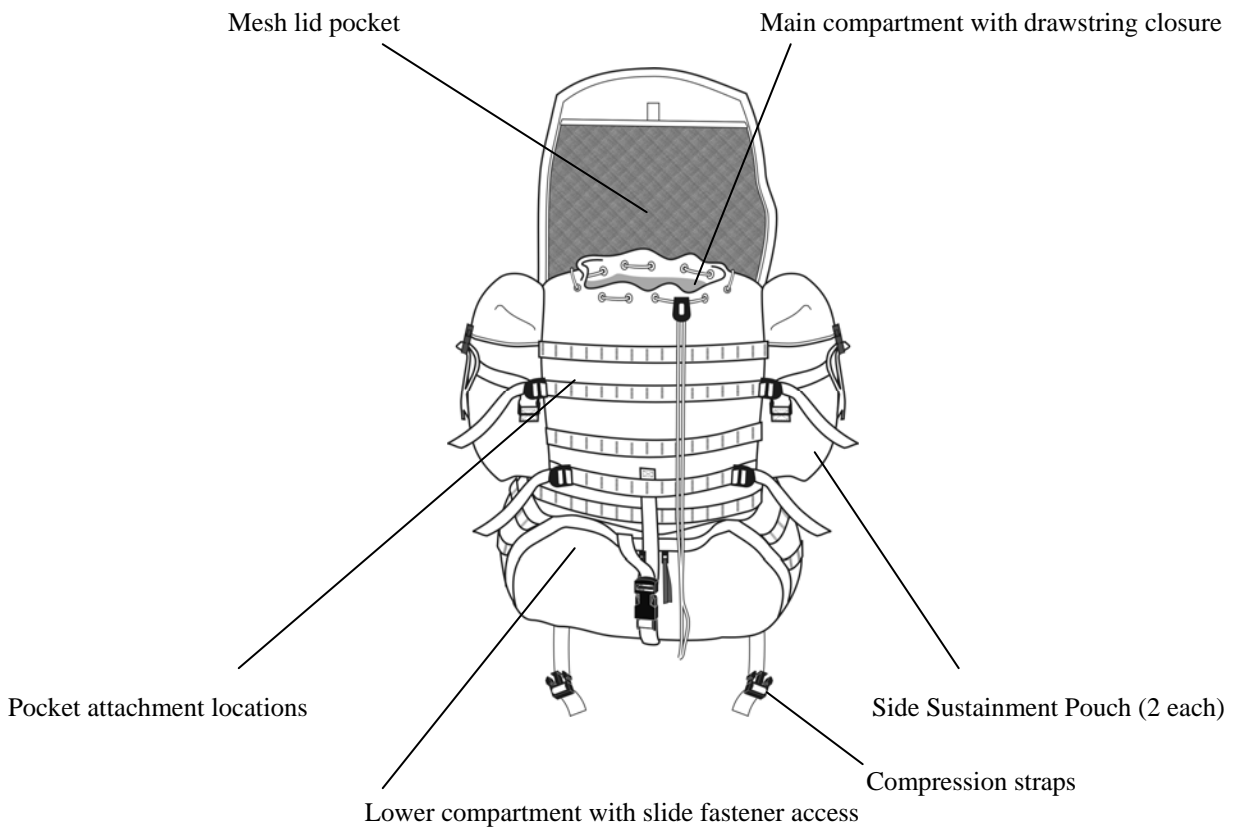


The **Large Ruck shoulder straps** and **waist belt** come pre-assembled to the **Frame**. The other components are provided as add-ons, that can be attached as needed.

