solid Gate

LOCK CARABINER



AUTO-LOCK CARABINER





ATC-GUIDE



ATC-TUBE

FIGURE OF 8 DESCENDER



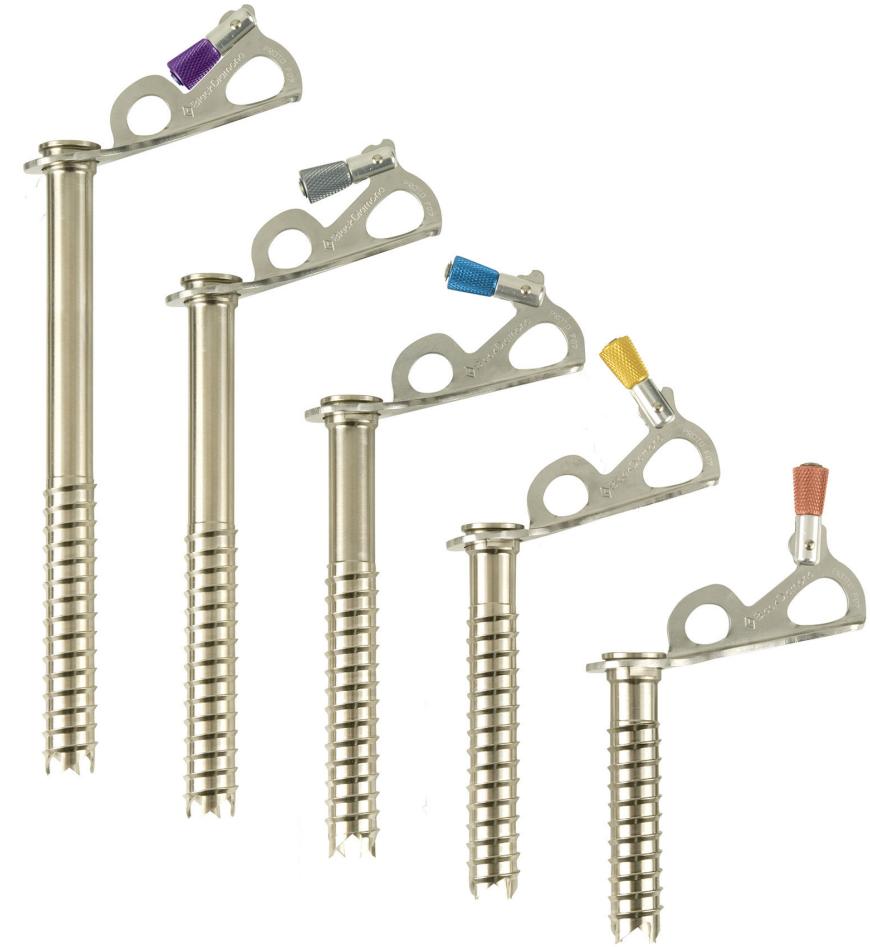
ASCENDER / JUMAR



GRI-GRI



ICE SCREW



CLIMBING ROPE



CHALK BAG



ROCK CLIMBING SHOES



TREKKING BOOT



ALPINE BOOT



5 MINUTES BREAK

CLOTHING AND

LAYERNING

LAYERING

- Layering is not only staying warms and outdoors.
- Actually it is about not getting too hot and sweaty
- Layering helps to regulate your body temperature so you can stay warm and comfortable when in outdoor.

LAYERING SYSTEM

In the multiday trekking, there must have 4 layering system we should adopt.



Insulation layer

Outer Layer

Mid Layer

Base Layer

LAYRING SYSTEM ACCORDING TO WINTER

Winter trek (When temperature can be around Zero)

Marino Base layer (Quick Dry) only one layer is enough when the weather is warm and sunny to avoid overheating and arriving at the top.

Marino Fleece can add slightly more insulation and synthetic fiber which is breathable. (**If it gets a bit warmer you should take it off**)

Down Jacket small area, trap air, hate humidity(do not sweat), keep it out of the rain, use only at the campsite or at the summit, **do not wear while hike uphill.**

Hardshell (It is a very versatile piece of kit, raining, wind and cold, put it on all your other layers when it's really cold.)

LAYRING SYSTEM ACCORDING TO SUMMER

Warmer Trek

Marino Tshirt as a baselayer short sleeve marino tshirt, dry, absorb sweat

Thin and warm down Jacket which does not have hood, easy to pack and light, save weights, wear in the short breks, not for going uphills.

Softshell it can be a second layer too, geart breathable, water resistance but can not wear in heavy preception.

LAST ADVICE

- As soon as you start to feel just a little bit too warm, remove a layer right away.



QUESTION ANSWER

Should you wear Thermal while Trekking?

4 DIFFERENT ASPECTS

Types of thermal? Made of a polysters or synthetic or wool or cotton)

Summer Trek or winter Trek?

