

Step 1:



Clip together the waist harness. Make sure that all straps are straight and comfortable.

Step 2:



Pull the waist harness tight.

Step 3:



Clip the chest belt together.

Step 4:



Pull the chest belt tight, this keeps the shoulder straps from pulling to the outside.

Step 5:



Tighten the shoulder straps, which pulls the backpack up higher on your back. This is very important for overall comfortability.

Step 6:



Attach the included front pouch.

Step 7:



Tighten the side straps for the front pouch. This will prevent it from sagging and dumping its contents.

Step 8:

Tighten all straps again, ensuring that the backpack is high on your back and that the shoulder straps are held close together and not sliding down your shoulders. At this point you are ready to dispense.