## MOLLE Large Ruck:

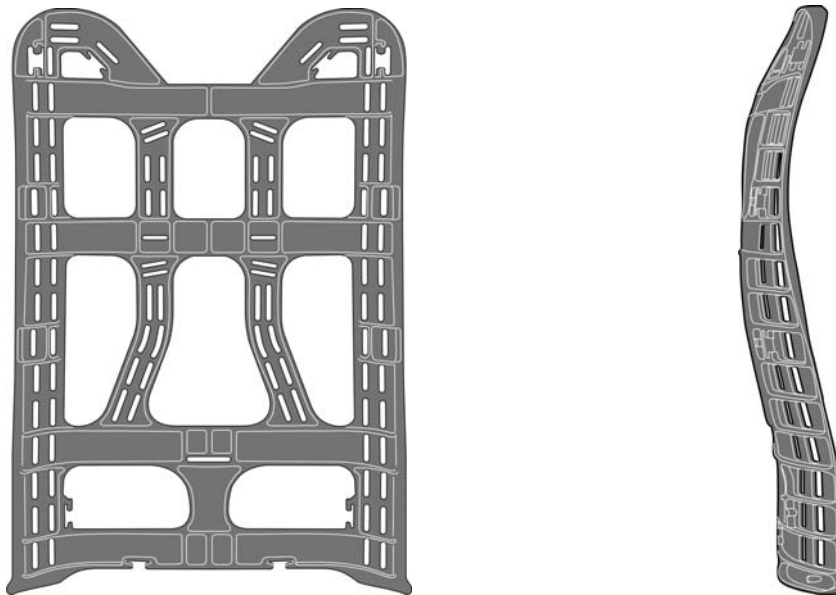


The MOLLE Large Ruck capacity is 4000 cubic inches. The side sustainment pouch capacity is 500 cubic inches each.

The top flap of the Large Ruck is a mesh pocket for small reference and information materials. It is secured with a hook and loop closure.

## Frame

The molded frame is contoured to fit the shape of the back and allow the user to wear the rear ballistic plate of standard body armor without discomfort.



## Adjusting Straps on Frame

The shoulder strap suspension of the frame is adjusted by securing the one-inch webbing around the frame in the appropriate location using the slide buckle.

The proper location is determined by donning the frame, and fastening the waist belt buckle while wearing the vest. Position the shoulder straps so there is complete contact with the shoulder. For short torsos, move the waistbelt location on the frame as shown in the next illustration. If more adjustment is needed, move the shoulder strap location on the frame.

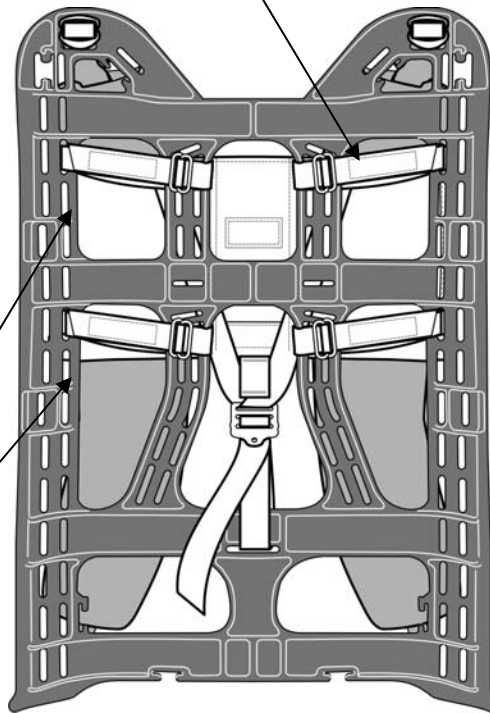
A properly positioned waistbelt will cover the hip bone. After the one inch webbing is secured around the frame to hold the shoulder straps in place, wrap the 1 ½ inch webbing around the cross bar and secure with the slide buckle.

## **CAUTION**

Proper attachment of the shoulder straps to the frame is **extremely** important to prevent unstable loads.

