



## **Fitting Instructions**

- Have another person there to help you for the initial fit.
- Loosen all the straps and put the sack on your back.
- Adjust the main back section so that the hip belt fits over the top half of your hip bones and the shoulder straps roll nicely over your shoulders without any gaps.
- Tighten the hip belt then pull in the shoulder straps
- Pull the hip belts tightening straps in to stabilize the load.
- Adjust the loading straps so that they run in a straight line from the shoulder strap to the attachment point on the rucksack.

## **Loading Instructions**

- Do not overstuff your rucksack. If it doesn't fit in you're probably carrying too much!
- Remember to pack every item tightly from the first item to the last.
- Pack in the reverse order that you will need the kit. i.e. first needed is last in.
- Put heavy items as close to your back as possible.
- Use the haul loops to pick up the sack. Shoulder straps (while strengthened) are designed to spread the load evenly between both straps not for hauling the load up from the floor.
- Lower your sack to the ground carefully. Don't drop it or throw it down.



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## **Washing Instructions**

1. Do NOT machine wash
2. Ensure you have emptied everything and shaken out all loose grit and dirt.
3. We recommend putting the bag in the bath and using a shower head and a soft bristled brush to wash and scrub out any stains.
4. Only use as little ph neutral soap as possible.
5. After washing run a pencil over all the zippers to re-lubricate using the graphite of the pencil.
6. Do NOT Iron.
7. Occasionally spray the outside with a waterproofing agent such as Nikwax Tent & Gear Proof to restore the water-repellent finish. If a lot of soap was used or heavy scrubbing required definitely do this stage.