

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.



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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, not above because it could 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 the waist belt.



Step 4

Tighten the hip belt stabiliser straps in you have them.



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.

