



## How to Choose the Right Backpack for You

Pack selection is important. It will be worn all day so it must be comfortable. The gear within it will be pulled in and out often daily.

The length, the destination, and the weather are the first things to consider when choosing your hiking backpack.

You should then consider the sport your bag is intended for as some bags will be better adapted to your needs than others. It's all a question of organization, and you need to find a backpack with features that suit you best.

Elasticized side pockets, a pocket for your sunglasses, waterproof stash points, top-loading openings, panel access, compression straps, attachment points for your rope, helmet, or sleeping bag...Each backpack range has different features that can help you on your adventure.

### Fitting Your Backpack

It might seem strange to fit a backpack but it is very important.

Most backpacks have adjustable hip belts, shoulder harnesses, and stabiliser straps but even then, the basic shape of the hip belt and shoulder harness could not be compatible with your body.

In particular, women might want to look for backpacks that are developed for the female body.

Spend some time with the sales assistant to ensure you properly fit your backpack to your body. Test it in the store with some heavy objects inside it.

### Technical backpacks

10 and 25-liter backpacks for a day hike or for a few hours. (pack weight 300- 600g)

#### Pack exterior:

- Hiking pole attachment loop
- Easy access reservoir pocket
- Rain cover

#### Pack interior:

- Bladder sleeve for hydration
- Valuables pocket or key clip



- Several compartments for small items

**Comfort:**

- Breathable shoulder straps
- Unisex design and fit
- Waist strap for load stability (hip belt)
- Adjustable chest strap
- A reinforced pack base for comfort and durability

