

Tips for backpack use:

- *wear both straps
 - the wider the better
- *remove and put on backpacks carefully
 - don't twist when putting it on
- *lighten the load
 - only carry the necessities
- *use a padded pack
 - this will soften the load
- *find a backpack with multiple compartments
 - this will spread the weight out and make it easier to carry
- *use hip and chest belts
 - this takes some of the weight off the shoulders
- *position the pack just below shoulders
 - the strongest muscles are in the midback
- *keep the pack close to your body
 - this will cause less strain
- *put the heaviest, flattest items in the back
 - this will make it feel lighter

Is Your Backpack Too Heavy?

