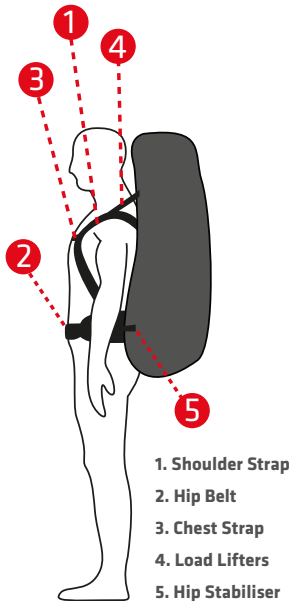


PACK FITTING INSTRUCTIONS

> Bugaboo Ergo Plus Harness



6 simple steps to adjust your *BlackWolf Bugaboo* pack for a perfect fit.



Step 1: Back Length

The first step is to adjust the packs back length to suit your torso, with the hip belt **2** on your hips the shoulder straps **1** should follow the curve of your shoulder with no gaps.

To adjust the back length of your Bugaboo pack slide your hands between the shoulder yoke and back panel **A** release the velcro and move the shoulder yoke to set the back length to suit your back (this may take couple of attempts adjusting the back and trying it on for size, it's easier with another person to help or stand side-on near a mirror to check the shoulder fit)

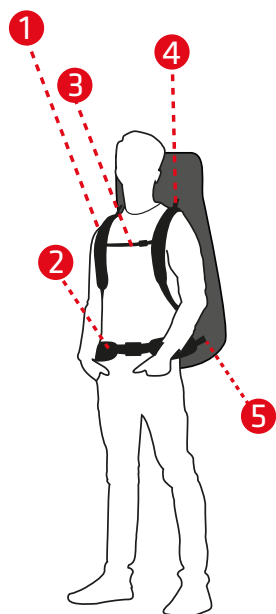


Step 2: Hip Belt

With all straps loosened, place hipbelt **2** directly over your hip bones and tighten it. Your goal when carrying your pack is for the majority of the load to be carried on your hips.

Step 3: Load lifters (also called Top Tension straps)

The load lifter straps go from the top of your shoulder to the top of the frame of the pack and control the distribution of the load between your hips and shoulders. Tightening these straps **4** will bring the load closer to your back and bring more weight onto your shoulders, loosening the load lifter straps will allow more of the load to be carried on your hips. Initially tighten the load lifter straps to take up the slack but not so much that the shoulder straps begin to lift off your shoulders.



Step 4: Chest strap (also called Sternum Strap)

Adjust the height of the chest strap **3** to a comfortable level and do up the buckle it should be low enough that it is away from the base of your neck but not so low and tight that it restricts you taking a deep breath. The primary purpose of the chest strap is to stabilise your shoulder straps and keep them from restricting the swing of your arms.

Step 5: Hip Stabiliser straps

Pull the stabiliser straps **5** located on either side of the hipbelt to snug the pack body toward the hipbelt and stabilize the load.

Step 6: Adjustments in use

As you walk with your pack you can adjust the the hipbelt, shoulder straps, load lifters, chest strap and hip stabilisers to change how the load is carried. If you are walking over uneven ground or scrambling tighten everything up to bring the load close to your back for better balance and control of the load. On flat ground loosen the load lifters and shoulder straps a little to transfer more load to your hips and loosen the hip stabilisers to allow your hips to move independently of you shoulders.