



# Rucksack Packing

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# Terminal Learning Objective

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**Action: Pack your rucksack for movement through mountainous terrain/cold weather environment**

**Condition: Given a packing list, all required equipment and a rucksack**

**Standard: Properly pack your rucksack to effectively move and use in a mountainous/cold weather environment**



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# MOBILITY = LETHALITY

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- **Your ability to move through this environment, whether in training or actual combat, is directly affected by what you pack**
  
- **3 things to consider:**
  - What you pack
  - How you packed it
  - How you carry it



# Greater Mobility

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- **Realistic route time estimation**
- **Planning rates**
  - 4 KM/ HR Flat terrain
  - 1 HR/ 300M (1,000') Elevation Gain
  - 1 HR/ 400-600M Elevation Loss
  - + 10 min per KM for every 20 lb over 50 lb
- **Move at a rate that allows the slowest/most heavily burdened Soldier to be alert & ready to fight**
- **Use realistic load planning**



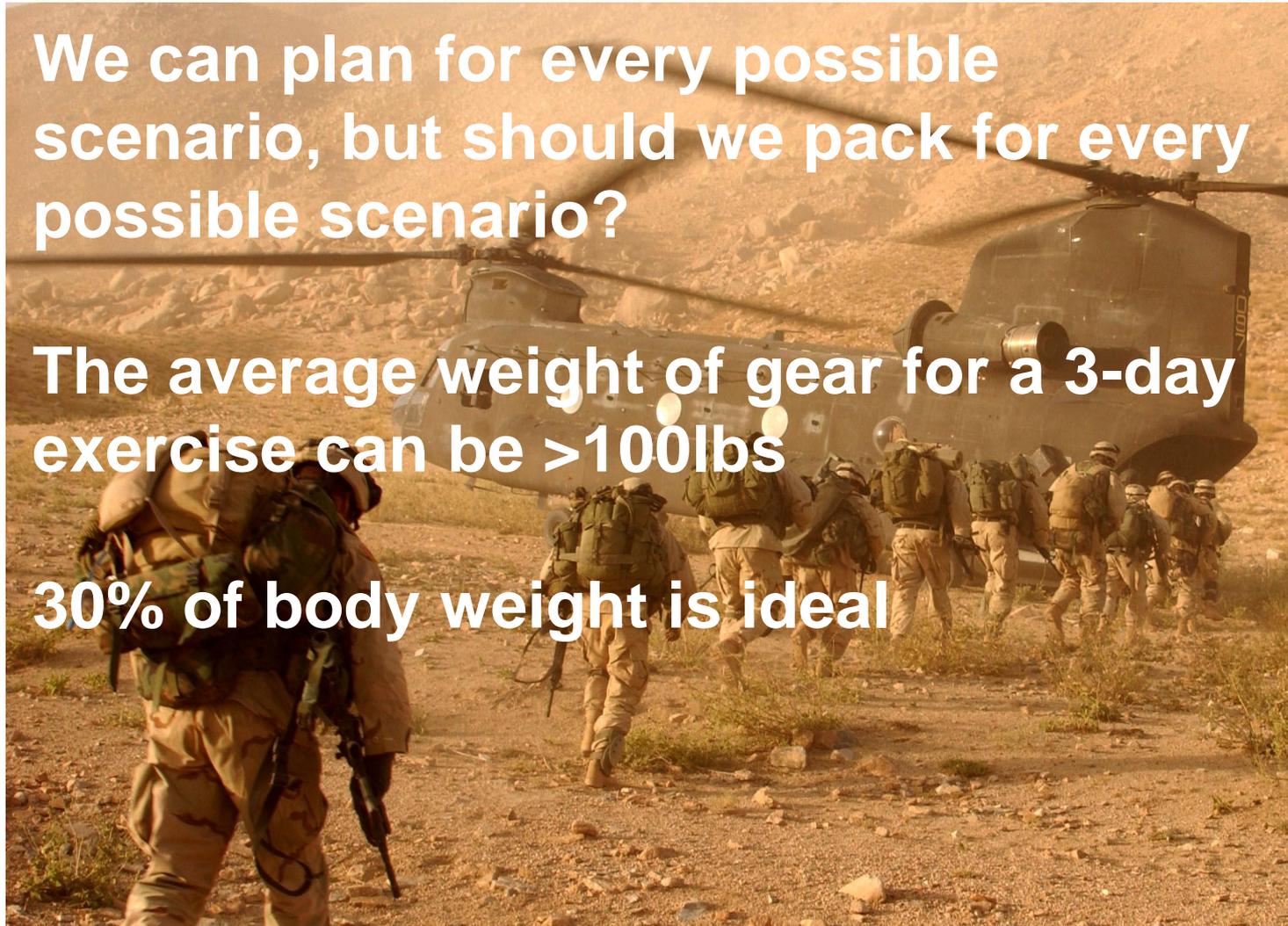
# Loads



We can plan for every possible scenario, but should we pack for every possible scenario?

The average weight of gear for a 3-day exercise can be >100lbs

30% of body weight is ideal





# Mitigate the Load

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- **Ounces = pounds**
- **Reduce non-essential/redundant items**
- **Organize re-supply to support mission requirements**
- **Police your Soldiers (PCCs/PCIs)**

**BE RUTHLESS**



# The ABC's

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## A ccessible

- Mission critical items easy to find and STANDARD across the unit.
- “Big Puffy” is directly on top of the pack under the flap.



# The ABC's

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## Balanced

- **Lopsided and ill fitting is high order misery.**
- **Ensure your pack is assembled correctly**
- **Hip belt centered on iliac crest**
- **Shoulder straps evenly tightened**
- **Strip non essential packaging**
- **Water proofing**



# The ABC's

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## Compressed

- Use the load straps to squeeze the load
- Don't load sustainment pouches in lieu of main compartment.
- Pack smaller items around larger to fill out the main compartment



# The ABC's

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## S treamlined

- **Avoid hanging items on outside**
- **Heavy items (AG gear etc) directly on top**
- **Buckle all buckles to avoid breakage or snagging**



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**CamelBak or Assault Pack Will act as a lever actually increasing the force.**

**Place heavier items like tripods either directly on top or the side oriented vertically.**



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# Questions?



# Summary

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**Action: Pack your rucksack for movement through mountainous terrain.**

**Condition: Given a packing list, all required equipment and a rucksack.**

**Standard: Properly pack your rucksack for movement and use in a mountainous environment.**