

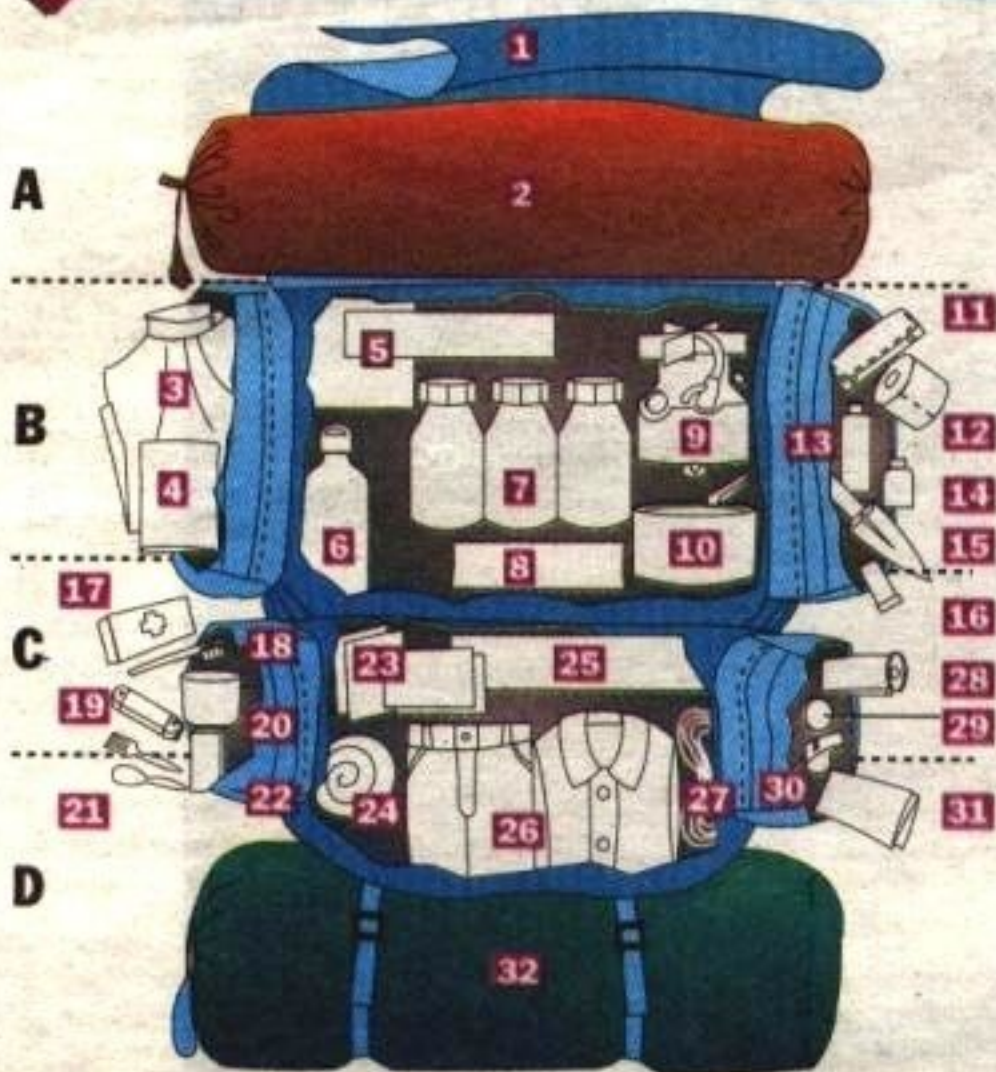
Packing by zones

- A. Tent
- B. Heavier items, as close to your back as possible
- C. Medium weight items
- D. Lightweight - sleeping bag



Keep it light

How you pack your backpack will make or break your trip. In general, carry no more than 30 percent of your body weight. For an overnight trip on a Florida trail, a 25-pound pack should suffice. Your heaviest item will be water, so keep it in the top compartment, close to your back. It will help maintain your natural center of gravity.



Backpacker's checklist

What you carry into the woods is a personal decision. But here are a few items you won't want to be without.

- | | |
|--|--|
| <input type="checkbox"/> 1. Rain cover | <input type="checkbox"/> 21. Fork / spoon |
| <input type="checkbox"/> 2. Tent | <input type="checkbox"/> 22. Water tablets |
| <input type="checkbox"/> 3. Poncho | <input type="checkbox"/> 23. Dried food |
| <input type="checkbox"/> 4. Towel | <input type="checkbox"/> 24. Foam pad |
| <input type="checkbox"/> 5. Food | <input type="checkbox"/> 25. Plastic tarp |
| <input type="checkbox"/> 6. Stove fuel | <input type="checkbox"/> 26. Clothing |
| <input type="checkbox"/> 7. Water | <input type="checkbox"/> 27. Nylon cord |
| <input type="checkbox"/> 8. Trash bag | <input type="checkbox"/> 28. Flashlight |
| <input type="checkbox"/> 9. Stove | <input type="checkbox"/> 29. Compass |
| <input type="checkbox"/> 10. Cooking kit | <input type="checkbox"/> 30. Whistle |
| <input type="checkbox"/> 11. Sunglasses | <input type="checkbox"/> 31. Map |
| <input type="checkbox"/> 12. Toilet tissue | <input type="checkbox"/> 32. Sleeping bag |
| <input type="checkbox"/> 13. Sunscreen | |
| <input type="checkbox"/> 14. Repellent | |
| <input type="checkbox"/> 15. Trowel | |
| <input type="checkbox"/> 16. Matches | |
| <input type="checkbox"/> 17. First aid kit | |
| <input type="checkbox"/> 18. Toiletries | |
| <input type="checkbox"/> 19. Pocket knife | |
| <input type="checkbox"/> 20. Plastic cup | |

OPTIONAL ITEMS

- Camera
- Binoculars
- Notebook / pen
- Field guides