

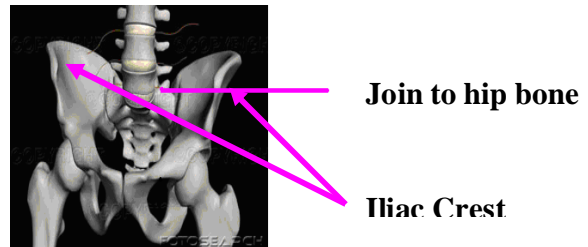
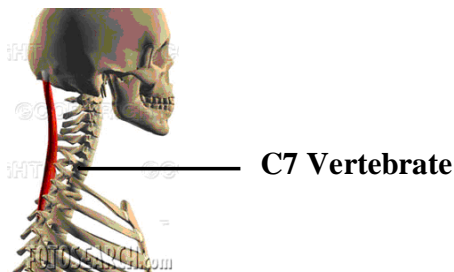
## Rucksack fitting

The first thing that needs to be considered when fitting the rucksack is the back length of the client.

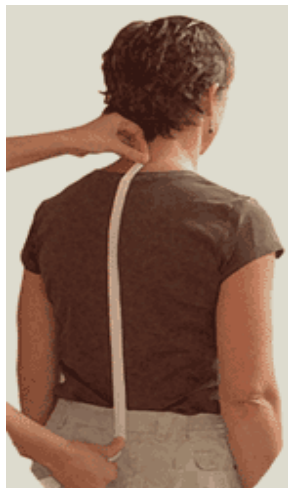
There are normally 3 different sizes in rucksacks small, medium, large. In the Macpac range we have sizes 1, 2, 3. One being the smallest going through to three being the largest.

### How to size the pack

To get the right size for the client you need to look at there back length. For a rucksack it starts at the C7 vertebrate a goes to the join of the hip bone



In other words when you bend your head forward towards your chest, it's the most knobbly bone at the base of the neck. The measurement then goes to were the spine joins the hip bone.



Torso Length	Pack Size
>20"	L (3)
18" – 20"	M (2)
<18.5"	S (1)

## Fitting the pack

Once you have the correct size of pack for the client, we can begin fitting the pack to there back.



- 1) When the pack is on the clients back, you need to get the hip belt fitted correctly and in the right position. The hip bone (Iliac Crest) should be between half and three quarters of the way up the hip belt. The hip belt should then be tightened.



- 2) Once the hip belt is tight. Tighten the shoulder straps so the pack hugs the back. There should be no gap between the back and the pack. The shoulder straps should follow the curve of the shoulder with no gaps. The shoulder strap yoke should be 1.5" – 2" below the c7 vertebrae (the knobbly bone).

You may have to adjust the back length on packs that have an adjustable back system please refer to the relevant manufacturers details on adjusting these.

Once the pack is fitted and adjusted to the correct length and fitted, you will have to weight the sack. **DO NOT LOAD THE SACK WITH IT ON THE CLIENTS BACK.** If you do this you are liable to hurt there back. When the pack is weighted ask the client to put the pack on.



- 3) Once the pack is weighted you can use the tension straps on the shoulders and waist belt to tailor the fit for the person. The shoulder tension straps should be between 20 and 30 degrees,. Pulling the shoulder straps tight will bring the weight up on to the shoulders. The weight should be dispersed 70% on

the hip 30% on the shoulders.



- 4) If there is to much weight on the shoulders release the tension straps on the harness and tighten the tension strap on the hip belt, this will bring the weight down into the hip area once this is done you can put the tension back on to the shoulders being careful not to

bring to much weight from the hip.