



## How to adjust and fit your Ridge rucksack:

The following steps are used to adjust the back system in order to achieve the perfect fit. We would advise getting someone to help you to adjust your rucksack until it fits properly. Remember, comfort isn't just a luxury when on expedition, if your pack doesn't fit correctly, it could result in injury.

### Step 1: Loosen straps and load up.

Before you put the rucksack on, loosen off all belts and straps. Also load up with weight of 10-15kg.

### Step 2: Hip belt

The goal is to have your hips hold 80%-90% of your rucksack's weight. To achieve this, first lift the rucksack onto your back and wrap the hip belt around your body so that the belt is cupping your hip bones. Fasten the belt buckle and tighten the straps evenly. This is the most critical part, so if the hip belts don't adjust small enough, you may want to try a different backpack or hip belt size. (Remember this may change slightly if you are going to later put on layers of warm clothes/coats).

### Step 3: Back Torso length

Ask someone else to adjust the length of the torso, by pulling the straps down on each side behind your back. This will slide the back padding down the metal frame until the shoulder padding fits comfortably on the top of your shoulder.

### Step 4: Shoulder straps

Pull back and down on the shoulder straps to tighten them to fit close to your body and wrap around the shoulders. These shoulder straps are to simply hold the backpack against your body, not support its weight.

### Step 5: Load lifters

Your pack's load lifters are located just above your collarbones and attach the top of the pack to your shoulder straps. Gently pull these straps snug in order to take some weight off of your shoulders.

### Step 6: Sternum strap

The sternum strap on your rucksack, located on your chest, is simply meant to prevent your shoulder straps from slipping off each side, allowing your arms to move freely. Adjust this to a comfortable height across your chest so it pulls the shoulder straps in.

### Step 7: Stabilizer straps

If your pack has stabilizer straps, they are likely found on the bottom near the hip belt. Evenly pull the straps forward into your body in order to secure and stabilize your load. Your backpack should now be adjusted properly!

Finally, walk around and play with the adjustments to fine-tune the fit. A rucksack that fits correctly should feel like an extension of your own body. Remember that if it doesn't feel right now, it certainly won't feel right after hours on the trail!