

LOADING YOUR PACK

OWNER'S GUIDE

How to adjust your REI Traverse

A well-balanced pack is comfortable to carry and easy to maneuver on rough terrain. One of your goals is to concentrate the weight in your pack near your body's center of gravity. Here are 2 basic guidelines:

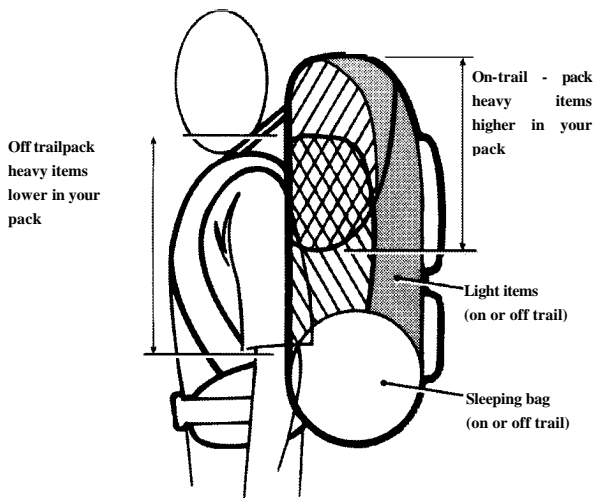
- Always pack the heaviest items close to your back, centered left-to-right.
- Place your sleeping bag at the bottom-it's a bulky, lightweight item that's best placed low in your pack.

Packing for the trail

For travel on well-defined trails, you may opt to trade some balance for greater shoulder comfort. Placing heavy items high and close to your shoulders lets you center the load over your hips and legs as you hike. That not only eases the burden on your shoulders, but is also more efficient overall because your hips and legs are stronger and have more endurance.

Packing for off-trail

For travel off-trail or on very primitive trails, you want to have maximum balance. Center the heavy stuff low in your pack, as near as possible to your body's center of gravity. If your pack's weight is centered too high, your load has enhanced leverage and a stumble can become a dangerous tumble.



Congratulations on your purchase! REI packs use expedition-proven designs and durable, high-quality materials. With proper care, your Traverse Series pack will serve you for many years.

ADJUSTING THE FIT OF YOUR PACK

Before you fine-tune the fit of your pack, fill it with a moderate load (20-30 pounds), uniformly distributed. Then do the checks and adjustments below, in the order listed. You can also make many of these same adjustments out on the trail with a fully loaded pack.

NOTE: if you make all of the adjustments below and your pack still doesn't seem to fit right, you can get further fitting help at your nearest REI store. If you're a long way from one of our stores, call 1-800-426-4840.

Position hipbelt

Loosen the shoulder straps, load-lift straps and the hipbelt. Position the belt's seam on your hip bones, buckle the hipbelt and tighten it snugly. The belt's padding should cup around the outermost point on each side of your hip bones.

Check shoulder-strap height

Tighten the shoulder straps and check that they wrap around comfortably, attaching to the pack about 1" below the top of your shoulders. If not, re-position them by adjusting the ladder suspension system:

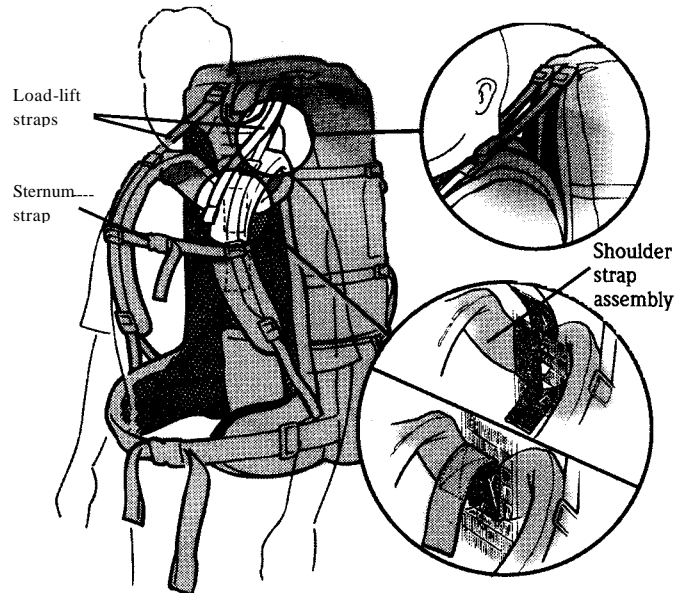
- Grasp the 2" webbing strap that hangs down from shoulder-strap assembly; lift it up, unfastening the hook-and-loop patch that holds it in place.
- Underneath is another 2" strap; grasp its top and pull down, unfastening the patch that holds it in place.
- Under these straps is a "ladder," a series of parallel webbing loops running vertically up the back of the pack. Slide each strap out from under its ladder loop.
- Move the top strap up or down to another webbing loop and slide it underneath, pulling it taut.
- Slide the bottom strap in one loop below where the top strap is inserted; pull it taut, fold it up and attach its hook-and-loop patch.
- Fold down the top strap and attach its hook-and-loop patch.
- Double-check the shoulder-belt height and readjust if necessary.

Load-lift straps and sternum strap

- Load-lift straps help move your load toward your center of gravity. Tighten them and check that they form about a 45° angle with your pack, attaching to your shoulder straps near your collar bone. If these straps don't seem to match the illustration below, try moving them to their other attachment points.
- The sternum strap prevents your shoulder straps from shifting. Position it about 2" below your collar bone, making sure you can breathe comfortably when the strap is fastened. Each side of the sternum strap adjusts easily-grasp the buckle that attaches it to the shoulder strap and slide up or down.

How a pack should fit

The shoulder straps should be in full contact (no gaps) and the load-lift straps should form about a 45° angle with the pack.



The inside seam on the hipbelt should be positioned on your hip bones.

To reattach the shoulder-strap assembly, make sure the upper and lower attachment straps are inserted 1 loop apart on the "ladder."