

## **HOW TO MEASURE YOUR TORSO TO KNOW WHAT SIZE HIKING PACK YOU NEED!**

Understanding Torso Length for Hiking Packs

Importance of Torso Length

Torso length is crucial for selecting a hiking backpack. It determines how well the pack fits your body, affecting comfort and weight distribution. A proper fit helps prevent shoulder pain and ensures that the weight is carried effectively.

Measuring Your Torso Length

To measure your torso length in centimetres, follow these steps:

**Find Your C7 Vertebra:** Tilt your head forward to locate the bony bump at the base of your neck. This is your C7 vertebra.

**Locate Your Iliac Crest:** Place your hands on your hips to find the top of your hip bones. This is your iliac crest.

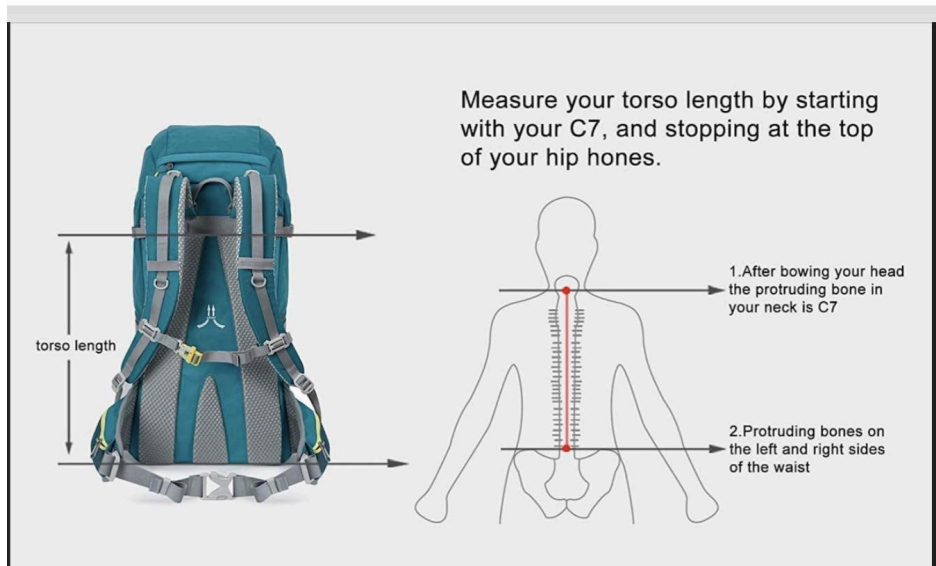
**Measure the Distance:** Have a friend measure the distance from your C7 vertebra to the iliac crest using a flexible tape measure. This measurement in centimetres is your torso length.

Sizing Chart for Hiking Packs

Here's a general sizing chart based on torso length:

**IF YOU'RE BORDERLINE WITH TWO SIZES ALWAYS CHOOSE THE SMALLER SIZE!!**

Opposite to shirts.



### **Sizing Chart for Hiking Packs**

Here's a general sizing chart based on torso length:

SIZE	TORSO LENGTH (CM)
Extra Small	< 38 cm
Small	38 - 43 cm
Medium	43 - 48 cm
Large	48 - 53 cm
Extra Large	> 53 cm