

# PACK FITTING 101

## Fitting a Small to Mid Volume Pack up to 50 Liters

- 1) Loosen all the straps on the harness system and position the hip belt so the top of the iliac crest is about 1" down from the top of the hip belt. Correct positioning will direct the weight onto the hips.
- 2) Position the shoulder straps so there is full contact from the shoulder blade over the collarbone and across the chest. The connection point of the shoulder straps to the mesh back panel should rest between the consumer's shoulder blades.

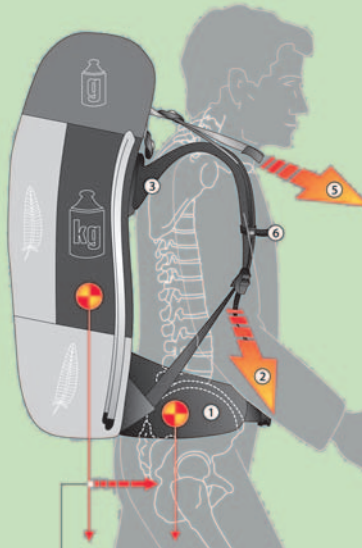


3) Adjust the LOAD STABILIZER STRAPS, these come off the top of harness system. When pulled forward the straps will move the load closer to the back and the customer's center of gravity, thus increasing the stability of the pack. Keep in mind these are not Load Lifting Straps, thus you are not looking for a 45 degree angle from harness to pack.

4) Adjust the sternum strap so it rides two fingers above the bottom of the sternum (just a starting point).

## Fitting a Large Volume Pack Packs 50 Liters & Up

- 1) Loosen all the straps on the harness system and position the hip belt so the top of the iliac crest is about 1" down from the top of the hip belt. Correct positioning will direct the weight onto the hips.
- 2) Tighten the shoulder straps to ensure there is full contact from the shoulder blade to the collar bone.
- 3) The harness should be positioned so the strap's insertion point on the pack rests between the customer's shoulder blades. On packs with the Vari-Quick adjustment system the tab should be in this location.



4) To adjust the Vari-Quick harness undo the Velcro® closure and thread through 4 suitable attachment loops. Tighten the Velcro® and fix closed.

5) On larger volume packs this strap is commonly referred to as the Load Lifter Strap. The tensioning of this strap will move the load closer to the customer's back and more in line with their center of gravity. The angle of this strap is not the crucial criteria for a pack fit, but instead look at steps 1 & 2 for a perfect fit.

6) The final adjustment is the positioning of the sternum strap. A good rule of thumb is 2 fingers above the bottom of the sternum. Just remember not to constrict breathing.

## Know your conversions:

|                 | <u>Volume</u>                | <u>Weight</u> | <u>Length</u> | <u>Liquid</u> (weight to volume) |
|-----------------|------------------------------|---------------|---------------|----------------------------------|
| <u>Standard</u> | 60 in <sup>3</sup> (roughly) | 1oz. / 1lb.   | 1 inch        | 2lb 5oz                          |
| <u>Metric</u>   | 1 Liter (roughly)            | 28g. / 454g.  | 2.5 cm        | 1 Liter (water)                  |