



PACK SIZING

If you are unable to use the Osprey PackSizer App, you can measure yourself by following



- 1 Locate your C7 vertebrae; the bony bump at the base of your neck, where the slope of your shoulder meets your neck. Tilt your head forward to locate it more easily.



- 2 Place your hands on the very top of your hips so you can feel your iliac crest, which creates your 'hip shelf'.



- 3 Measure the length between the C7 vertebrae and the iliac crest. Be sure to follow the contours of the spine.

Based on your torso measurements, select the size below which you best fall into.

MENS	MEASUREMENTS (CM)	PACK SIZE
	38 - 48.5	SM
	46 - 53.5	MD
	51 - 60	LG
	38 - 51	S/M
	46 - 60	M/L

WOMENS	MEASUREMENTS (CM)	PACK SIZE
	38 - 45.5	SM
	44 - 53	MD
	38 - 53	WS/WM



How to fit your pack



1

Adjust back length

Pick your pack size to match your back length. Choosing between Small, Medium or Large or split sizes Small/Medium or Medium/Large. Breaking the velcro behind the harness to allow access to the adjustable torso, slide up or down to fit best back length.



2

Fix & tighten the hip belt

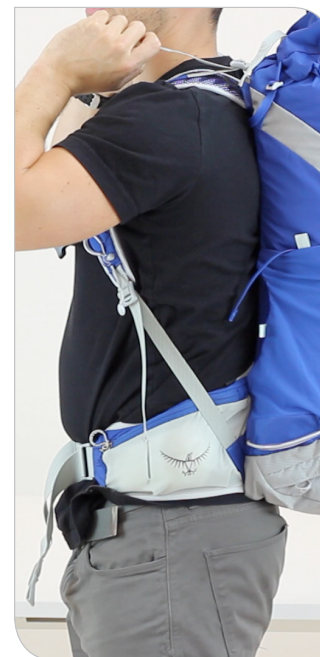
First attachment point is the hip belt strap. It is essential that the hip belt strap is adjusted first as it distributes the weight evenly between legs and lower lumbar rather than the weaker points like the shoulders and arms.



3

Tighten harness straps

Thirdly, the harness straps need to be pulled downwards so that the webbing on both hip belt and harness are comfortably tight much like the laces on your shoes.



4

Adjust load lifters

The load lifters should be pulled forward so that pack is perpendicular to your back. The centre point of gravity will allow weight to flow directly down to the ground. Optimum angle for load lifters is around a 45 degree angle, this will insure that the pack is straight to your back.



5

Clip & fix sternum strap

Lastly, fastening the sternum strap pulls the harness in to the chest away from areas containing lots of blood and nerves.



How to **pack your pack**

3

Stabilise load with smaller items. Pack around the heavy items in a sustainable manner.



2

Pack heavyweight items close to your spine.



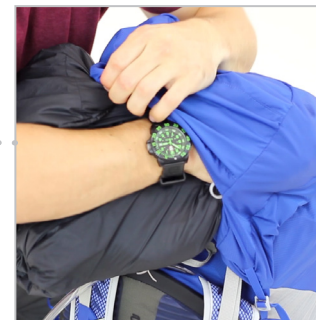
1

Pack your pack from the bottom/middle up with sleeping bag towards the bottom of the pack.



4

Pack and secure lid.



5

Lightweight items on exterior.





Looking after your Osprey pack

Your pack is an extremely durable product built for years of use and abuse.

However some basic procedures will ensure that your pack holds up optimally. Packs need love too!

- **After each trip be sure to clean out your pack thoroughly – empty the pack, shake the dirt out and remove any dried on mud with a soft brush.**
- **If it's wet, hang it to dry, out of direct sunlight.**
- **Before you store your pack, be sure to loosen all the straps, in particular the load lifter straps on the top of the harness.**
- **Store your pack in a cool, dry location.**

How to clean your pack

If your pack has become especially dirty and requires a thorough clean, follow these steps:

- 1 First, if the pack has a removable harness and hipbelt, remove them from the pack body.
- 2 Secondly, clean your pack and components in a bathtub or large sink using a mild soap, warm water and a sponge or soft brush. We do **NOT** advise cleaning your pack in a washing machine.
- 3 Rinse the pack thoroughly once the dirt is removed.
- 4 Hang to dry outdoors or in a well-ventilated area out of direct sunlight.



(Do not immerse travel packs with our High Road™ Wheeled Chassis. Instead wipe the exterior of the chassis and scrub stains on the pack fabric using a bucket of warm water and mild detergent.)



Osprey recommends the following Nikwax® products for pack care. Be sure to read label directions carefully before applying any product to your pack.

Tech Wash Use this with warm water for washing and cleaning your pack.

Tent & Gear Solar Proof Use this spray-on product to protect your pack from UV exposure and to improve water repellency.