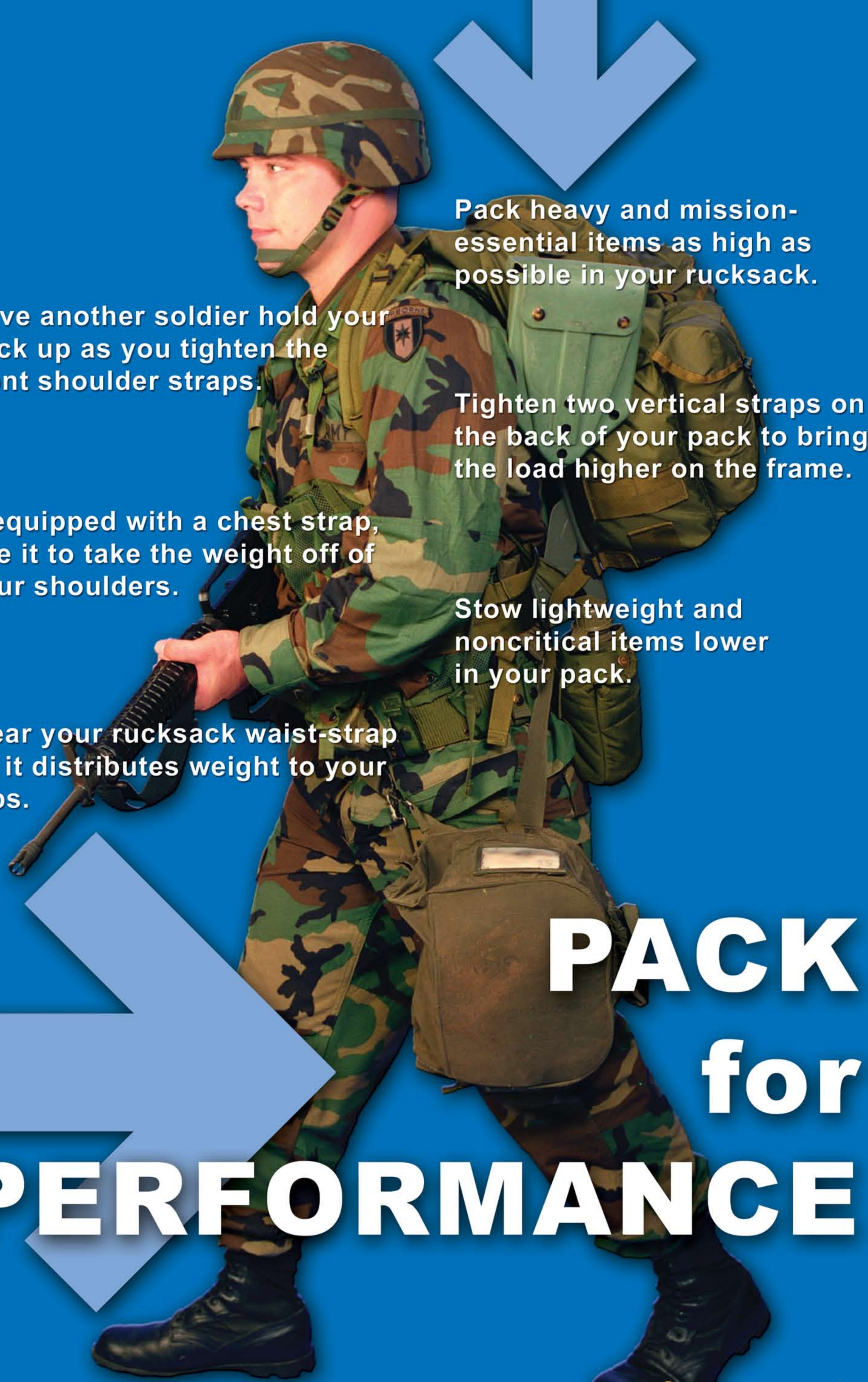
Rucksack Packing and Fitting Tips



Pack heavy and mission-essential items as high as possible in your rucksack.

Have another soldier hold your pack up as you tighten the front shoulder straps.

Tighten two vertical straps on the back of your pack to bring the load higher on the frame.

If equipped with a chest strap, use it to take the weight off of your shoulders.

Stow lightweight and noncritical items lower in your pack.

Wear your rucksack waist-strap so it distributes weight to your hips.

PACK for PERFORMANCE

Prepared by the USACHPPM Ergonomics Program.
Based on research conducted by USARIEM.
Endorsed by the DoD Ergonomics Working Group.

http://chppm-www.apgea.army.mil/ergowg/default.htm