

Pack it Light. Wear it Right.

Hey! You're not leaving home. Why break your back with your pack? Lighten it up. You'll be glad you did. And your back will thank you.



Check out just how much all that stuff you haul around every day actually weighs.

| | |
|-----------------|---------------|
| shoes | 1 kg/2 lbs |
| wet towel | 1 kg/2 lbs |
| 6 text books | 2.7 kg/6 lbs |
| 2 binders | 1.5 kg/3 lbs |
| 20 CDs | .5 kg/1 lb |
| Game-Boy | .25 kg/.5 lb |
| water bottle | .25 kg/.5 lb |
| sports gear | 4.5 kg/10 lbs |
| lunch/snacks | 1 kg/2 lbs |
| laptop computer | 2.7 kg/6 lbs |

Get Smart! Check the Chart:

If you're hauling more than 15% of your body weight (10% for younger kids), lighten up. Now!

If you weigh.....only carry

| | |
|---------------|--------------|
| 23 kg/50 lbs | 2.2 kg/5 lbs |
| 32 kg/70 lbs | 3 kg/7 lbs |
| 40 kg/90 lbs | 6 kg/14 lbs |
| 50 kg/110 lbs | 7 kg/16 lbs |
| 59 kg/130 lbs | 9 kg/19 lbs |
| 68 kg/150 lbs | 10 kg/22 lbs |
| 77 kg/170 lbs | 11 kg/25 lbs |
| 86 kg/190 lbs | 13 kg/28 lbs |

Don't throw yourself a curve by carrying the weight of the world in your pack.



Gotta hunch you're not gonna want to look like this. But you could, unless you lighten your pack.



S-s-straighten up! Unless you wanna be leaning like this all your life, lose some of the load off your shoulder.



Get the lead out of your pack! And always bend your knees to lift. If you don't, you'll be heading for back trouble.

So what's the best way to carry a pack? Pack it light. Wear it right.



That load'll seem a lot lighter if you pick a pack with plenty of compartments.



You've got two shoulder straps. Wear 'em both. Place your pack on the table, and put it on one strap at a time.



Carry the heaviest items closest to your body. Use your waist belt, and adjust the straps.



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