



FIERCE PLANET ADVENTURES | RUCK GUIDE

What is Rucking?

Rucking is weighted hiking — you carry a backpack with intentional load while moving at a steady pace over distance and terrain. It builds functional strength, mental toughness, and real-world grit. You're not running. You're moving with purpose.

Weight Requirements

Nonconsumable weight only (water doesn't count):

- **Body weight 150 lbs or under:** 10 lbs minimum
- **Body weight 151 lbs or over:** 20 lbs minimum

Weight should be distributed evenly in your pack. Progress by adding weight gradually as you build capability.

Gear Requirements

Pack & Load:

- Day pack or ruck with comfortable fit and hip belt
- Weighted load (see weight requirements above)
- Pack should sit close to your back, not bouncing

Water & Nutrition:

- Minimum 1.5 liters of water (more in hot weather)
- Electrolyte drink or tablets (highly recommended, especially during hotter weather)
- Snacks (trail mix, bars, fruit, whatever fuels you)

Footwear & Protection:

- Sturdy hiking boots or trail shoes with good ankle support
- Basic first aid kit (bandages, pain relief, antiseptic, insect sting relief)
- Blister prevention kit (moleskin, bunion pads, athletic tape)

Navigation & Safety:

- Headlamp or flashlight (required for evening rucks)
- Navigation tool: map and compass, GPS unit, or phone with offline maps installed
- If using phone: ensure full battery charge + bring portable charger
- Whistle (optional but recommended)

Clothing:

- Weather-appropriate layers
- Moisture-wicking base layer
- Rain jacket or shell (weather dependent)
- Hat or cap for sun protection

Safety Standards

- **No solo turnarounds.** If you need to leave the group, someone goes with you. Period.
- **We move together.** Stay with the group. Pace is steady and sustainable for everyone.
- **You're responsible for your gear, pacing, and safety.** Make informed decisions about your limits.
- **Speak up if you're struggling.** That's what the group is for.
- **Help your teammates.** Notice who's working hard and offer support. When you focus on someone else's struggle, you shift your own. That's where real team happens.
- Review Fierce Planet Adventures [[Safety & Terms of Participation](#)] before attending.

Who This Is For

Beginner to intermediate hikers comfortable carrying extra weight over 3-5 miles at a steady pace (2.8-3.1 mph). You don't need to be elite or super fit — just willing to challenge yourself and show up for the group.

Tips for Success

- Start conservatively with weight. You can always add more next time.
- Pack your weight low and centered in your pack.
- Stay hydrated throughout. Don't wait until you're thirsty.
- Take breaks when needed. No shame in that.
- Focus on steady effort, not speed.
- Wear your pack for a short walk before the event to dial in the fit.

Questions?

Reach out to Andy. We're here to help you succeed.

Live Fiercely.