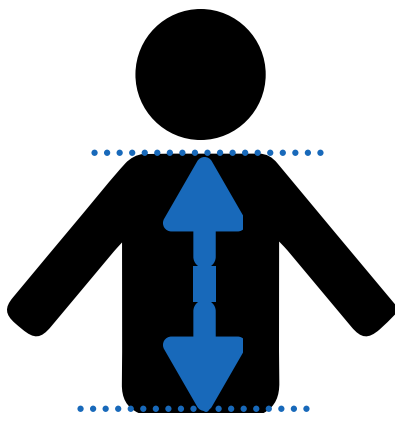


PACK IT LIGHT WEAR IT RIGHT



Here are 5 simple steps to help make sure your child's load is carried comfortably and safely.



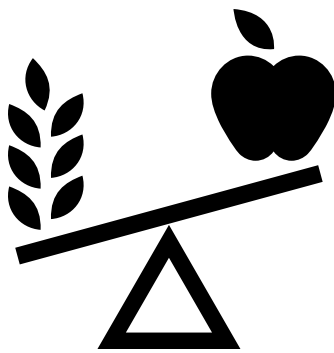
1. MEASURE THEIR TORSO

Measure from C7 (the bump below their neck) to their hip bones. Make sure their backpack matches their torso measurement or smaller.



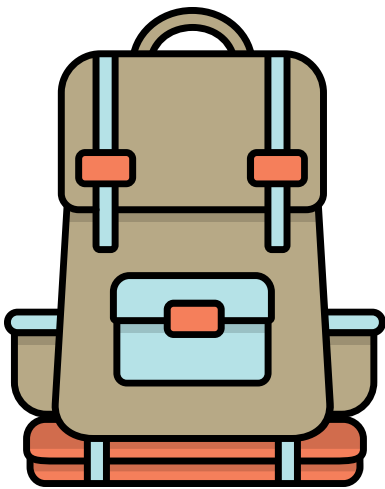
2. STRAPS ARE IMPORTANT!

Buy a backpack with hip straps, a sternum strap and load lifters if possible. Make sure children wear the backpack with both straps on their shoulders.



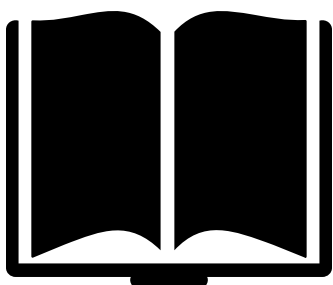
3. PACK IT RIGHT

Pack heavier items at the bottom and close to the body. Odd shaped or bumpy items can be packed on the outside, away from the back.



4. USE ALL COMPARTMENTS

Using all the different compartments and pockets helps to distribute the weight and make the pack most comfortable.



5. PACK LIGHT

Pack only what is necessary for the day. Make sure the backpack weighs no more than 10-15% of your child's bodyweight if possible.