

HOW TO PACK A DAY BAG



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- Think about what you might need to access easily (eg water). Put these things in any side pockets or just under the top, where you can get to them.
- Remember to plan for emergencies. Take a first aid kit, and if you're exploring in remote areas, take a whistle and learn the emergency signal code.
- You might have planned to do your expedition in the summer, but you should still be prepared for the weather to change from sunshine to rain and back. Take some waterproofs and spare clothes.

