

# PACK A RUCKSACK

A large bag called a rucksack is required if the Cub Scout will be going camping. A well-packed rucksack looks neat, is evenly balanced and has nothing hanging outside. For good packing, the rule is – last in first out!

It is of utmost importance that the Cub Scout him/herself prepares the rucksack for the camping as this will help them to plan for everything that they need, be independent, know their gear and pack according to weight and its use during the camp. It also helps them not to forget important things next time.

Packing your rucksack is an art; you cannot try to stuff everything in as fast as possible the last minute. One has to pack wisely and with thought their rucksack. The first important step is that while packing a rucksack you plan and prepare beforehand what you need and have everything in front of you so as to pack everything according to the weight and its use during the activity.

The rucksack centre of gravity should sit close to the body and ideally at shoulder height. This way it is positioned over the body's centre of gravity and the pack won't pull backwards. It is important to keep in mind that a rucksack needs an even weight distribution.

One needs to pack from the bottom up and it is also vital to pack and squash the corners of your rucksack (in order to use your entire rucksack). Remembering when possible, to place lighter bulky articles at the bottom, the heavier ones at the top next to shoulder height and the soft ones folded neatly at the back.

Put the sleeping bag and other light objects in the bottom compartment. Place mid-weight gear such as clothing on the top towards the outside. Heavy equipment such as tent, food, big jackets should be packed above shoulder height, close to the back.

Put small, often-used items such as first-aid and raincoat in the lid or side pockets where they can be easily grabbed. Minimise the number of items you strap to the outside of the rucksack and keep them as compact and small as possible.

## Suggestion:

o Discuss with the cubs the equipment needed for a camp. Try to let them think about the difference between a summer camp and a winter camp. What type of bedding, clothing, food etc., they need to survive the camp.



How to pack a rucksack.



# ACTIVITY FACT SHEET



**Activity:** Game



**Objective:** Packing a Rucksack



**Time:** 1 Hour



**Outline:** Prepare boxes full of clothes, sleeping gear, unwanted camping stuff, important things needed for a camping and other stuff that you might have (important that you have enough stuff for all the sixes to have a go in the game at the same time). Tell one cub from each six to bring his/her rucksack for the meeting. Divide the pack into sixes and then tell them that they have a camp that they need to pack for in this 30 minutes using only the things from the boxes but all the important things needed for the camp must be there and also the rucksack needs to be packed in the right order.

Afterwards the leader will check every bag and tell the pack what they did right and what not.

The best/winning six will be the one that packed the rucksack right/almost right.



**Equipment:** Rucksacks, Boxes full of items needed and not needed for a camping



**Place:** Group HQ



**Group Size:** Sixes









**3rd Parties:** N/A



# ACTIVITY FACT SHEET



## During the Activity:

-  – During this activity the cubs need to work in a team in order to pack the rucksack, dividing the work and seeing who will do what (packing, getting the things) in order to pack well and to finish in the stipulated time.
-  – Bringing the things from the boxes and packing the rucksack itself.
-  – Choosing what is important to pack and what not from the items in the boxes and how to pack in the right way.
-  – They need to be creative to see how to pack the rucksack right, using the items they have and using all of the rucksack.
-  – Emotions in a game are always present. After the game discuss with the cubs how they are feeling. Cubs can get excited, happy, enthusiastic, and angry, some will be bad losers so they will take the game more serious in order to win at the end. This may be vital in this particular game as they need to know how to pack a rucksack in order to win so they will make an extra effort to remember the session.
-  – It is amazing how much can be packed in small area if one knows how to pack correctly. The same in life, we can be active and participate in a lot of activities along with school and other commitments if we use our time well.

GOLD ARROW

## After the Activity:

Whenever going to a camp, remind the cubs to practice what they have learnt in this session.



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