

# To custom fit a Gregory pack to your body, you'll need to determine:

- 1) The Right Pack Size and Shoulder Harness Position
- 2) The Right Shoulder Harness, Size and Settings
- 3) The Right Waistbelt Size and Adjust-A-Cant Setting

## 1. Choosing the Right Size Pack And Shoulder Harness Position

Measure your torso from the seventh vertebra (the big bump at the base of your neck where your shoulder slope meets your neck) down your spine to a spot in the small of your back which is horizontal with the shelf at the top of your hip bones (iliac crest). To find the top of the iliac, feel for the obvious shelf on the side of your hip. Place your finger on the top and make a line to the center of your back (see figure 1).

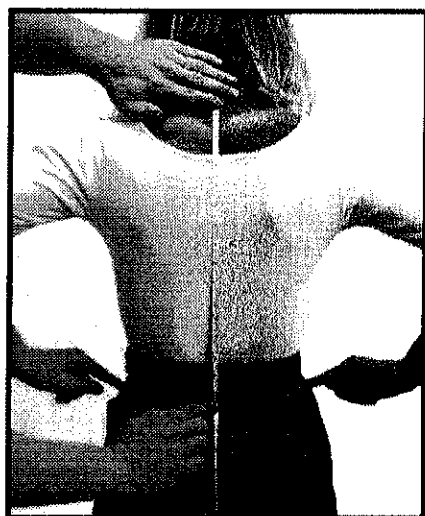


Figure 1 - Measuring torso

### IF YOUR TORSO MEASUREMENT IS:

### YOUR PACK SIZE IS:

14 TO 15½ INCHES

EXTRA SMALL

15½ TO 17½ INCHES

SMALL

17½ TO 19½ INCHES

MEDIUM

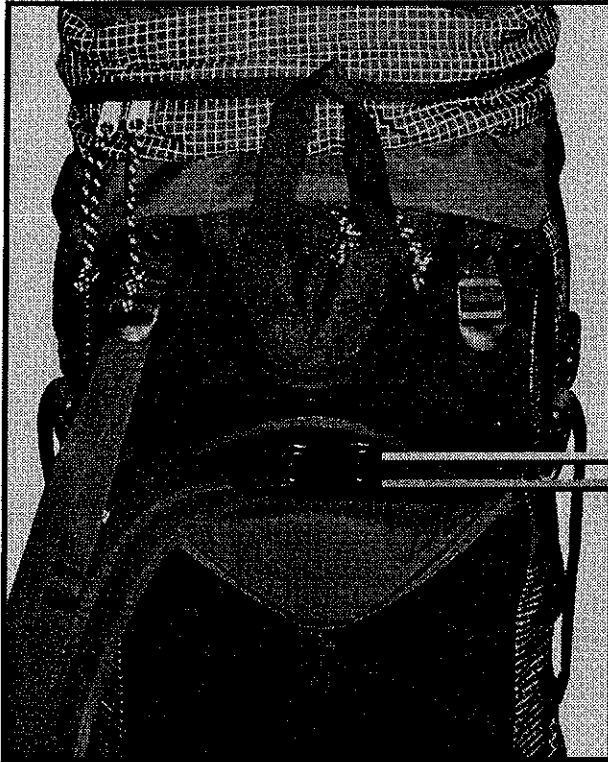
19½ TO 21½ INCHES

LARGE

Note: If you measure right at the half size (15½", 17½" or 19½"), stay in the smaller pack size. If you measure between the half and the next full size (e.g. 15¾"), then select the next bigger size.

## Shoulder Harness Position

The two shoulder harness slots on the Auto-Cant panel relate to the torso length measurement. Each frame size accommodates two torso lengths. The shoulder harness should be set in the slot that corresponds to your specific torso length measurement. (See figure 2)



XS	S	M	L
15"	17"	19"	21"
14"	16"	18"	20"

Figure 2 - Shoulder Harness Slot Selection

## 2. Choosing the Right Shoulder Harness, Size and Settings.

Should you need to change the shoulder harness attachment position, simply pull on, turn parallel, and slant the 2" "figure-8" metal slider located at the top of the shoulder harness. Pull the metal slider out through the slot on the Auto•Cant panel. Re-insert the harness into the new slot, reversing the procedure.

