

Loading Backpacks

What is the recommended maximum weight you should carry?

We recommend the maximum weight a fit individual can comfortably carry, is less than 1/3 or 33% of their own body weight. For everyone else, we recommend less than 1/4 or 25% of their own body weight in total backpack weight.

How do you load a backpack?

Begin by stuffing the lower compartment of the backpack. If you have a sleeping bag stuff this into the lower compartment first, then fill all other space in the lower compartment with any bulky items that are without weight, making sure you fill all the bottom corners. It is essential to create a solid foundation for the rest of the load in the upper compartment.

Load the remainder of your gear with heavy items such as your stove and cooking gear near your back, and as high as possible in the upper compartment. Pack the lighter gear lower and away from the back. On travel packs, the daypack should only contain lightweight essential items and definitely nothing heavy. If your load is less than full, use your compression straps to compress and hold the load tight and prevent backpack sway. Avoid backpack sway, as any excess of movement created would quickly cause fatigue.

How do you shift the weight to your hips?

1. Loosen the Shoulder Straps until you feel the load shift downward onto your lower back and hips.
2. Tighten your Hip Belt to compensate for this weight transference.
3. Loosen and then tighten the Upper Load Stabilizer Straps until the backpack is comfortably against the back. Do not over tension the Upper Load Stabilizer Straps, as this would draw the Shoulder Straps away from the shoulders, render the Sternum Strap ineffective, and place excessive pressure on the chest.

How do you shift the weight to your shoulder?

1. Loosen your Hip Belt.
2. Tighten the Shoulder Straps for a full transfer of weight to your shoulders.
3. Loosen and then tighten the Upper Load Stabilizer Straps until the backpack is comfortably against the back. Do not over tension the Upper Load Stabilizer Straps, as this would draw the Shoulder Straps away from the shoulders and place excessive pressure on the chest.