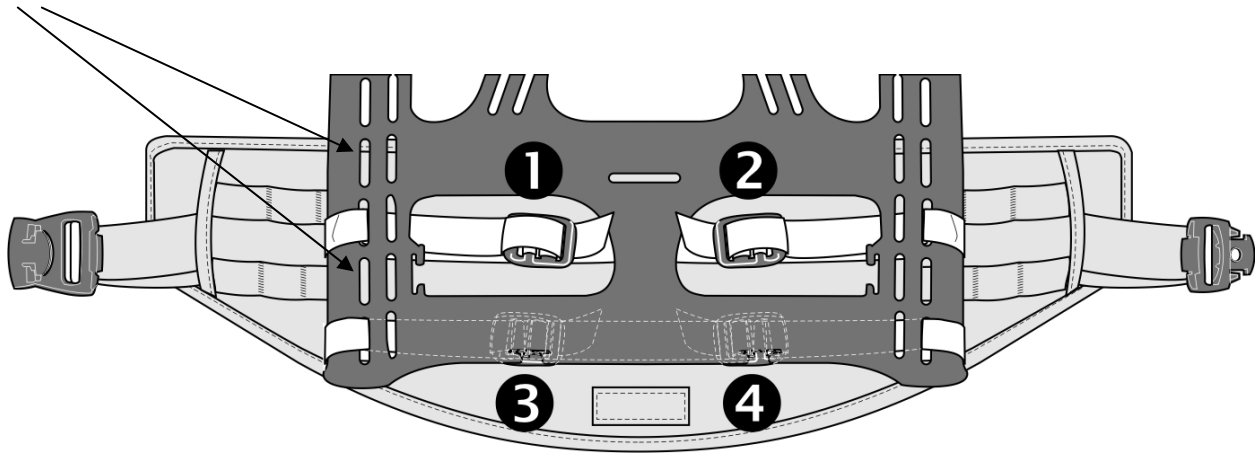
Pull tight and fasten hook and loop closure

Move location of  
shoulder attachment  
straps for short torsos



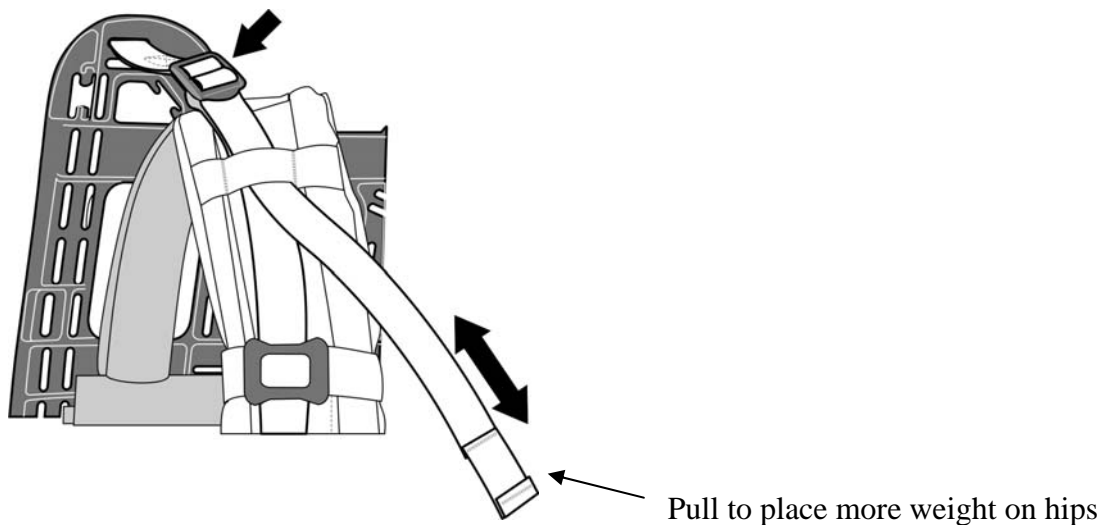
The waistbelt should be permanently connected to the frame utilizing 4 non-slip buckles as shown. For a short torso length, the waist belt can be moved as indicated in the illustration.

