Pack Fitting
Note: Loosen all straps prior to fitting

1) Torso Adjustment: Release the yolk from the pack by separating the hook and loop closure from the back. Adjust the torso length so the “collar cut” in the shoulder straps are in line with your neck and the waist belt is positioned on your hips.

2) Waist Belt: Center the waist belt on your hipbone and tighten until snug. You want the majority of the weight supported by your hips for maximum comfort.

3) Shoulder Straps: Tighten the shoulder straps so that they hold the pack lightly against to your back. The shoulder straps should not be carrying the weight of the pack.

4) Load Lifters: The load lifter straps bring the top of the pack closer to your back and pull weight off the tops of your shoulders. Over-tightening of the load lifter straps can be identified when a gap starts to form between your shoulders and the shoulder straps.

5) Sternum Strap: Adjust the height of the sternum strap to a comfortable location. Buckle the strap and tighten until the shoulder straps are pulled inwards allowing your arms to move freely.

6) Stabilizer Straps: Tighten the stabilizer straps to bring the pack closer to the waist belt to stabilize the pack when loaded.

7) Shoulder Straps: Lastly, go back to the shoulder straps and loosen them slightly until you feel the weight of the pack transfer to your hips, ensuring they will carry the majority of the weight.

Travel Ready
Wrap the shoulder straps and waist belt to the front of the bag when traveling. This is the optimal position for your straps when placing your bag in aircraft overhead compartments and helps to keep the straps from getting caught or snagged.
GEAR FITTING
We include dividers of different lengths allowing you to customize your pack’s layout depending on how you like to travel and carry your gear. Please visit our website for additional gear diagrams.

2 Vertical Dividers: Large lens (attached) configuration

2 Vertical Dividers: Traditional kit

2 Vertical Dividers: Mirrorless kit (20L Only)

1 Vertical Divider: Large lens detached configuration (30L & 40L Only)

Laptop Fitting
We recommend using a neoprene sleeve when placing a laptop in the unpadded, front pocket.

Hydration Fitting
FirstLight 30L & 40L fits most 3L hydration reservoirs (not included).

1) Fill reservoir and place in the side hydration pocket. Use the tether to hold your reservoir in place.

2) Guide the tube through the pass-through slot and down the shoulder straps. Secure with elastic straps and adjust to a convenient length.
Tripod Attachment - Front

1) Remove tripod strap from top pocket & release the tripod cup.

2) Place one or two of the tripod's feet in the tripod cup. Secure the lower strap over the remaining leg(s).

3) Affix top strap around the tripod. Depending on the size of the tripod, you may want to wrap the strap around the top of the tripod to secure it to the bag.

Tripod Attachment - Side

1) Place one or two feet in the side pocket and secure the remaining leg(s) with the bottom compression strap.

2) Affix the top compression strap around your tripod. Depending on the size of your tripod, you may need to wrap the strap around the top of the tripod to secure it to the bag.
Raincover - Attachment
If you have previously used the raincover as a ground cloth, you will need to tighten the drawstring to give the raincover form. This will make it easier to wrap around the bag.

1) Position the drawstring at the top center of the bag
2) If you are using a tripod, loosen the drawstring and pull the raincover over the tripod legs
3) Wrap raincover around bottom of bag and cinch tight
4) Tie drawstring in a loose knot to keep the excess cord length tidy

Raincover - Ground Cloth
The raincover can also be used as a ground cloth, giving you a dry area to work from if the ground is muddy or wet. To convert the raincover into a ground cloth, completely loosen the drawstring on the raincover and place it on the ground with the MindShift Gear logo facing up. Avoid placing the cover on rocks or other sharp objects that could puncture the waterproof underside.

Raincover – Care
If the raincover gets dirty, soak it in cold water (no soap) and hang to dry.

Waterproofing:
Water repellent should be re-applied to the exterior of the pack and raincover every 6 months. We recommend Nikwax: Tent & Gear Solarproof

Additional Resources
Please visit our website and YouTube page for additional images and instructional videos:
mindshiftgear.com
youtube.com/MindShiftGear