



How to fit your pack



1

Adjust back length

Pick your pack size to match your back length. Choosing between Small, Medium or Large or split sizes Small/Medium or Medium/Large. Breaking the velcro behind the harness to allow access to the adjustable torso, slide up or down to fit best back length.



2

Fix & tighten the hip belt

First attachment point is the hip belt strap. It is essential that the hip belt strap is adjusted first as it distributes the weight evenly between legs and lower lumbar rather than the weaker points like the shoulders and arms.



3

Tighten harness straps

Thirdly, the harness straps need to be pulled downwards so that the webbing on both hip belt and harness are comfortably tight much like the laces on your shoes.



4

Adjust load lifters

The load lifters should be pulled forward so that pack is perpendicular to your back. The centre point of gravity will allow weight to flow directly down to the ground. Optimum angle for load lifters is around a 45 degree angle, this will insure that the pack is straight to your back.



5

Clip & fix sternum strap

Lastly, fastening the sternum strap pulls the harness in to the chest away from areas containing lots of blood and nerves.