

HOW TO PACK YOUR PACK

HOW TO PURCHASE AND WEAR YOUR PACK

Get a professional pack fitting when buying a pack.

Packing your pack correctly and wearing your pack correctly may prevent injury.

When putting the pack on from the ground.

Do a full squat, place the pack on the right knee, right arm through arm hole, with one movement pop the pack on.

Osprey EJA/EXOS 58 l came up as a favourite for Price/weight/comfort.

So many packs are really heavy, this one is around 1 kg.

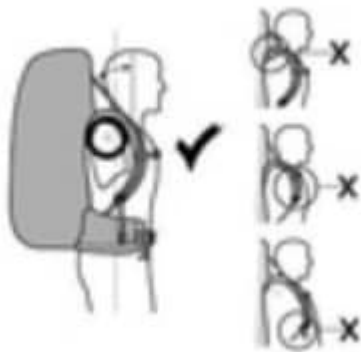
Check out the Osprey Eja/Exos Pro new out 55l 860g, try on instore.

ALWAYS STAND AND HIKE AT 180 DEGREES – GOOD POSTURE

KEEP A TRIANGLE ABOVE YOU SHOULDER – get a professional to show you how to wear your straps.

Video on how to put your pack on

<https://www.facebook.com/groups/816544215970292/permalink/1068225820802129/>



Watch this video -packing your pack

<https://www.facebook.com/100000458214397/videos/475146957818097>

Packing your pack correctly matters a lot, keeping the weight in certain areas will prevent back, shoulder and neck injury.



EXPENSIVE ITEMS MUST GO INSIDE THE PACK

Do not hang anything over the value of \$20 on the outside of your pack. My friend lost her \$900 tent. NOT good.

The lighter you keep your pack, the more you will enjoy hiking. Try keeping your pack weight between 11kg and 14kg. This is fully loaded with 2.5 days of food and 3.5 litres water.

A waistbelt/bumbag or shoulder bag will reduce your pack on your back by 1.5kg which is awesome. A great relief, you also have easy access to snacks.

<https://lighterpack.com/r/66zstj>

NEVER EVER HANG HEAVY GEAR ON THE BACK OF THE PACK

Never ever put hiking gear on the back on your backpack like this. It causes great pain to your shoulders. Get 100% of gear on the inside of pack.

Get rid of multiple bags. condense it down to limited bags. Everything fits better.

1. Sleeping bag, liner, pillow and clothes in one bag.
2. Tent and footprint in one bag. (Or use no bag and just pack flat in bottom or top.
3. Kitchen bag
4. Food bag
5. Bathroom bag,

You don't have to put all things in bags. My tent packs flatter in my pack without a bag.

RESEARCH BRAND OF PACK

Read at least 20 reviews on the pack you plan on buying/bringing as some packs can cause massive pain and injury.

Train with your **fully loaded pack** on at home for a minimum of 3 months, with loads of terrain and loads of kms. Do not come to this hike without two 30km overnight hikes being done. (2x15km days). You need to practice with all your gear and iron out any negatives prior the hike. Lack of preparation leads to evacuation.