Move all four waist belt attachment straps up one location on frame for short torsos

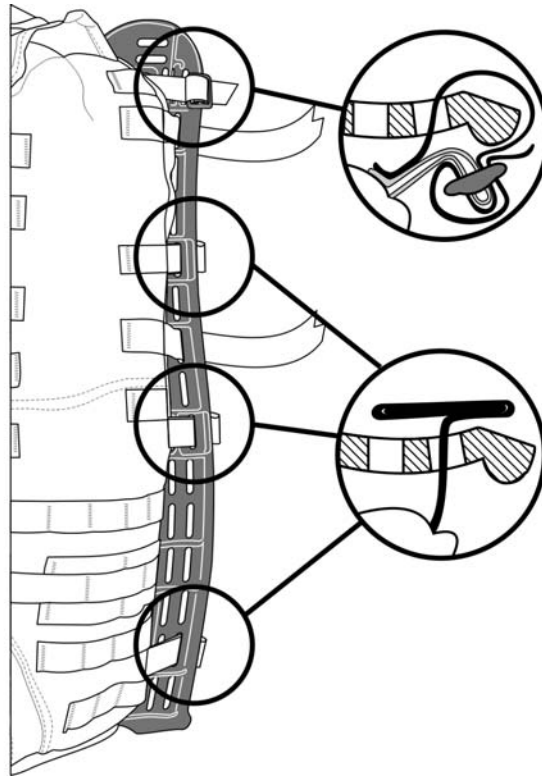


The load-lifter straps can be used to adjust the pack while marching. The weight of the pack can be transferred from the shoulders to the hips and back again by either cinching the 1" webbing down or by loosening the webbing by adjusting the non-slip buckle.

Lift buckle tab to put more weight on shoulders



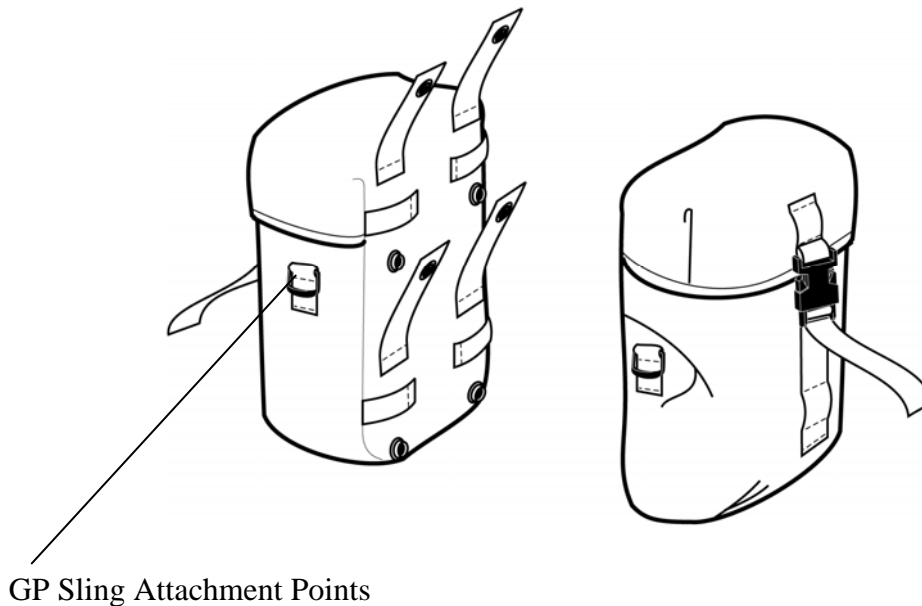
The ruck attachment straps are attached at the top slot on the frame with a three-bar buckle and webbing.



The sides of the ruck are attached to the frame by using the folded webbing as toggles through the vertical openings.

The Large Ruck has two large, removable Sustainment Pouches which attach to the side of the ruck using the same interlocking attachment system as the FLC pockets. These Sustainment Pouches each contain two D-rings on the sides, which allow them to be carried by the General Purpose Sling for alternate uses.

