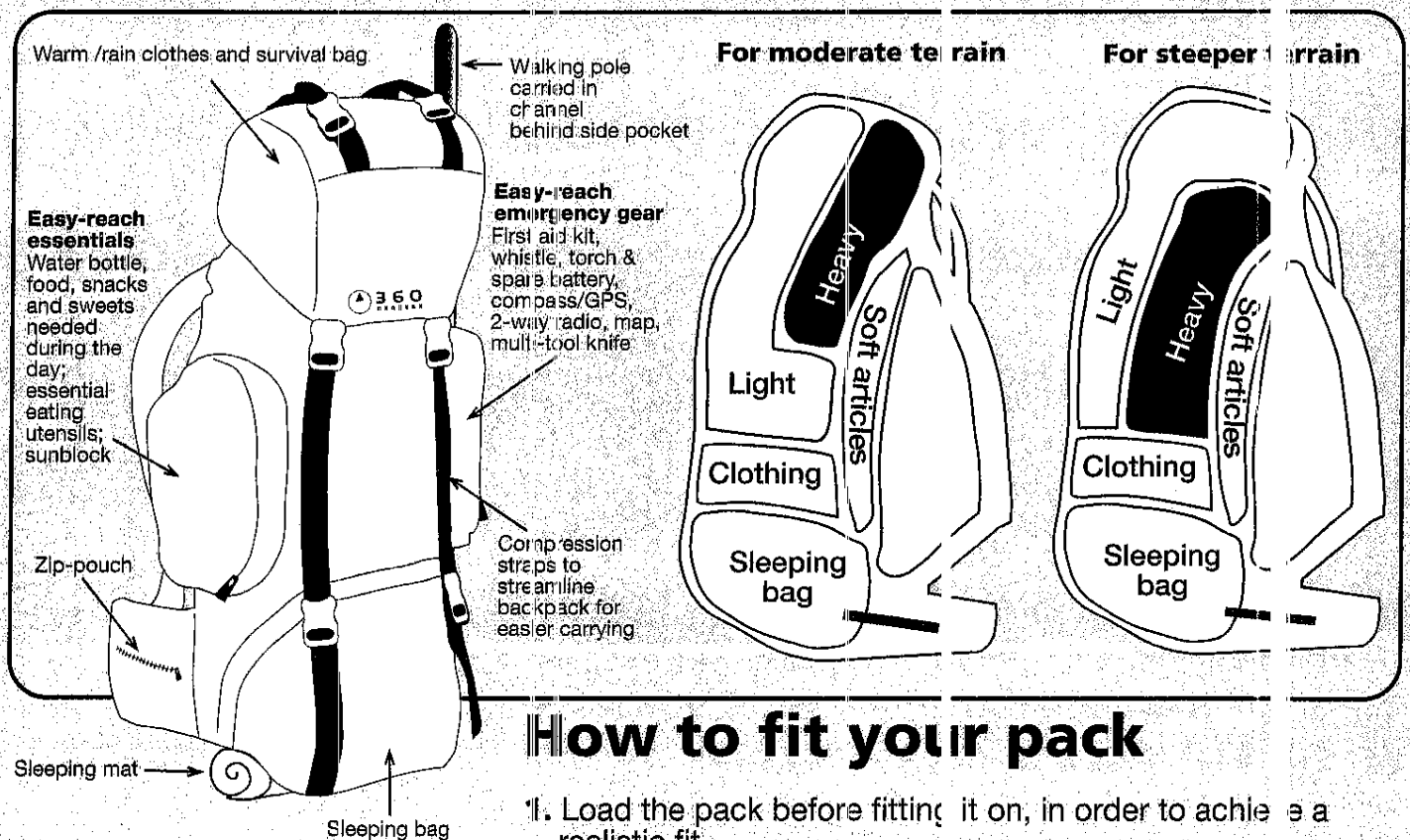


# How to pack a backpack

1. Do not overload yourself. A fit man: 1/3 body weight. A less fit man: 1/4 body weight. A woman: 1/4 body weight (preferably less than 12 kg including water bottles).
2. Line the pack with a strong, waterproof bag. If bright orange, it can be used to signal in an emergency.
3. Put in bulky, lighter items first, including sleeping bag.
4. Ensure your pack is well-balanced and positioned as close to your body's centre of gravity as possible, i.e. close to your back.
5. Pack spare clothing in waterproof bags.
6. Pack heavier items close to your back and higher up in your pack.
7. Do not pack sharp objects close to your back.
8. Ensure that waterproof and warm garments are easily accessible.
9. Pack the side pockets before the main body.
10. Ensure the following can be reached instantly: First aid kit, waterproof poncho/jacket, survival bag, whistle, torch, compass/GPS, map, water bottle, cellular phone.
11. If the pack is not full, use the compression straps to hold the load tightly and prevent backpack sway, which causes fatigue.



## How to fit your pack

1. Load the pack before fitting it on, in order to achieve a realistic fit.
2. Loosen all straps, put your arms through the shoulder straps and mount the pack on to your back.
3. Secure the hip belt around your waist, adjusting it so that it rests on top of your hip bones.
4. Tighten the shoulder straps.

**Note:** The weight of your pack should be concentrated on your hips. If you feel too much weight on your shoulders, or if the hip belt is not resting on top of your hip bones, you can manipulate the length-adjustment of the pack itself until you achieve a correct and comfortable position.

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