## **BACKPACK ERGONOMICS**

for kids.

Wide, padded shoulder straps

Chest strap

Padded back

Waist strap



Lightweight material

Multiple compartments



Wear both straps



Adjust and wear waist and chest straps



Adjust straps so backpack is against back



Only pack what you need!



15% of body weight

Child's weight

Backback weight

48 lbs.

→ 7 lbs.

59 lbs.



76 lbs.

**→ 11** lbs.

