

# Instructions

**Fit your BackTpack while standing** with the pack on, but unloaded.

1. **Adjust the length of the shoulder straps** so that your fingertips curl around the bottom of the bags. The correct length of the shoulder straps should be tested by first fastening the sit strap loosely. Then sit in an armless chair so that the compartments hang on either side of the chair. The full weight of the bags should transfer onto the thighs via the sit strap. If this does not happen, lengthen the shoulder straps until the sit strap takes the weight. If the sit strap takes the weight and there is slack in the shoulder straps, they can be shortened to a comfortable length making sure that the weight still transfers to the thighs via the sit strap.
2. **Always stand and sit tall while wearing the BackTpack.** Before donning your loaded bag, correct your posture as much as possible by "lifting your heart" and head making your body like a "T", shoulders relaxed. Your pelvis should be in neutral position. You should not add a load to a slumped spine. Once you get into correct posture, wearing a loaded BackTpack will help train good posture. You can rest your arms on the bags, or grip the shoulder straps and applying a horizontal/forward force to the straps while remaining in a tall upright posture. Consult your physical therapist or medical practitioner for posture training if necessary.
3. **Adjust the chest strap** for comfort and to allow the shoulder straps to stay securely on your shoulders. This position is usually best just below your clavicles.
4. **Adjust the sit strap** loosely so that the bags hang at your sides. Buckle this strap before you sit, to transfer the load from your shoulders and spine onto your thighs and to keep the bags in position and accessible. This strap does not need to be fastened during walking. If hip loading is desired, a belt should be used through the belt loops, provided as a hip loading option in BackTpack 2 and 3.
5. **When riding a bicycle** with your BackTpack, make sure that the bags do not obstruct your leg movement. Depending on your size and shape, you may need to fasten the bags together in the back before riding.
6. **Load the bags with equal weight on each side.** Your total load should be less than 15% of your body weight -- even less for small children. If the load is very heavy, if you need to carry it for long distance, or if for some other reason you need to limit the load on your spine or shoulders, use the hip loading option available in BackTpack 2 and 3. You may also unload your spine and shoulders by sitting, removing the pack, or by taking the weight of the side packs in your hands.
7. **The BackTpack was originally designed for carrying school books.** If the things you wish to carry are bulky or cause the bags to protrude out too far, put the heaviest, flattest items in the bags and carry lighter items separately.
8. **Donning the BackTpack.** Zip the main compartments closed before putting on the pack. When sitting, the BackTpack is easiest to put on with the open pack against your back. If standing, put the pack on one arm at a time. Take care that the webbing of the shoulder straps are on top and that your pack is not twisted while putting it on.
9. **Storing your BackTpack** Hang your BackTpack on a hook for storage.