Shoulder harnesses are available in three sizes for men: small, medium and large, and two sizes for women or those with narrower shoulders: small and medium. The women's shoulder harness is narrower, and more tapered to better fit most women's shoulders. On both harnesses, when the pack is on, and the upper load lifter straps are loose, the distance between the bottom of the shoulder harness pad and the strap attachment to the pack should be 2" to 4". Make sure the harness is not too short — in which case the webbing digs into the bottom of your pectoral/arm area; or the harness is not too long — in which case you have no room to further tighten your straps. A good rule of thumb is to match the curve in the shoulder harness with the bottom of your arm pit.

### 3. Choosing the Right Waistbelt Size and Adjust-A-Cant Setting

Measure your waist around the top of your hip bones (iliac crest) - (see figure 3)

**IF YOUR WAIST  
MEASUREMENT IS:**

22" - 28"

**YOUR WAISTBELT  
SIZE IS:**

SMALL

28" - 34"

MEDIUM

34" - LARGER

LARGE

The waistbelt pads should wrap comfortably around your hips and extend no more than 2" beyond the front of your hip structure.

### Changing The Waistbelt

To change the waistbelt, reach underneath the lumbar pad, sliding your fingers inside, find the snap and pull. Unfasten the waistbelt stabilizer straps. Unthread the 2" buckle from the 2" webbing and slide the belt off of the stiffener (see figure 4). Install the proper size waistbelt by reversing the procedure.

### Adjust-A-Cant

The Adjust-A-Cant feature allows you to change the angle of the waistbelt to mirror the angle of your hip structure. With the pack on, check for gaps at the top and bottom edge of the waistbelt. If gaps exist, you will need to make the following adjustment. Remove the waistbelt pads and unscrew the brass screws. There are three cant settings to choose from. For those with little angle between their waist and hips choose the top setting for minimum cant. For those with a big difference between their waist and hips, choose the bottom setting for maximum cant. There is a third middle setting. The Adjust-A-Cant setting is correct when the waistbelt lies evenly on the hips and without any gaps (see figures 5 & 6).

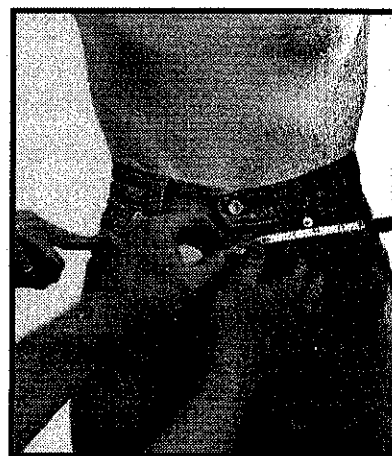


Figure 3 - Measuring Hips

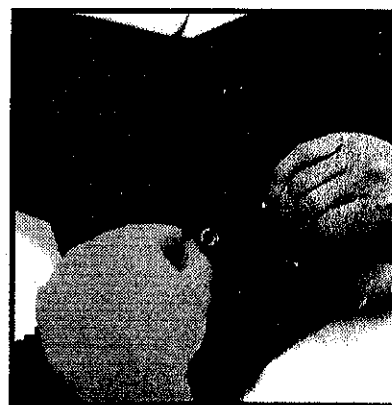


Figure 4 - Removing Waistbelt

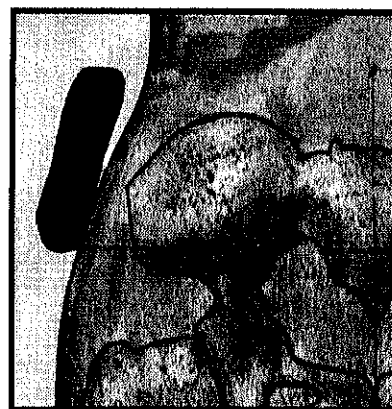


Figure 5 - Incorrect Fit



Figure 6 - Correct Fit

## **The Packs Position On Your Body**

With a lightly loaded pack on (15 to 20 pounds), the top edge of the waistbelt should ride about 1" above the top of your hip bones. Try lifting your leg so that your thigh is horizontal with the ground. The break in your leg should be level with the bottom edge of the waistbelt. If you push up on the waistbelt when you lift your leg, re-position the pack higher on your hips.

