

# INFORMATION SHEET

## FITTING YOUR BACKPACK



Correct fitting is very important to the comfort and fit of a backpack, it's not simply a matter of throwing the pack on your back and fastening all the straps.

The weight should be carried on your hips and not on your shoulders



### Step 1

Loosen all the straps.



### Step 2

Position the hip belt and tighten. The middle of the hip belt should lie over the hip bones and not above as it might constrict the stomach



### Step 3

Tighten the shoulder straps, but not too tight, because you want to make sure you are carrying the load on your hip belt.



### Step 4

Tighten the hip belt stabiliser straps if you have them.

These are mainly found on larger backpacks.



### Step 5

Also tension the shoulder stabiliser straps to pull the load closer to your back and your centre of gravity.



### Step 6

Close the chest strap to optimise the location of the shoulder straps and make the backpack more stable.



Checkout our Backpacks at <http://goo.gl/9xkjF>