

Tips for How to Pack a Backpack

Packing a backpack is tolerably easy, but here are some tips to help you do it easier and have better results.

- A well-loaded bag will feel balanced when leaning on your hips and nothing should be shifting or swinging inside. When you walk, the backpack should feel steady.
- You should first pack your bag at home. You can place all your items on the floor, make sure that you have got everything available and feel less hurried as you load up.
- You'd better have a checklist to assure everything you need is on the floor. The most important things are your documents, passport and [visa for Vietnam](#).

Packing the Backpack's Bottom

You should put the items you won't need until you make camp at night in the bottom of the bag. Most backpackers often place their sleeping bag into the bottom of the backpack. This is also where you may keep long underwear that will be used as sleepwear, a pillow cover and a sleeping pad (if you can roll it up into a small shape). Any other items that you only use at night can go down low except for a headlamp or flashlight.

Packing the Center of Your Backpack

Heavier items should be kept in the center of your pack. This aim to create a soft center of gravity. Bulky pieces too low can make your pack sag down. Too high position can cause the pack feel unsteady. In fact, your heaviest items should be put on top of your sleeping bag and close to your backbone. Normally, these items will be your food stash, water supply and cook kit and stove. If carrying liquid fuel, make sure your fuel bottle cap is on tightly. Pack the bottle upright and place it on your food in the event of a spill.

Wrap softer, lower-weight parts around the heavier pieces to prevent them from shifting. Your tent body, rainfly, and a rain jacket can support uphold the core and fill the empty room.

Hydration tank: Most new packs add a hydration reservoir sleeve. This is a slot that keeps a reservoir near to your back and equal to your spine. It is simpler to insert the reservoir while the bag is still empty, so that leaves you two options:

- If you fancy efficiency, add the tank at home. You will have a loaded pack ready to go when you reach the trailhead.
- If you like cold water, carry the reservoir in a cooler and load it and your other middle-upper pack contents at the trailhead.

Other Tips for Packing a Backpack

Fulfill all empty area. You can put utensils, a cup or a small piece of clothing within your cooking pots.

Stuff sacks: Some people may prefer the low-chaos/easy organization of stuff sacks, whereas others simply favor packings soft things easy-fitting in the bag to use up all available space. Test with your own items and decide which method most interests you.

Share the weight of large common elements like tent with others in your team. You can carry the main body, for example, and your friend can bring the rainfly and poles.

Squeezing straps: Tighten all the compression straps to restrict load-shifting.
Rain cover: Bring a rain cover for your pack and keep it accessible. Although some backpacks are made with waterproof fabric, their seams and zippers are unsafe to drainage during a downpour. A pack cover is deserving its weight in persistent rain.
Repair items: Cover strips of duct tape round your water bottles or trekking poles; if a strap pops or some other trouble occurs, a quick duct tape fix could keep you going. Take along a few safety pins in case a zipper fails.

Source: [Vietnam visa on arrival](#)