OUTDOOR CRUNCH

HOW TO PACK A BACKPACK

STEP BY STEP GUIDE & CHECKLIST

Since both type of backpacks can be used for both outdoor and travel purposes, all items are mentioned. You can ignore outdoor specific items if you're going to travel and vice versa.

PACKING PROCESS

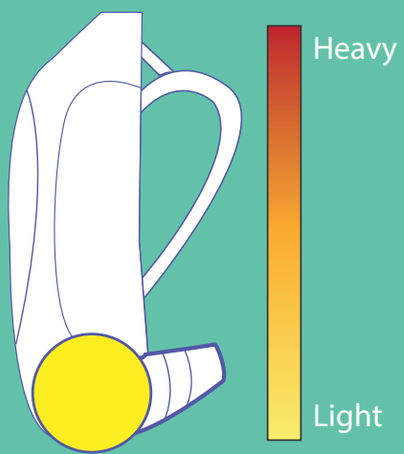
Pack the bottom → Pack the core → Pack remaining pockets

TECHNICAL BACKPACKS

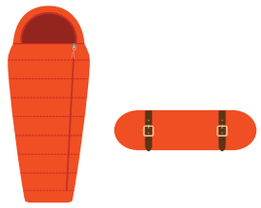
Step 1

Sleeping bag compartment

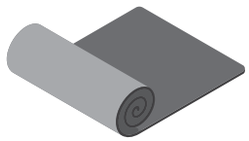
Lightweight, puffy camp items should be contained in this compartment. If this compartment isn't available or wouldn't suffice, place these items at the bottom of main compartment.



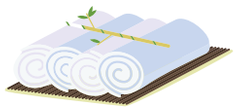
Nightwear



Sleeping bag



Sleeping pad (carried with straps if available)



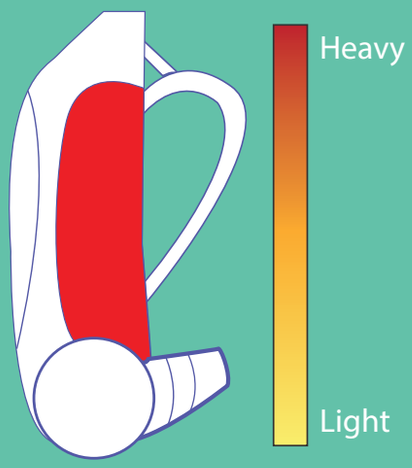
Towel

Pillow

Step 2

Main compartment

Heaviest dense and bulky items that aren't needed often should be carried here.



Main entree

Cookware

Utensils

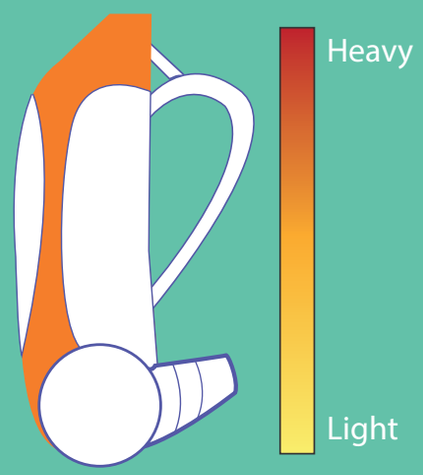
Fuel

- [ ] Clothes (including underwears and socks)
- [ ] Tent
- [ ] Shoes

Step 3

Top of main compartment, top lid, top pockets, front pockets

Lightweight or medium weight compressible items that are likely to be used is put here.



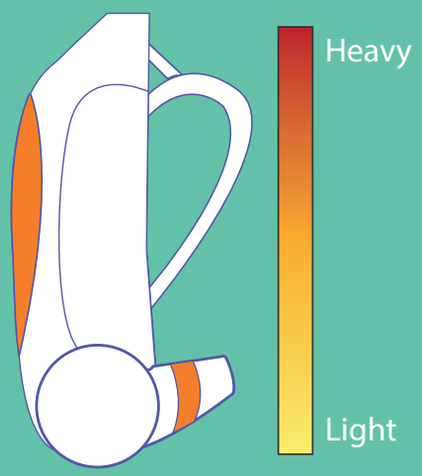
- [ ] Raincover
- [ ] First-aid kit
- [ ] Charger
- [ ] Power bank
- [ ] Knife sharpeners
- [ ] Medicine (if not used very frequently)
- [ ] Extra batteries
- [ ] Altimeter
- [ ] Water filter
- [ ] Gloves
- [ ] Cords
- [ ] Fire starter

- [ ] Lighter
- [ ] Matches
- [ ] Whistle
- [ ] Beauty & personal care supplies
- [ ] Plastic bags
- [ ] Binoculars
- [ ] Gaiters
- [ ] Headband
- [ ] Hat
- [ ] Beanie
- [ ] Cap

Step 4

Accessory Pockets

Lightweight or medium weight tiny items that are used frequently should be contained in hip belt and mesh pockets if available



- [ ] Sunglasses
- [ ] Compass
- [ ] Sunscreen
- [ ] lip balm

- [ ] Headlamp
- [ ] Flashlight
- [ ] GPS
- [ ] Snacks
- [ ] Maps
- [ ] Insect repellent
- [ ] Phone
- [ ] Camera
- [ ] Knife
- [ ] Water bottle
- [ ] Earphones
- [ ] Wallet
- [ ] Car keys

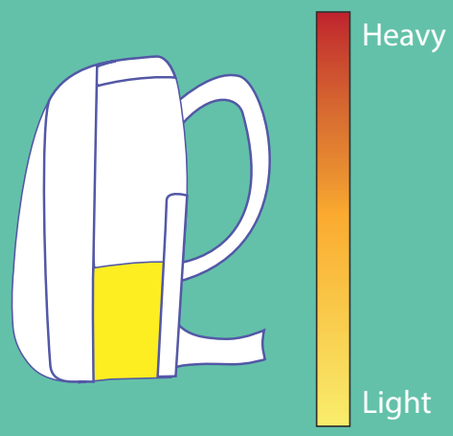
TRAVEL BACKPACKS

Step 1

Bottom of pack

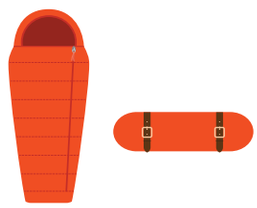
- [ ]

Lightweight, puffy camp items should be contained in this compartment. If you're not going to be camping, your clothes should be placed here.