## **Adjusting Your Pack**

By utilizing your pack's suspension adjustments you can shift the weight entirely onto your hips, or entirely onto your shoulders — or distribute it between the two. This allows you to change the weight transfer surfaces as you proceed through a day of travel. Experiment on the trail to find the optimum adjustment for various terrains and activities.

### **Shifting the Weight from your Shoulders to your Hips**

This is generally the most comfortable place to carry the weight, but experiment to find the weight distribution that is the most comfortable for you.

1. Loosen the shoulder stabilizer straps and shoulder adjustment straps until you feel the weight of the load shift downward onto your hips.
2. Tighten the shoulder stabilizer straps until there is about a finger's width of space (a gap) between the top of your shoulders and the shoulder harness.
3. Re-tighten the shoulder adjustment straps. You may want to tighten the waistbelt slightly in response to the weight transfer.

### **Shifting the weight from your Hips to your Shoulders**

Selecting a balance between your shoulders and hips will keep your pack stable for maximum balance and mobility:

1. Loosen the shoulder stabilizer straps by pushing up on the buckles.
2. Tighten the lower shoulder adjustment straps.
3. Lightly tension the shoulder stabilizer to stabilize the top of the pack.

## **Positioning the Sternum Strap**

1. Adjust the sternum strap up or down on the shoulder strap load control panel so that it rides comfortably on your upper chest.
2. Experiment with the tension of the strap as you hike in order to learn what is most comfortable for you under various loads and trail conditions.

## **Fine-Tuning Your Shoulder Stabilizer Straps**

Adjust the metal slider on top of the load control panel so that the metal slider is parallel with your collarbone. The shoulder stabilizer strap should run off of your shoulder toward the upper pack at a 45 degree angle. This adjustment is important for load stability and weight transfer adjustments (See figure 8).



Figure 8

## **Fine-Tuning The Load Control Panel.**

To adjust the path of the shoulder harness across your shoulder areas you may detach the load control panel from the shoulder harness (by separating the Velcro®) and move the pad in or out, closer or further from your neck. Women especially may find this feature beneficial by aligning the shoulder harness to the outside of the breasts.

## **Putting on Your Pack.**

Loosen the shoulder stabilizer, waistbelt stabilizer, and bottom shoulder harness straps. Use your legs to lift the pack onto your body. Tighten your shoulder strap adjustment straps first. Shrug your shoulders skyward and attach your waistbelt — making sure the top edge of the waistbelt is 1" above the top of your hips. Now tighten your waistbelt and check to make sure your leg breaks at the bottom of the waistbelt pad, and that the shoulder stabilizer straps are at a 45 degree angle.

## Does your pack fit right?

Follow these steps (in numerical order) for a perfect custom fit pack:

### Step 4

The shoulder stabilizer strap should be at a 45 degree angle. This is very important.

