

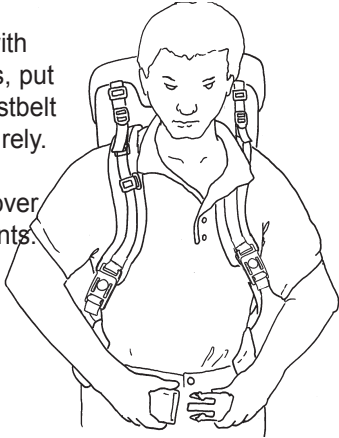


# EMR/MMR Fit Instructions

**1. Before you begin ...** to ensure a great fit, the following straps should be VERY loose prior to fitting your pack:  
a). Lifter Straps (shown in #5), b). Upper and lower Delta Straps (shown in #6). c). waistbelt straps and d). shoulder straps.

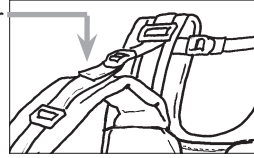
## 2. Waistbelt location

Load the pack with about 30 pounds, put it on, buckle waistbelt and tighten securely. Center stitchline should be right over the hip bone points.



## 3. Shoulder strap length adjustment\*

a). make sure Lifter Straps are very loose.

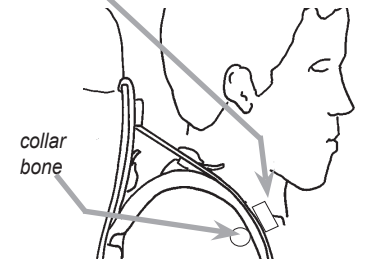


b). snug straps over shoulder til they make contact with top of shoulder.



\*To fit over vest/armor: just lengthen Shoulder Straps.

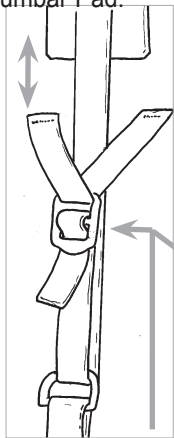
c) three-bar slider should be over collar bone. If not, lengthen or shorten shoulder straps at the Pulley (next step) til this is achieved.



## 4. The pulley.

Take off pack to lengthen or shorten entire shoulder strap. Access the pulley by peeling down the Lumbar Pad.

b). grab here to move shoulder strap

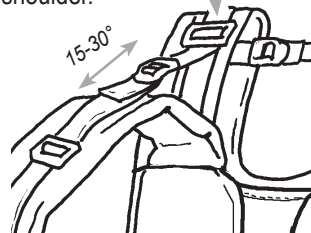


a). loosen this buckle to move

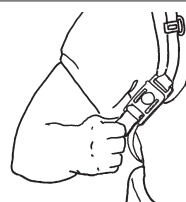


## 5. Lifting the load

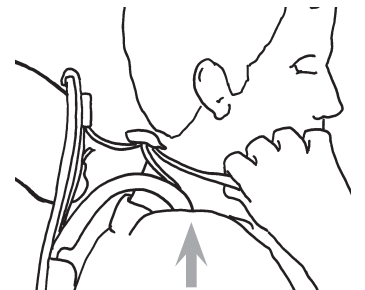
a). Slide Lifter Straps (at this buckle) to form a 15 to 30° angle from your shoulder.



b). loosen main shoulder strap buckle (bottom of strap) about a half inch.



c) **Pull Lifter Straps** to raise shoulder straps off the top of your shoulders. Load is now comfortably on your hips (remember to keep waistbelt tight!)

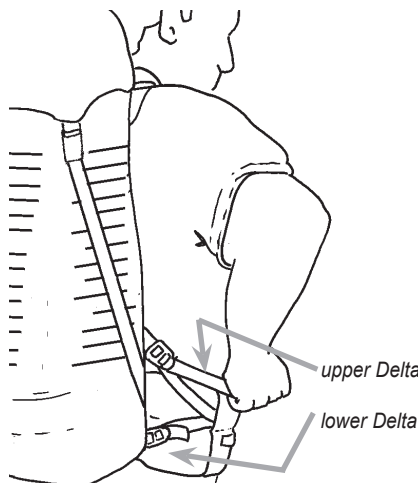


## 6. Delta straps.

a). Pull lower strap until just snug.  
b). Ditto with upper straps pulling load into your lumbar area & stabilizing the pack.

Do not over tighten!

c). Loosen these straps before putting on again. Get a good tight wrap with the waistbelt *each time* before engaging the Delta Straps™



## 7. Shoulder width

Shoulder width is set for regular or broad shoulders. Pull the straps closer together for narrower shoulders. If shoulder straps feel like they are slipping off, tighten using small increments. 1/4 inch is significant!

