



Super Tioga

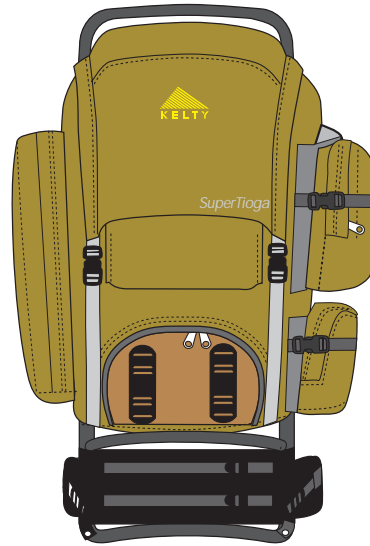
Fitting Directions



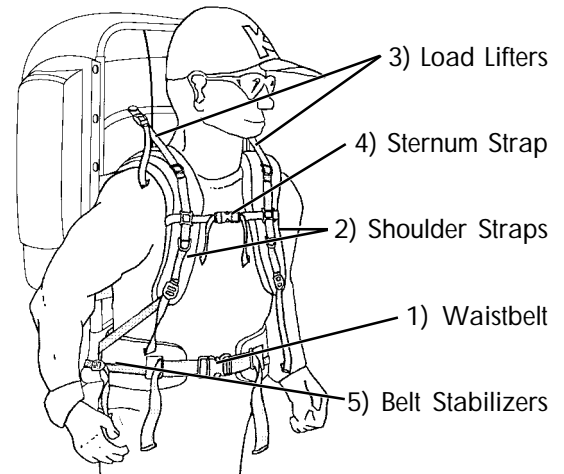
FastFACT

The suspension should start loose and be tightened in sequence:

- 1) Belt
- 2) Shoulder Straps
- 3) Load Lifters



Suspension Straps of the Modern World



EVERYTHING Depends Upon Correct Use of your Suspension Straps (Sizing and Tuning Adjustments Are on the Back)

1) Tighten the Belt First

The Belt sides should lap over the top sides of your hip bone so the buckle is roughly over your belly button. Following the top of your hip bone around your side, you'll find it's fairly high and distinct all the way around to the small of your back. It's this back and side part of your hip bone that carries weight best so you need to have the top of the belt above this part of your hip bone to actually transfer weight down onto it. The belt may feel high there if you normally wear your pants lower. Retighten and reposition the belt as it conforms to your hips.

2) Tighten the Shoulder Straps

Pull the shoulder strap webs down & back to tighten them. Put a little more load on your shoulders than you want to end up with. The load lifter straps should be kept loose during this operation.

3) Snug the Load Lifter straps

This lifts the shoulder straps (and the pack's weight) off the top of your shoulders. But don't allow the load lifters to pull the shoulder straps more than a 1/2" off your shoulder or it will cause pressure points.

4) Using the Sternum Strap

The sternum strap stabilizes the pack and helps prevent arm pinch. Position the sternum strap on your chest just below your neck, and pull it snug. This draws together and tightens the shoulder straps so you may want to loosen them slightly. The sternum strap should cross your chest high so it doesn't interfere with your breathing. But, if you don't need the extra stability, it's usually more comfortable to not use sternum straps when you're breathing hard—especially at altitude.

5) Using the Belt Stabilizers

Be wary of overtightening the belt stabilizer buckles; pull them just snug. Overtightening the belt stabilizers causes gaps between the belt and you.

Basics You Need to Know

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To Shift Weight to your Shoulders:

- 1: Loosen Load Lifter straps
- 2: Tighten Shoulder Straps
- 3: Retighten Load Lifters

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To Shift Weight to your Hips:

- 1: Loosen shoulder straps 1/2"
- 2: Retighten Load Lifter Straps

Sizing the Telescoping Frame

With at least 20 pounds in the pack and with your load lifter straps loose, do this:

- 1) Put your pack on without using the belt and tighten the *shoulder straps* until the pack rides as high as the pack illustrated at left. The load lifter buckles should be approximately even with the bottom of your ears.
- 2) Note how far the belt is from fitting where you want—see discussion on the front page—and take the pack off.
- 3) Telescope the frame to bring the belt into position.
 - If you need to make the frame longer you must first release the mesh backband's bottom center strap.
 - The adjustment push-buttons are located on the inside of the frame about a third of the way up.
 - Telescoping the frame is easiest if you turn the pack upside down and hold the pack's top bar against the ground with your foot. Now you can move the frame while your thumbs work the push-buttons.
- 4) Tighten the mesh backband's center strap. Put the pack on like you would on a trip—belt first, shoulder straps second, load lifters pulled third—and check your fit for correct load lifter height. Re-adjust the belt if necessary.

Lock in Your Fit

Two clevis pins with split rings are attached to the pack's side pocket zipper. Lock in your frame size y pinning both sides of the frame just above the push buttons.

Adjusting the Mesh Backband

The mesh backband tension has a lot to do with how comfortable your pack feels. It should be tight enough to keep your shoulder blades from touching the frame but not so tight that it feels hard against your back. There are two crosswise tightening straps and one wide vertical tension strap. Don't forget to check the tension every once in a while on your trips.

Adjusting Shoulder and Load Lifter Strap Width

Multiple attachment holes in the frame bars allow extensive control over the width of the shoulder straps and load lifter straps. If your shoulder straps feel narrow around your neck, move the shoulder strap attachment outward. If the shoulder straps feel wide, move them inward on the frame. Usually the load lifter straps should go straight back and up to the frame. If moving the shoulder straps alone doesn't fix a problem then start moving the load lifters too.

