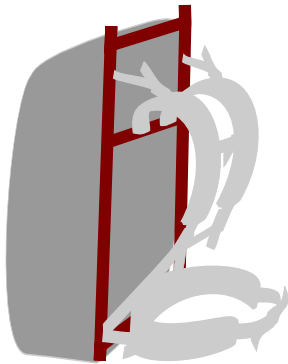
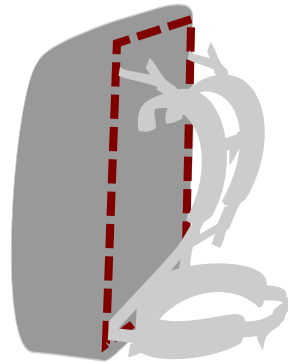


BACKPACK BASICS

Two basic types - **External frame** and **Internal frame**.

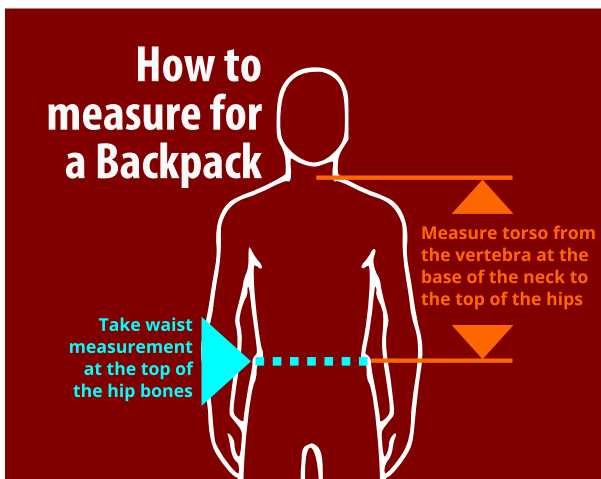


External frame packs have the pack bag attached to the frame.



Internal frame packs have the frame built into the bag.

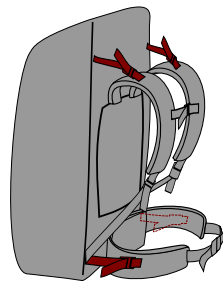
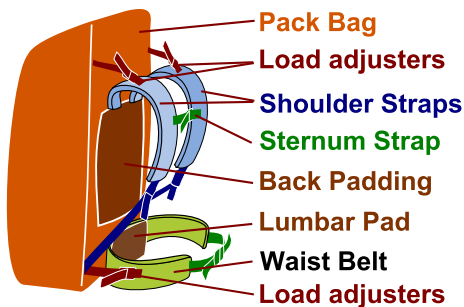
External frame backpacks are *generally* easier to pack and adjust. Internal frame packs are *generally* lighter and have a narrower profile but are *generally* more difficult to pack and adjust.



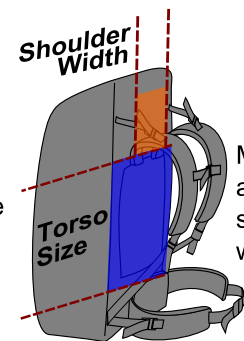
The **most important thing** about choosing a backpack is getting a proper fit.

To carry correctly and comfortably a pack must fit both torso length and hip size. Torso length is measured along the spine between the base of the neck and the top of the hips and hip size is measured around the top of the hips, (don't confuse this with waist size).

Backpack Suspension System



Load adjustment straps adjust the load between the shoulders and hips.

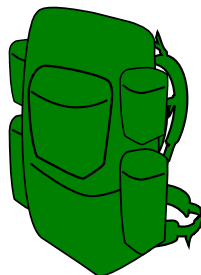


Many packs provide a range of torso size and shoulder width adjustment.

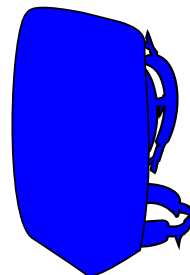
Other Features



Some backpackers find external pockets or divided compartments aid in packing and keeping track of their gear. Choice is based on personal taste.



Traditional packs (both internal and external frames) are designed for heavier loads, weigh more and generally have more adjustment features than lightweight packs.



Lightweight packs are designed for lighter loads, weigh less and have fewer adjustments and other features than traditional packs.