

BACKPACK ADJUSTMENT

Size:

Having the right size backpack is essential.

Go and have a pack fitted, or use the charts provided by various backpack makers to properly size your pack. They rely on an accurate measurement of the distance between the top of your hip bone and the bottom of your neck.

Loading:

Place the heavier gear in the top half of your pack, and close to your back.

Max Weight:

Your max pack weight should be between $1/7 + 1/6$ of your body weight.

i.e. between 25 + 30 pounds for a 180 pound hiker.

Hip Belt:

The hip belt bears a good portion of your pack weight, so a properly fitted hip belt should be centered on the top of the hip bone, not sitting too high or too low.

Too high = painful pressure on the top of your hip bone.

Too low = interference with proper hip and leg movement.

A centered hip belt distributes the weight, putting some weight on the top of the hip bone, and some on the sides and back.

The padded area of the hip belt, should be long enough to reach around to the front of your hips a bit.

Shoulder Straps:

Shoulder straps should conform to your shoulders with no gaps, and run down your back 1.5 – 2 inches.

Load Lifters:

These straps, reaching from the shoulders up towards the top of the pack are used to pull in the top of the pack to conform to your back. This keeps the weight close to your body.

Chest Strap:

If adjustable, slide it down away from your throat and onto your chest.

This will allow the shoulder straps to pull apart a bit, and also move some of the weight from your shoulders onto your chest.

Move the weight around:

To rest your neck + shoulders, temporarily adjust the hip belt to the top of your hips, or just reach back with both hands and lift the pack a bit.

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