Are you Sweat a lot or not ?

Are you feeling much cold or not? Synthetic thermal is best for who feel extreme cold.

DURING THE SUMMIT WHAT TO DO?

Climate condition

Your Body Condition

- If you don't want to wear the thermal during the trek but if you decide to wear the thermal after reach to the camp that will be great.
- Immediately you shoud layer up.
- Layer before 4 PM

SOFT SHELL LAYERING

WOOLEN HAT



**NECK GAITER /
BUFF /
BANDANA**



**THERMAL
(UPPER)**



THERMAL (LOWER)



FREEZE JACKET (BASE LAYER)



GORE-TEX JACKET (OUTER LAYER)



GORE-TEX PANT



DOWN JACKET



DOWN PANT



SUMMIT SUIT AND BOOT



SUMMIT GLOVES



THINNER GLOVES



SUMMIT SOCKS



**NORMAL
SOCKS**



USE OF TREKKING POLES

Trekking poles are a valuable tool for hikers and trekkers, providing support, stability, and efficiency, especially on challenging terrain.



BENEFITS OF USING TREKKING POLES

- Improved Balance and Stability
- Reduced Impact on Joints
- Increased Endurance
- Rhythmic Pace and Speed
- Safety and Versatility

TYPES OF TREKKING POLES



TELESCOPING



FOLDING



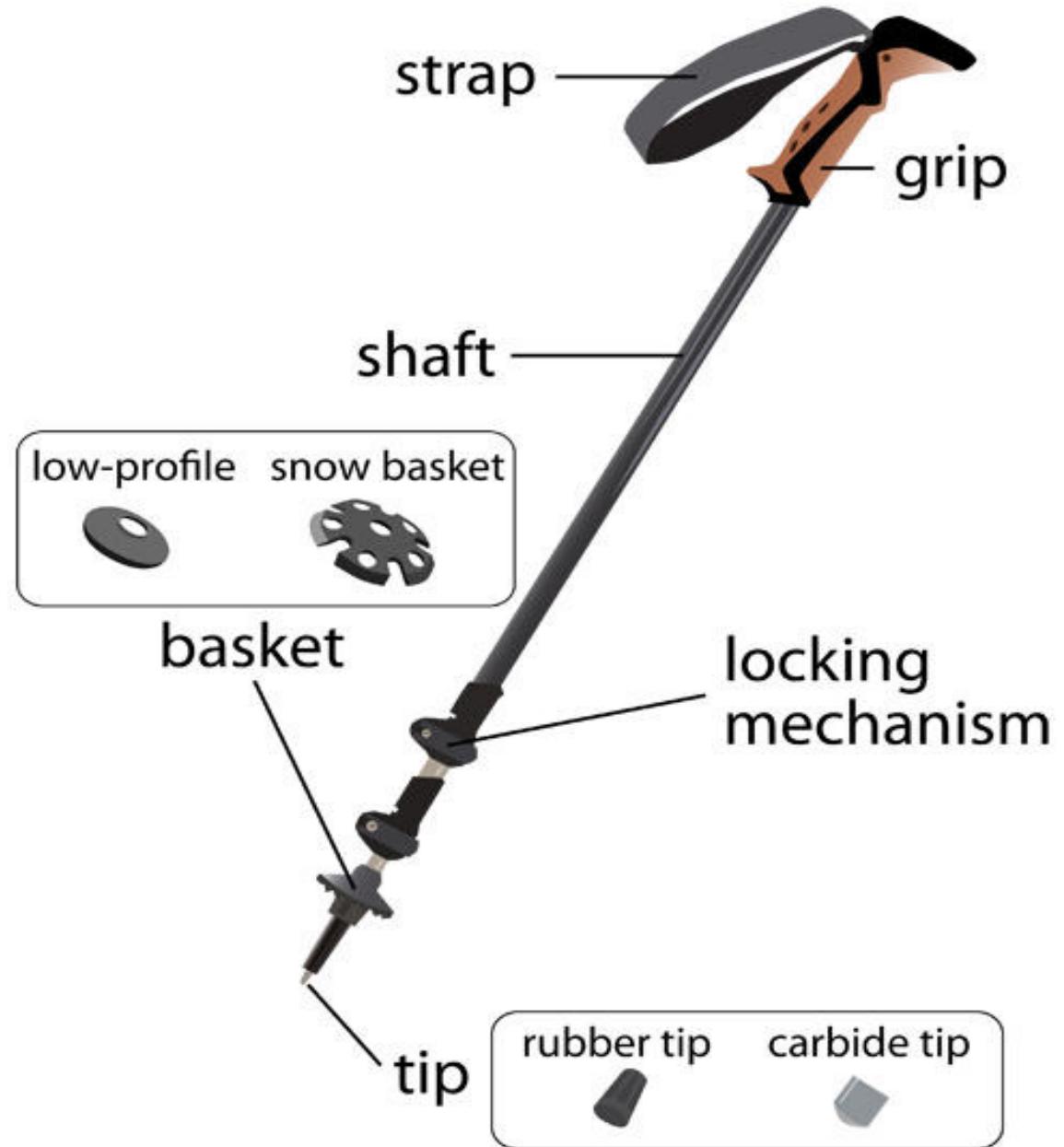
FIXED



GRIP SHAPE AND WRIST STRAP



PARTS OF TREKKING POLES



**HAVE 3
SHAFT &
LENGTH
SHOULD BE
EQUAL**



USE OF TREKKING POLE

Step1



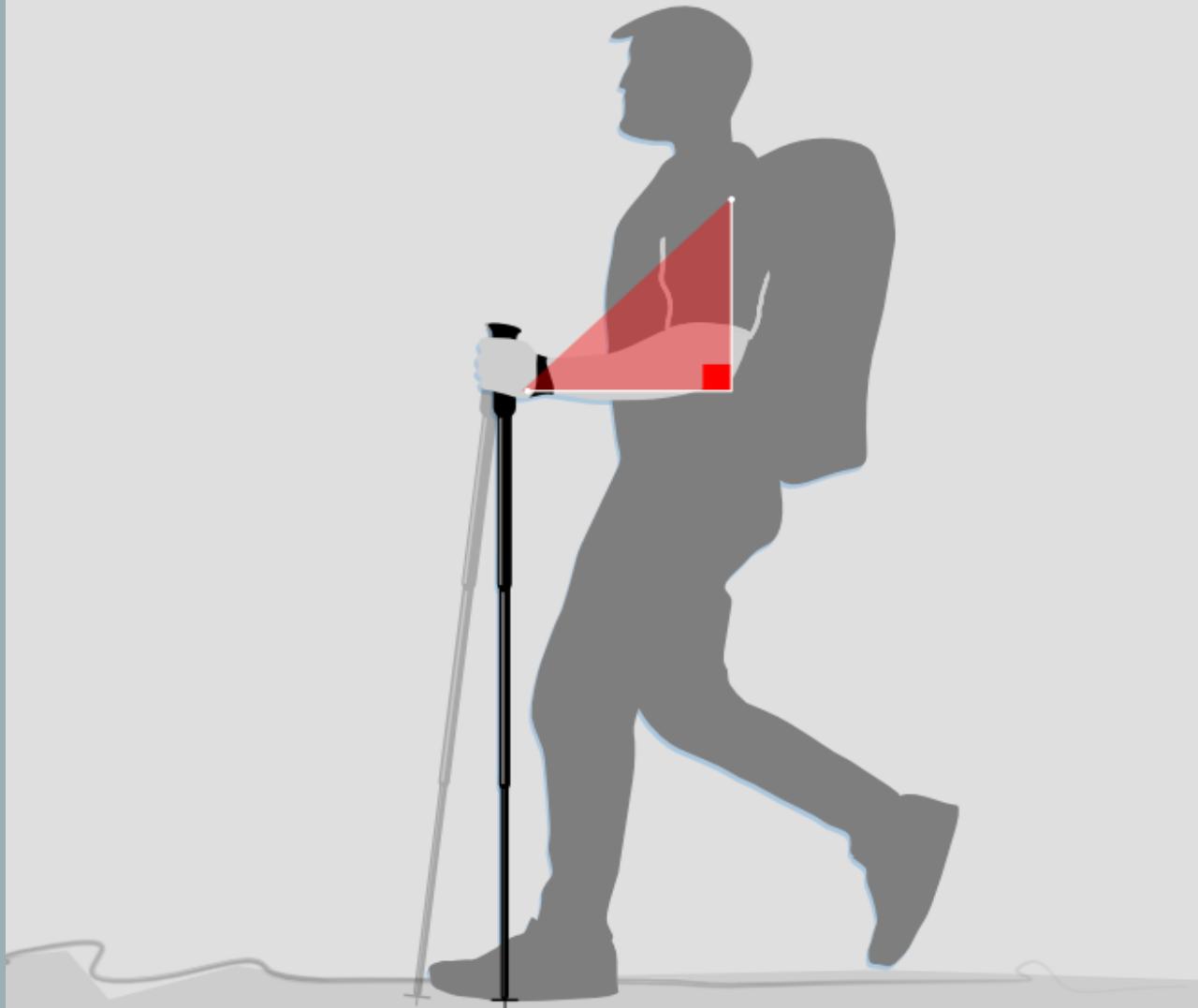
Step2



Step3



**ELBOW
SHOULD BE
(90 DEGREES)**



DISTANCE BETWEEN TREKKERS

One METER
DISTANCE



THANK YOU