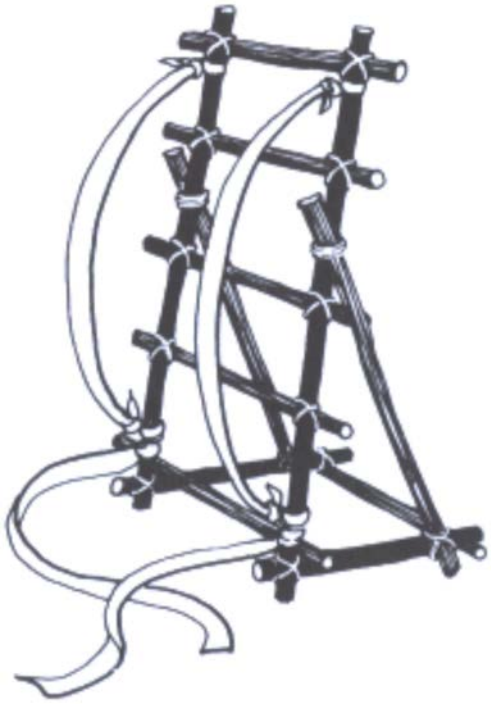
PACK FRAME

Using natural resources, cord and two straps, a pack frame can be constructed. Steps to constructing a pack frame:

1. Collect natural resources, including:
   a. two poles to make the frame 75–100 cm long (length will depend on the height of the person),
   b. several crosspieces 50–60 cm long, (length and number will depend on the width of the person), and
   c. five pieces (two 15–20 cm long , two 50 cm long and one 50–60 cm long) to construct the right angle projection at the bottom.
2. Construct the ladder frame to the size of the individual.
3. Construct the right angle projection at the bottom and ensure the knots and wood are strong and will not break with a load.
4. Attach straps made from cord or from improvisation and adjust it to a comfortable position.



J. Wiseman, The SAS Survival Handbook, HarperCollins Publishers (p. 372)

Figure W-1 Pack Frame

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