



How-To Backpack Fit Adjustment

Before Adjusting Your Pack

Make sure you're wearing a light top layer that doesn't add bulk or skew the fit. It's helpful to have a friend assist with measuring or use a mirror.

Step 1 Measure your torso length.

Starting at the point on your spine that's parallel with the iliac crest and ending at the C7 vertebrae. The iliac crest is the point on your spine that's parallel to the front, rounded portion of the hips, and the C7 vertebrae can be felt if you look straight down and feel for a bony protrusion.

Note: Make sure you're standing up straight and looking forward when taking measurements.

Step 2 Adjust the back panel position.

Based on your torso measurement, adjust the back panel position to the correct corresponding size marker. The back panel is held in place with a hook-and-loop attachment and can be easily moved up or down accordingly.

Before Trying On Your Pack

Loosen the load lifter and shoulder straps and add about 10 pounds worth of cargo to the bag (a sleeping bag or several pairs of jeans will do the trick!). This will help the pack sit properly once it's on.

Step 3 Adjust shoulder straps.

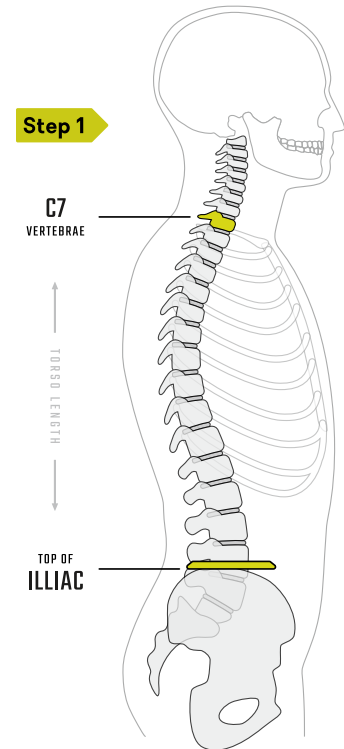
Put on the backpack and start by pulling on the shoulder strap webbing to adjust to your comfort. Ideally, the bottom of the pack's yoke should be just a couple inches below the C7 vertebrae, and the shoulder straps should make even contact with your body from back to front. The inner edge of the straps should not be touching your neck.

Step 4 Adjust waistbelt.

Once the shoulder straps feel right, you'll want to adjust the waistbelt. Shrug your shoulders to lift the pack before buckling the belt and tightening the webbing. When you lower your shoulders, the belt will be properly settled. The top of the waistbelt should align with the top of your iliac crest, and the lumbar cushioning should comfortably nestle into the small of your back.

Step 5 Adjust sternum strap.

Finally, adjust the sternum strap to the appropriate placement and length. The strap can be moved by unhooking from the loops and positioning each side higher or lower.



Step 2

BACK PANEL POSITION GUIDE

---	14"
X	15"
---	16"
S	17"
---	18"
M	19"
---	20"
L	21"
---	22"