



Mountain Quest

Address : B1/ B19 Aranyeshwar Park, Pune- 411009

Choose your sack

Choosing of sack depends upon following

1. Duration of Trek
2. Type of trek

Duration of Trek

You may choose the sack depending on the duration of your trek.

One day or two day treks

A sack with 20 liters of capacity is suitable for One day trek

Overnight treks

A sack with 30 liters of capacity is suitable for Two days trek.

A sack with 40 to 50 liters of capacity is suitable for more than two days trek.

Himalayan treks

A sack with 50 liters of capacity is must for a Himalayan trek. (If you are not carrying load by yourself in Himalaya carry a Day sack & of load the 50 ltrs. sack)

Leaders sack

It is always advisable to have some extra capacity sack to carry safety equipment

Expedition sack

Larger sacks with capacity of more than 60 liters is used for expeditions and to carry heavy and bulky equipment for prolonged periods.

Type of trek & Trek Season

In Himalaya because of cold weather there would be more woolies adding to the bulk, thus requiring a bigger sack. However, in Sahyadris requirement of warm clothing and accessories is less than in the Himalayas.

For climbing activity you may require smallest possible sack.

Note: If you are carrying ration and consumables for the entire duration of your trek you may require a sack with a larger capacity.

Points to ponder:

1. Sacks with a built-in-frame are more convenient for carrying heavy load while trekking
2. Sack must have a Soft back, padded straps
3. It must be light in weight
4. It should have side and top pouch and a waist belt
5. Choose a sack suitable to your height. You should feel comfortable after wearing a loaded sack.

How to pack your sack?



70% of the load should come on the waist belt and rest on shoulder straps. Waist Belt should be properly fastened on the waist and not on stomach.

Maintain the balance of your sack

Heavy weight should be towards the back for maintaining center of gravity and proper balance of the sack so that sack does not pull you back. Shoulder Straps and waist belt should have good cushion that does not compress under load.