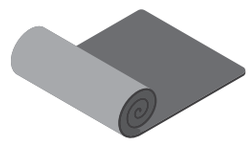


- [ ]

Nightwear

- [ ] 

Sleeping bag

- [ ] 

Sleeping pad (carried with straps if available)

- [ ]

Towel

- [ ]

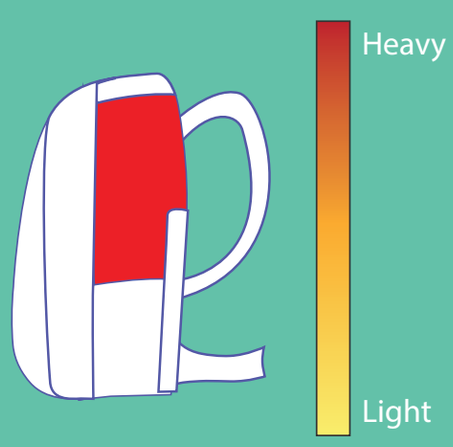
Pillow

Step 2

Core of pack

- [ ]

Rarely needed heavy items go here.

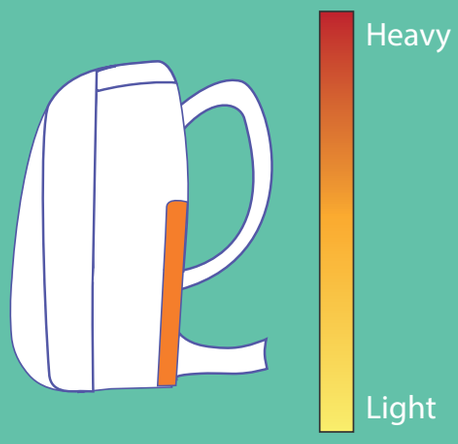


- [ ] Main entree
- [ ] Cookware
- [ ] Utensils
- [ ] Fuel
- [ ] Clothes (including underwears and socks)
- [ ] Tent
- [ ] Shoes

Step 3

Internal mesh pockets

Medium weight items used rarely belong here.



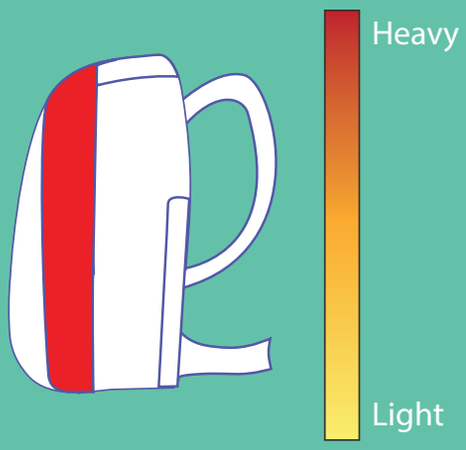
- [ ] Raincover
- [ ] First-aid kit
- [ ] Knife sharpeners
- [ ] Medicine (if not used very frequently)
- [ ] Fire starter
- [ ] Lighter, matches
- [ ] Whistle
- [ ] Altimeter

Gaiters

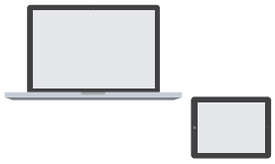
Step 4

Laptop/Tablet Sleeve (if available)

Heavy tech products are carried in this compartment.



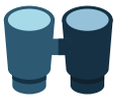
Extra batteries



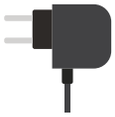
Laptop & tablet

Headlamp

Flashlight



Binoculars



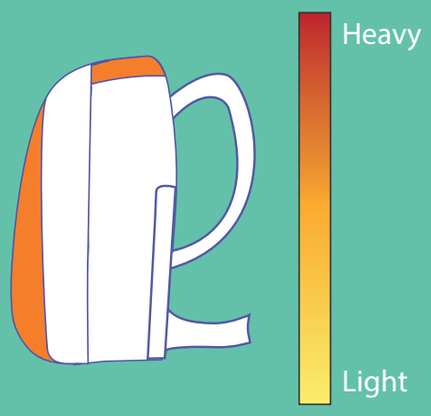
Charger

Power bank

Step 5

Front & Top pockets

Items that aren't heavy and used often should be in here.



- [ ] Sunglasses
- [ ] Compass
- [ ] Sunscreen
- [ ] Lip balm
- [ ] GPS
- [ ] Snacks
- [ ] Maps
- [ ] Phone
- [ ] Camera
- [ ] Knife
- [ ] Earphones
- [ ] Wallet
- [ ] Car keys
- [ ] Hat
- [ ] Headband
- [ ] Cap
- [ ] Plastic bags
- [ ] Permits
- [ ] Gloves
- [ ] Beauty & personal care supplies
- [ ] Insect repellent
- [ ] Cords