

Loading & Donning a Backpack

Mark Wray

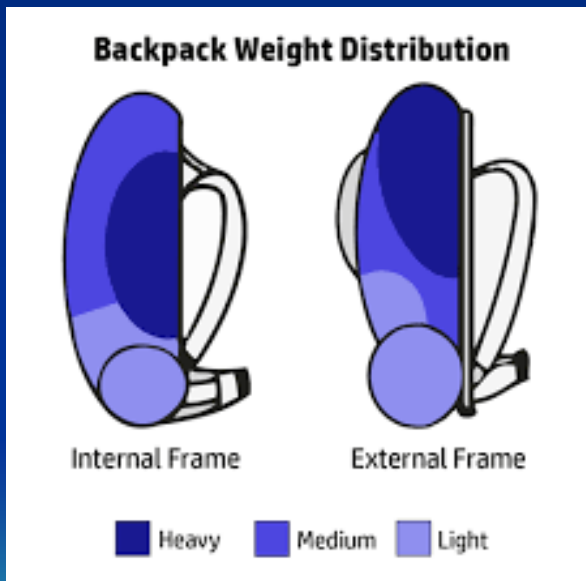
NCAC Philmont Training Session IIIa

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Backpack Loading

- ▶ Panel (front) or top loading
- ▶ One large or several divided compartments



Backpack Adjustments

1 - Hip belt

Rides on hips, full contact

2 - Shoulder straps

Width to fit shoulders

3 - Stabilizer straps

Chest

Side (hip) Load Adjusters

Load Lifters (top)

Torso Length

Too short: Shoulders only

Too long: Hips only

C7 vertebrae to iliac crest



Donning a Backpack

- ▶ No over-the-head heroics - !
- ▶ Open all straps, bring to thigh
- ▶ Slip near arm in, hoist to shoulder and insert other arm
- ▶ Hip > shoulder > chest > load lifters
- ▶ Use a buddy!
- ▶ Dirtbag hiker syndrome

▶ [video](#)



Wray's Trail Wisdom

- ▶ No such thing as inclimate weather, only inadequate gear...

