



# Rucksack Packing

---



---

NORTHERN WARFARE TRAINING CENTER • "Battle Cold and Conquer Mountains"



# Terminal Learning Objective

---

**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**



NORTHERN WARFARE TRAINING CENTER • “Battle Cold and Conquer Mountains”



---

**Your ability to move through the environment, whether in training or actual combat, is directly affected by what you pack**

**MOBILITY = LETHALITY**

**3 things to consider:**

- **What you pack**
- **How you packed it**
- **How you carry it**



# Greater Mobility

---



## Realistic route time estimation

- For every 1000ft of elevation gained, add 1hr
- For every 1600ft of elevation lost, add 1hr

**Move at a rate that allows the slowest/most heavily burdened Soldier to be alert & ready to fight**

**Use realistic load planning**



# Greater Mobility

---

**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**

**What is the ideal weight?**



NORTHERN WARFARE TRAINING CENTER • "Battle Cold and Conquer Mountains"



# Mitigate the Load

---

**Ounces = pounds**

**Reduce non-essential/redundant items**

**Organize re-supply to support mission requirements**

**Police your Soldiers (PCCs/PCIs)**



NORTHERN WARFARE TRAINING CENTER • "Battle Cold and Conquer Mountains"



# The ABC's

---

- **A**ccessible
- **B**alanced
- **C**ompressed
- **S**treamlined



---

NORTHERN WARFARE TRAINING CENTER • "Battle Cold and Conquer Mountains"



**CamelBak or  
Assault Pack**



# Packing Lists (Summer)

---

- **Mountain Ruck** — mountaineering equipment, LBV (worn), compass, protractor, helmet (worn), rifle (carried), poncho, 2-quart canteen, E-tool, waterproof bag, sunglasses, bug dope, gloves w/ liners, balaclava, ECWCS complete, sleep system complete, sleep pad, 4 pairs socks, hygiene gear, 550 cord, 4 MREs
- **Alpine Ruck** — 1 tent per 2 students, 1 stove per tent with 2 full fuel bottles, 1 cook set per tent, sleep system, sleep pad, 2-quart canteen, waterproof bag, sunglasses, gloves w/ liners, balaclava, 2 pairs socks, hygiene gear, ice axe, glacier harness, chest harness with carabiner, 6 and 12-foot cordelette, large pearabiner, aluminum D, safety line with mini-pear, crampons with pouch, 2x 5-foot runners, 4 aluminum oval carabiners, 25-foot webbing, 16-foot sling rope, ice screw, 4 MREs



# Packing Lists (Winter)

---

**Common to all MOLLE: Sleeping Bag, Sleeping Pad, Waterproof Bag, Poncho liner and Poncho, 550 Cord, Change of wicking layer, 4 pair of socks, headlamp or flashlight, spare TF mitten inserts, Arctic Mittens if not worn, Spare Batteries, hygiene accessories, full overwhites, E-Tool, emergency intermediate Gortex gloves**

**Generation 3 ECWCS (all seven Layer System)**

**Layer 7 Parka very top item, directly under flap.**



# Packing Lists (Winter)

---



**Assault Pack: Extreme cold weather top, neck gaiter, balaclava, extra liners, extra socks, extra snivel gear (waffles, fleece), head lamp, extra batteries, arctic mittens**



# Summary

---

**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.**



---

# Questions?