

Student Resource: The Ins and Outs of Hiking Backpacks - Observation Sheet

Student Name:

Criteria: I can apply these safety measures to prepare my backpack for a trip:

Heavier items are placed closest to my back, between the shoulders and at the base of my back.

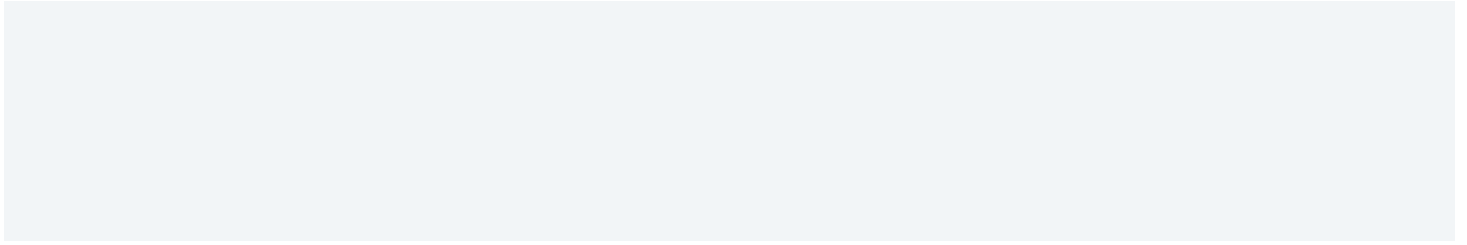
Comments:

The weight of the backpack rests on my hips using the hip belt.

Comments:

The backpack does not weigh more than 25% of my weight.

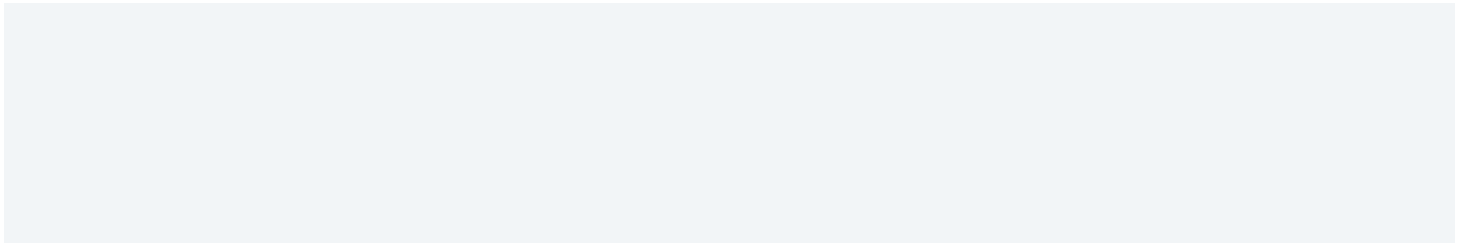
Comments:



These three items are packed for quick and easy access:

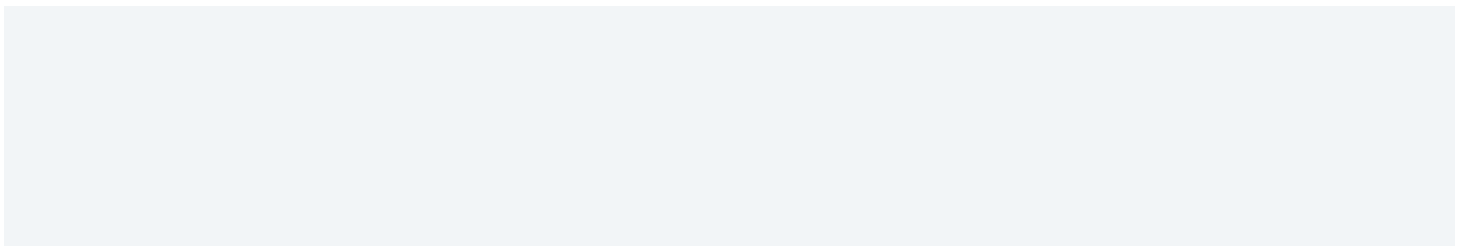
1. waterproof clothing

Comments:



