

# general fit guidelines »

## FOLLOW THESE STEPS TO PROPERLY FIT YOUR MID TO LARGE SIZE GREGORY PACK

For complete information visit our website at: [www.gregorypacks.com/fit](http://www.gregorypacks.com/fit)

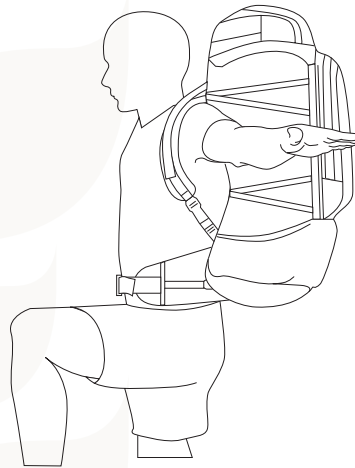
- 1 Measure your torso length and select the proper frame size.
- 2 Set the shoulder harness in the top or bottom slot as indicated by your torso measurement.
- 3 Load the pack with 15 to 20 pounds.
- 4 Put the pack on, tighten the shoulder straps, shrug your shoulders and then tighten the waistbelt. The top edge of the waistbelt pad should be about one inch above the iliac crest.
- 5 Relax. Lift your leg until your thigh is at a 90-degree angle to your body. The bottom shoulder edge of the waistbelt pad should be level with the top of your thigh.
- 6 Make sure the shoulder stabilizer straps are loose. At the bottom of the harness, there should be 2" of leftover adjustment without bottoming out on the pack body. Additionally, the curve in the shoulder harness should be level with your armpit.
- 7 Pull on the shoulder stabilizer straps until they're slightly tensioned.

### DISTRIBUTING YOUR PACK'S WEIGHT

These micro adjustments will help keep you comfortable on the trail. Ideally, your packs weight will rest more on your hips than on your shoulders.

### SHIFTING WEIGHT TO YOUR HIPS

- 1 Loosen the shoulder adjustment straps.
- 2 Tension the shoulder stabilizer straps until there is a loop in the top of the harness.
- 3 Re-tension the shoulder harness adjustment straps.



### CORRECT SHOULDER STABILIZER ANGLE:

**45°** Denali Pro 105, Petit Dru 85, Makalu Pro 70, Whitney 95, Deva 85, Palisade 80

**25°** Baltoro 70, Deva 60, Triconi 60

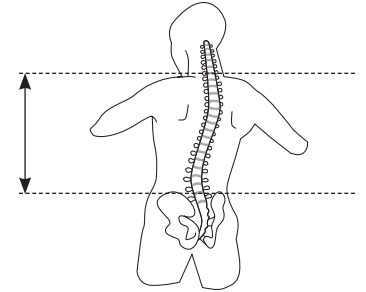
**10-15°** Z65, Jade 60, Z55, Jade 50, Z35-R, Targhee

**0°** Z35, Jade 35, Z30, Z25, Jade 25, Z22, Drift

## » frame size

### MEASURING FOR TORSO LENGTH

Using a flexible tape measure or Gregory Fit-O-Matic, measure the length of your torso from the C7 vertebra (at the base of your neck) to the spot on the spine level with the top of the bony hip structure called the iliac crest. Do it two or three times to get an accurate measurement. If you are between frame sizes, always go with the smaller size.



TORSO MEASUREMENT	FRAME SIZE
14" – 16"/35-40 CM	XS
16" – 18"/40-46 CM	S
18" – 20"/46-51 CM	M
20" – 22"/51-56 CM	L

## » shoulder harness position

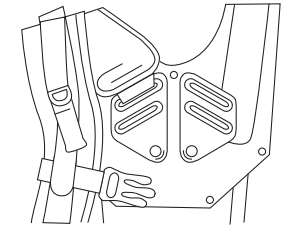
### SELECTING THE RIGHT SHOULDER HARNESS

Most people require the same shoulder harness and frame size.

### TO BE SURE:

With the pack on and shoulder stabilizer straps loose, make sure the main curve on the harness is level with your armpit.

XS	SM	MD	LG	FRAME SIZE
15"/38 CM	17"/43 CM	19"/48 CM	21"/53 CM	TORSO LENGTH/ TOP SLOT
14"/36 CM	16"/41 CM	18"/46 CM	20"/51 CM	TORSO LENGTH/ BOTTOM SLOT



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## » waistbelt size

### PICKING A WAISTBELT THAT FITS

Our waistbelts come in one to four sizes depending on the style. Make sure you have a minimum of 5 inches between the pads before they touch.

WAIST MEASUREMENT	BELT SIZE
22" – 28"/55-71 CM	S
28" – 34"/71-86 CM	M
34" and up/86 CM and up	L

### FITTING THE QUICK-ADJUST FIVE POINT ANGLE WAISTBELT SYSTEM

The CFS waistbelt allows you to quickly and easily find the right hip angle that matches your body. To fit, follow these simple steps.

- » Be sure to fit the harness size first.
- » Then, find the correct size belt that matches your waist size.
- » Install the belt by sliding the plastic load transfer panel through the webbing and pocket sleeve on the waistbelt.
- » Put approximately 15-20 lbs of weight in the pack.
- » Put on the pack, securing the shoulder harness first. Adjust the harness until the top of the iliac crest is even with the top of the waistbelt.
- » Shrug your shoulders and fasten the belt. Suck in your belly and tighten the belt tighter than you would normally wear it. This ensures that the waistbelt covers your iliac.
- » Pull the quick-adjust tabs behind the waistbelt and the belt should automatically register your hip angle.
- » Release the tabs and the belt will lock into place, providing maximum comfort and load transfer.
- » Make sure you can lift your leg to 90 degrees and check for even pressure between your body and the top and bottom edge of the waistbelt.
- » Confirm equal settings on both sides using the scale. Manually adjust with the pack off if necessary.