

## SEVEN STEPS TO THE PERFECT FIT



**1** Loosen webbing on shoulder harness and waist belt.



**2** Put pack on.



**3** Set waist belt first.



**3<sub>A</sub>** Padded waist belt should ride low, covering the points of your pelvic bones (in front).



**3<sub>B</sub>** Pull waist belt webbing until very snug. Remember, 60-70% of the load will be carried on your hips, where you are the strongest and most balanced.



4

Now pull on the rear shoulder harness webbing that attaches to the outside of the pack until the top of the harness is about three finger widths (2"-3") below where the bones at the base of your neck meet the shoulders.



5

Adjust the front straps on the shoulder harness until the weight of the pack feels snug against your back.



6

Last, gently snug the silver side compression straps on the waist belt and you're good to go!



7

As needed you can change the load distribution slightly between hips and shoulders by tightening or loosening the harness straps. This can help prevent "hot spots" and excess muscle fatigue.

#### WHAT THE PRO'S KNOW:

To get the best results and greatest comfort, remember to always loosen the waist belt, side compression straps, and front shoulder strap adjusters every time you put the pack on. Once the pack is back on, retighten the straps starting with the waist belt, then the front shoulder strap adjusters, and finally the side compressors. Otherwise you may find that the pack starts to ride up on your body, and that the waist belt doesn't feel as comfortable.