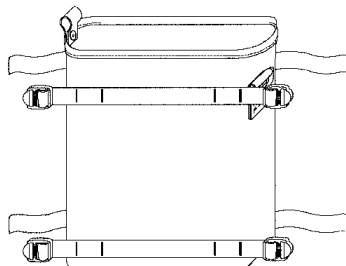
The Sustainment Pouches can also be added to the side of the Assault Pack to add 1000 cubic inches to its capacity. All of the large pouches of the MOLLE system have D-rings on the sides to allow the item to be slung with a GP sling.



### **Radio Operators:**

The Large Ruck contains a collar made of water-resistant material which is secured with a cord and barrel lock. Inside the Large Ruck, against the back panel is a removable radio pouch designed to carry a SINGARS/ASIP radio.

#### **Radio Pocket**

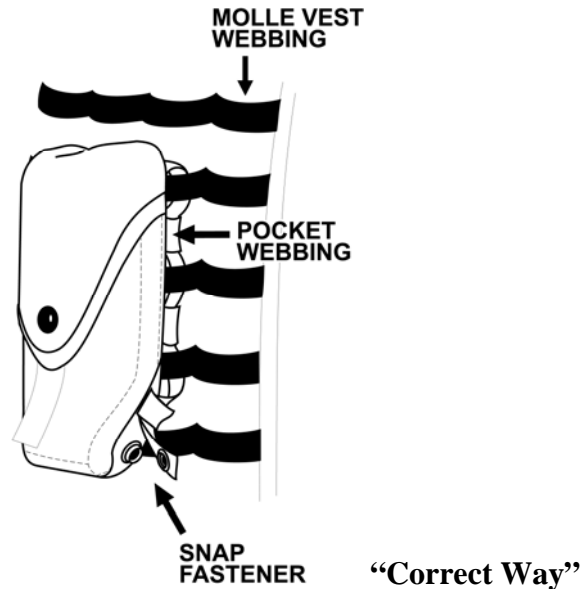


This removable pouch contains D-rings on each side to allow the radio to be carried by the General Purpose Sling when a pack is not needed. When the radio must be carried in the Large Ruck, the radio pouch is secured to the four black metal loops on the inside of the Large Ruck using the one-inch webbing.

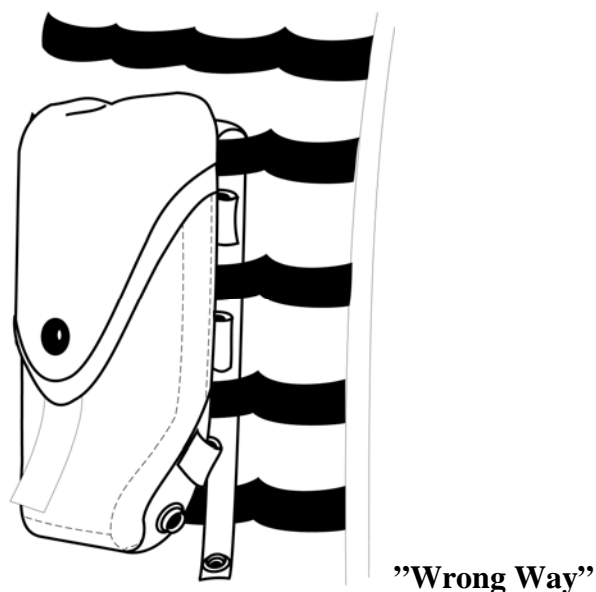
## Pouch/Pocket Attachment

To properly attach a pouch/pocket, choose the desired attachment point on the vest panel. Line up the top of the pouch evenly with the top of the nearest horizontal one-inch webbing that goes across the panels. Insert the pouch attachment strap down the 1 1/2" channel, then behind the 1" webbing on the back of the pouch. Continue weaving the attaching strap behind the horizontal webbing on the vest and the webbing on the back of the pouch until the pouch is secured along its entire length.

This attachment system is extremely secure and stable when properly used.