### Step 3

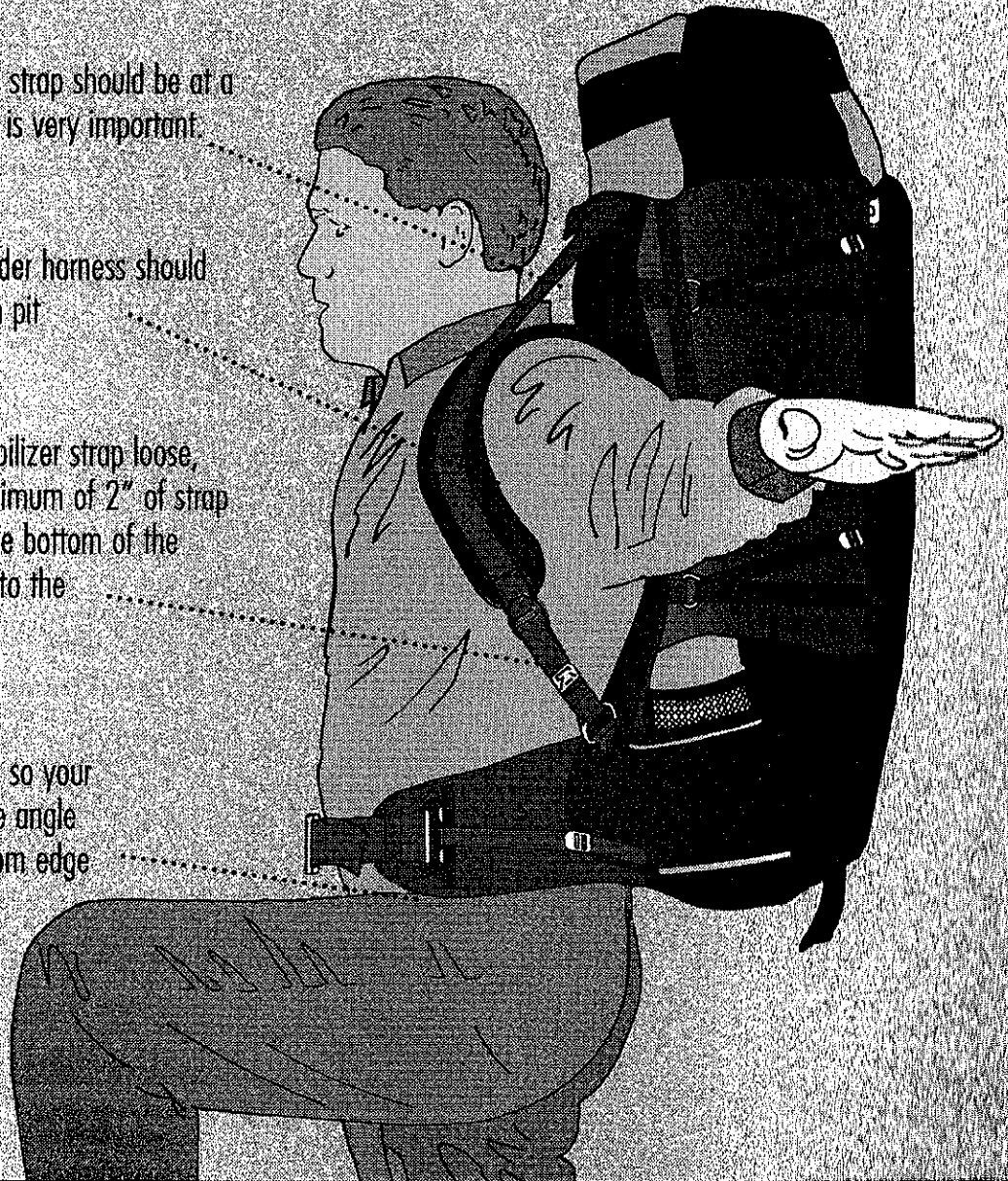
The curve in the shoulder harness should be level with your arm pit.

### Step 2

With the shoulder stabilizer strap loose, there should be a minimum of 2" of strap from the buckle at the bottom of the shoulder harness pad to the attachment point.

### Step 1

When your leg is lifted so your thigh is at a 90 degree angle to your body, the bottom edge of the waistbelt should be level with the top of your thigh.



## Having the proper fit is extremely important to us!

In order to enjoy the comfort and performance that has made Gregory the leader in internal frame pack technology, it is absolutely critical that your pack meets the fit criteria shown here. If you have any questions regarding your fit, contact your authorized Gregory dealer, e-mail us at [amphelkne@adl.com](mailto:amphelkne@adl.com) or call us at 800-477-3420.



## Loading Your Pack.

Load your pack to take advantage of its internal frame, which is designed to keep the weight closer to your center of gravity. Start by packing your sleeping bag in the bottom compartment to create a solid foundation. Put the heaviest items like your food, tent, and cooking gear in the main compartment, keeping the weight at mid-height and close to your back. Use the external front and side compartments, if they are featured on your particular model, for lighter items. If you have less than a full load, cinch the V-pull compression straps tightly for greater stability.

**Misc. Gear**

**Clothing**

**Food**

**Cooking Gear**

**Tent**

**Sleeping Bag**

**Tent Poles**

