



Indefinitely Wild

How To Pack A Backpack

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Featuring: Osprey Packs

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How big should your pack be? Unless you have a specific activity like mountaineering that requires you to lug huge amounts of equipment, you shouldn't need a pack any larger than 55 liters. If you're a small person, target 40 liters.

Packing: This illustration from [Osprey](#) explains things nicely. Stuff light, bulky items like your sleeping system into the bottom of the pack. On top of that and as close to your back as possible, carry heavy items like your bear canister/food or laptop (this guide being equally applicable to Australians planning their gap year in Europe). If you're carrying a hydration bladder, some packs will give you a dedicated sleeve for it located here while others will locate their water bottle pockets outside the pack, at this same height. On top, pack your layers and similar medium-weight items.

Stuff you're going to need on the trail — map, compass, flashlight, first aid kit, sunscreen, rain jacket — should go either just inside the pack's lid or preferably in an external pocket where it's easy to reach. You want to know where this stuff is at all times.