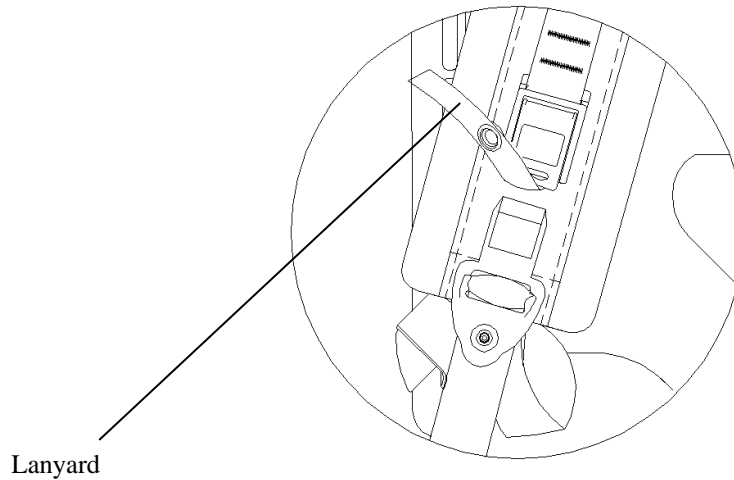


**Do not** simply place the attaching strap through the vest webbing without the interlocking weave. The pouches will not be secure if attached in this manner.



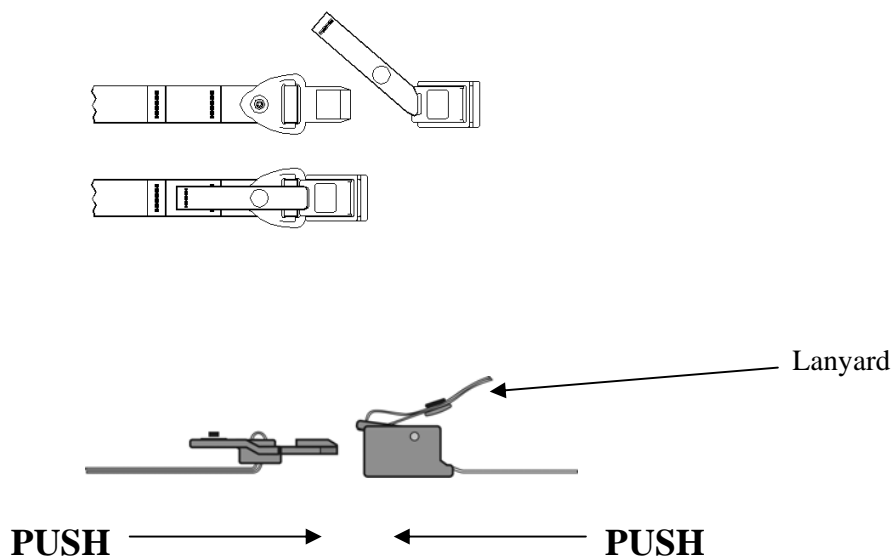
## Donning and Doffing

**ALWAYS** disengage waistbelt buckle and chest strap first.



Emergency doffing can be accomplished by sharply pulling upward on the quick-release lanyard to disengage the buckle and letting the pack fall away.

The Main Pack can also be doffed when in the prone position by simply activating one of the shoulder strap quick-releases and letting the pack fall off by twisting to one side when the waist belt and chest straps are also disengaged. To re-attach the quick-release buckle, simply insert the male portion into the female portion and push until the latch tab clicks. Do not try to push down on the latch tab.





## **Cleaning and Maintenance of MOLLE II Equipment**

Scrape dirt and dust from the item using a brush that will not cut into the fabric.

Using mild detergent or soap, hose or wash the item in a pail of water.

Rinse thoroughly with clean water.

**Do not use chlorine bleach, yellow soap, cleaning fluids, or solvents that will discolor or deteriorate the item.**

Dry the item in shade or indoors. Do not dry in direct sunlight, direct heat or open flame.

Do not launder or dry item in fixed commercial home-type laundry equipment.

Do not attempt to dye or repair.

Turn in for repair or replacement.

**Remember, extremely dirty or damaged equipment can eventually fail to perform its intended function.**