

## Walking and working with a bag

When participating on a bushwalk it is important to understand how to walk with the bag safely to avoid any injuries.

Firstly, when walking through different terrains, it is important to adjust your pack. When trekking through steep and uneven surfaces, it is recommended that you tighten your shoulder straps and hip belt. If this is not done, it could potentially negatively affect your balance.

Although it may seem easy to casually swing your pack to hoist it on, doing it incorrectly could prove hazardous as it has a tendency to cause back strain. However, there are two main methods on how to lift your pack safely to avoid injury.

Firstly, you stand behind your pack and lift using the shoulder straps to rest it on a bended knee. Then slightly twist your torso so you can slip the same arm as your bended knee through the strap. Finally, stand up and let the pack swing around your back so you can slide your other arm through.

The second method it to have someone else assist you to put it on.

Morning, P. (2014), The Hiking Life. (2020) and Camotrek. (2021).

## Fitting Packs

1. Begin by loosening the shoulder, hip and sternum straps to ensure it can easily be put on.
2. After you put your rucksack on, clip the hip belt together at the front. Then fasten the straps so the rucksack hugs the top of your hips.
3. Then tighten the shoulder straps so they sit on the shoulder easily, and are not too tight that there is any pinching under the armpits. This will also allow most of the weight to remain on the hips and avoid any back or neck strain.
4. Then fasten the sternum strap. This will remove extra weight on your shoulders and free up your movement.
5. Lastly, if you need to, fasten the load lifters. This will bring the rucksack closer to your body to avoid dragging your body backwards.

Geoff C. (2018) and Reusen, B. (2020)



By Lauren Jury and Teesha Angus



## Packing For A Bushwalk

### Type of Backpack Suggestions

There are a wide range backpacks that you can use on your bushwalk. This means it is important to identify your needs, that way you are able to find a suitable backpack.

The first area to consider is how long your bushwalk is. If you are only walking for a day, a smaller sized lightweight pack would be the most beneficial option, as you won't need overnight supplies such as: a Trangia and a tent. However, if you are travelling for an extended period, it is important to have a larger size pack, as it will fit more items that will need to last a longer journey.

Another aspect to consider is if you will need an ultralight, lightweight or standard pack. Ultralight packs do not have hip belts, frames or back padding, features that would not be required on a shorter walk, but could be detrimental on a longer walk. Lightweight packs provide slightly more support, but not as much as a standard pack, as a standard pack has padded hip belts and a supportive frame. These features are much more useful for extended trips, as they provide support to avoid any back or shoulder strain.

Lastly, it is important to consider specific backpacks if you are a leader. A bushwalk leader will need a larger backpack- at least 65L minimum- as they need to hold various group essentials as well as their own personal items.

Bushwalking Leadership SA. (2004)

# What to pack in a rucksack and how to pack for a multi-day bush walk

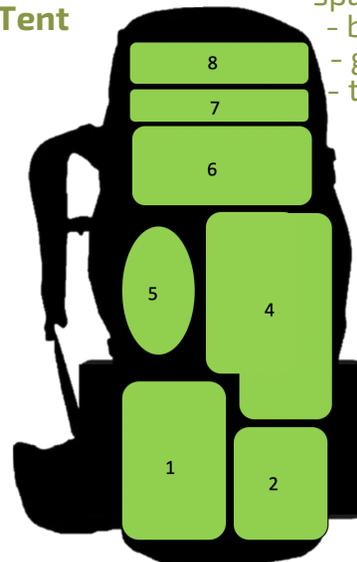
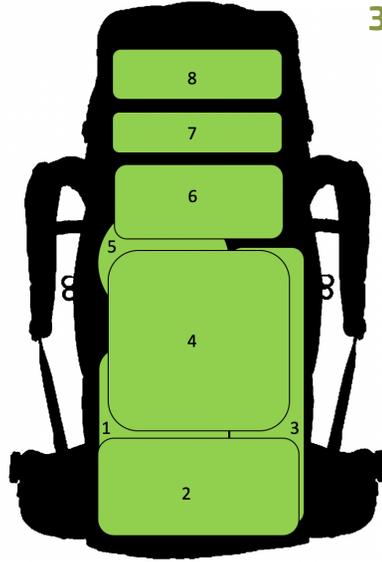
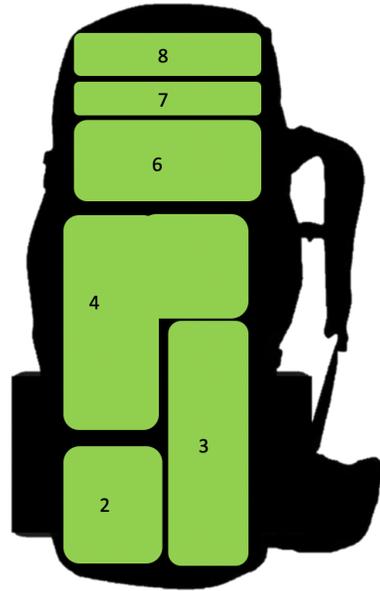
1. Sleeping Bag

2. Sleeping mat

3. Tent

4. Spare clothes

- thermal top and bottoms
- socks
- underwear
- spare tops
- spare pants
- beanie
- gloves
- thongs



8. Water



7. Rain jacket



6. Food



5. Trangia

- this rests up against your back
- use the space within your trangia to store things you'll need for cooking/cleaning

Hint\* buckle the strap on the bottom of the trangia so the flat lid can rest on your back without digging in



## Day walk pack

- first aid
- water
- scroggin/food
- toilet paper + trowel
- hat
- sunnies
- compass
- whistle
- notepad/pen
- phone
- raincoat
- sunscreen
- map

Adelaide Bushwalkers. (2021)

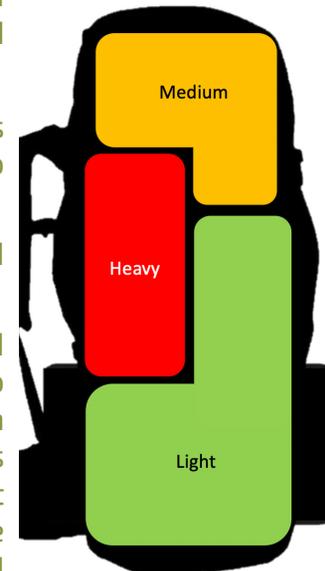
## Water proofing

- before filling the pack line it with a pack liner or thick garbage bag.
- waterproof your sleeping bag, sleeping mat and spare clothes in dry bags or garbage bags.
- most backs come with a bag cover attached. If your pack does not invest in a bag cover.
- store your water on the top of your pack. Do not pack your water inside your pack liner to prevent it leaking through your bag.

Australian Hiker. (n.d.)

## How to distribute the weight

- lighter items should be on the bottom and the front of your pack.
- slightly heavier items should be towards to the top of your pack.
- heavy items should be against your back.
- heavy items should be against your back so all the weight is on your hips. Heavy items on the bottom or front of the pack can pull the pack backwards and cause injury.



Tresspass. (n.d.)

## What do I put in the pockets?

- first aid (can go inside pack)
- head torch
- personal toiletries
- scroggin
- knife
- compass
- notepad/pen
- water bottle
- phone
- trowel + toilet paper
- metho bottle (can go inside pack)
- map
- whistle