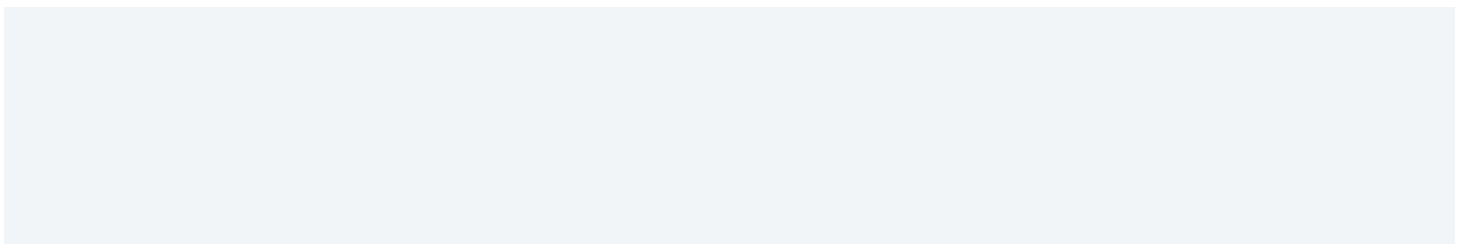
2. First aid kit

Comments:



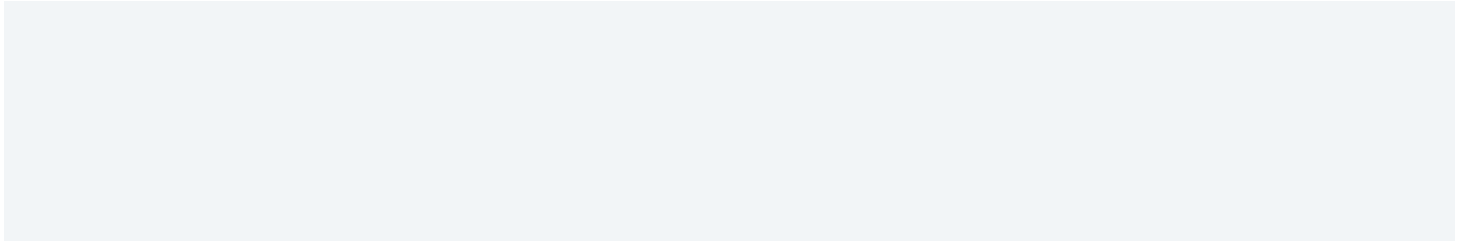
3. snacks for the day

Comments:



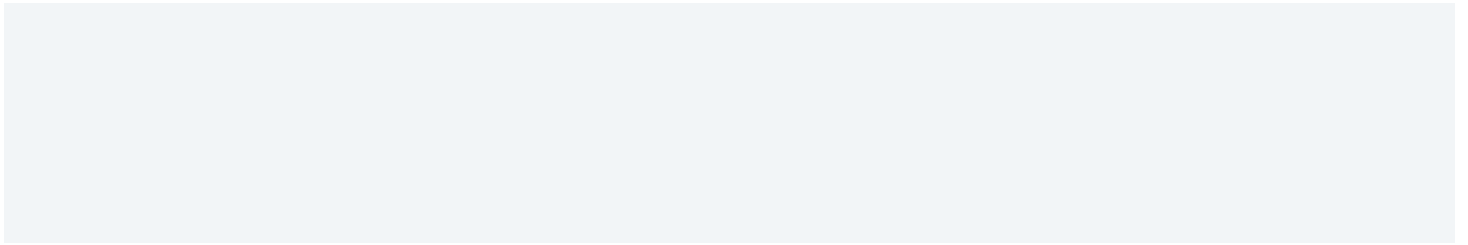
My water bottle is placed in an easy-to-reach location.

Comments:



Stove fuel is placed in one of the exterior side pockets.

Comments:



Multiple small dry bags or one large dry bag to keep clothing and gear dry inside the backpack.

Comments:

