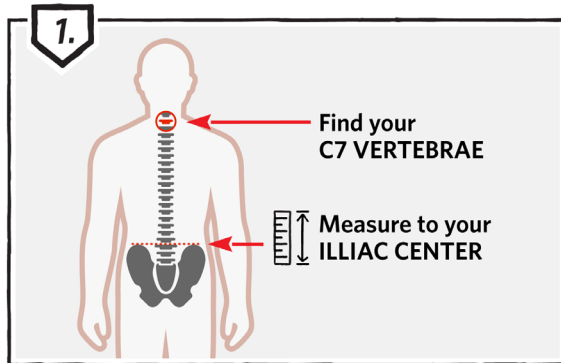


HOW TO FIT YOUR PACK

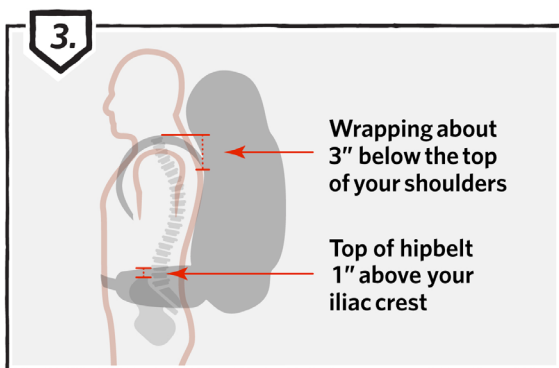
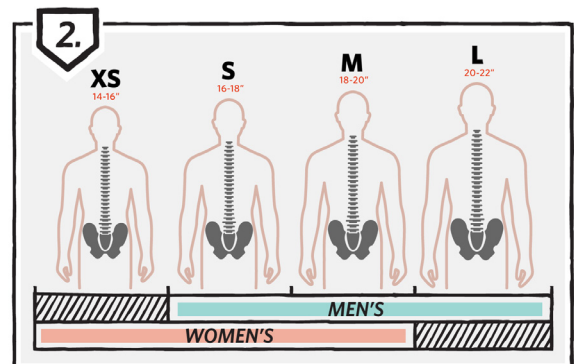


STEP 1: MEASURE YOUR TORSO LENGTH

Grab a measuring tape. Tilt your head forward to make it easier to and find the highest protruding knob at the base of your neck. Ahoy! It's your C7 vertebrae—the starting point for your soft measuring tape. Tilt your head back up and run the tape straight down your spine until you reach your Iliac Center. This is the point in the center of your spine that aligns with the highest point on your hipbone.

STEP 2: PICK YOUR PACK

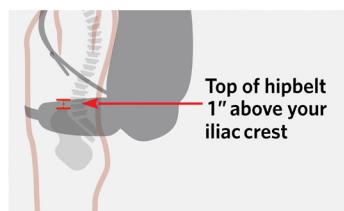
Once you know your torso length, you can look up the size you should buy on our Fit Chart. All Gregory packs are sized the same regardless of gender, so a medium is a medium whether it's a women's pack, men's pack, or unisex.



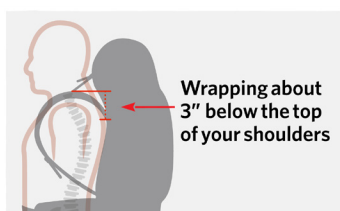
STEP 3: TRY ON THE PACK

It's best to try it on with some weight in it - at least 10 to 20 pounds. Make sure the top edge of the hipbelt sits 1 inch above your hips. The shoulder straps should wrap smoothly over your shoulders, then onto your back about 3 inches below the top of your shoulders. If the shoulder strap starts lower than 3 inches, try a smaller size.

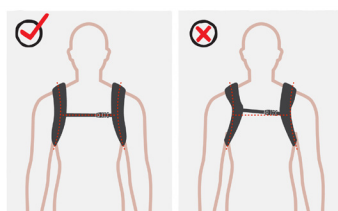
» KNOW YOUR PACK



Top of hipbelt
1" above your
iliac crest

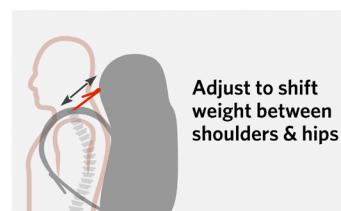


Wrapping about
3" below the top
of your shoulders



Sternum Strap

This strap buckles directly over your heart to keep the shoulder straps in place. This strap should not distort the shape of the shoulder strap or inhibit your breathing.



Load Lifter Strap

These critical straps allow you to shift weight between your shoulders and hips. They also draw weight toward your center of gravity and provide stability.

Hipbelt

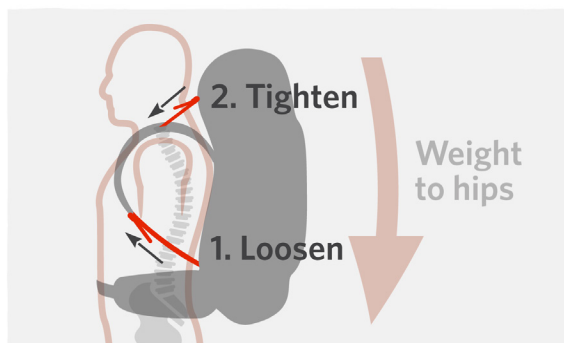
This buckles above your hips, letting you carry your pack's weight there instead of on your shoulders. You should position the belt pad 1 inch above your hips (or on your "iliac crest" to get all technical).

Shoulder Strap

They should form to the contours of your natural shape and rest against your shoulders, wrapping about 3 inches below the top of your shoulder blade.

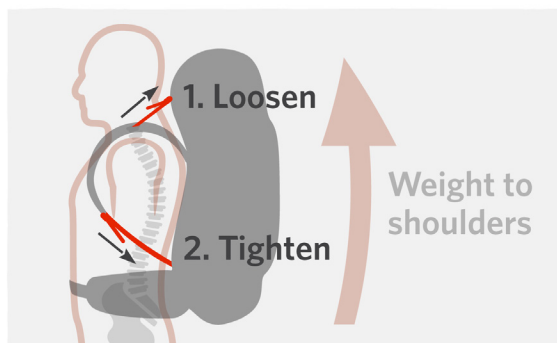
» STAY COMFORTABLE

When you're on the trail, you can adjust the straps to transfer weight between your hips and your shoulders as you need to conserve energy and stay comfortable.



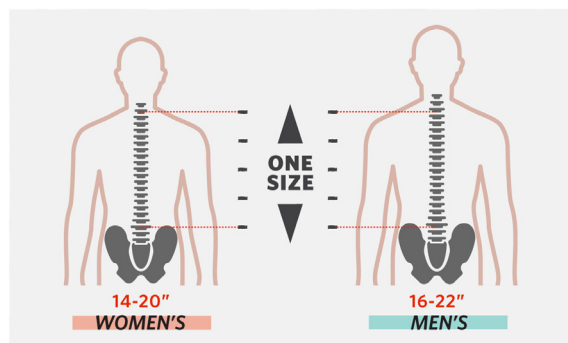
Transfer Weight to Hipbelt

Loosen the shoulder straps slightly, then tighten the load lifter straps.



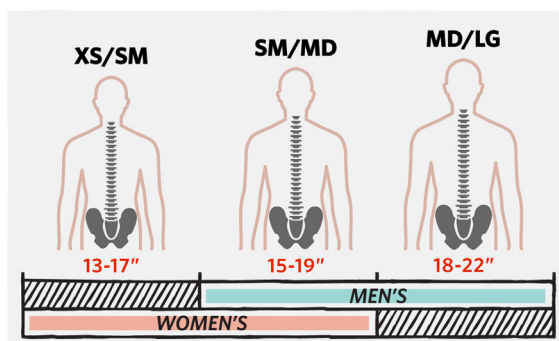
Transfer Weight to Shoulder Straps

Loosen the load lifter straps, then tighten the shoulder straps.



Pack Sizing- One Size

Designed to fit a wide range of torso lengths and body shapes.



Pack Sizing-Adjustable

These packs allow for changes in torso length within the sizes indicated.