

Event packing worksheet

Copy your organizer's rules. Pack, weigh, and record the result.

Event / date: _____

Rule source / link / checked on: _____

1 Confirm the weight rule

Required weight: _____ Unit: _____ Applies to my category: _____

A 25 lb or 35 lb listing does not tell you what counts. Copy the full rule below.

Exact weighing rule (pack, gear, water, exclusions, and weigh-in timing):

Permitted ballast / restrictions: _____

Unclear rule / organizer confirmation: _____

2 Water and required items

Required water / capacity: _____ Planned water: _____

Does water count toward the required weight? ☐ Yes ☐ No ☐ Confirm with organizer

Copy required items verbatim. Include quantity or specification where given.

REQUIRED ITEM / SPECIFICATION	PACK LOCATION	READY
		☐
		☐
		☐
		☐
		☐

3 Weigh the actual setup

Measured weight that counts under the rule: _____ Unit: _____

Complete carried pack, including water and extras: _____ Unit: _____

Weighed on / scale used: _____ Rule rechecked on: _____

☐ Required weight met ☐ Required items packed ☐ Unclear rules resolved

Do not treat total carried weight as qualifying weight unless the organizer does.

Planning aid only. Your event page and organizer instructions take precedence.

ruckauthority.com/training/ruck-event-packing-lists

If the list needs more space, attach the organizer's checklist. Print at actual size on US Letter.