



PACK SIZING

If you are unable to use the Osprey PackSizer App, you can measure yourself by following



- 1** Locate your C7 vertebrae; the bony bump at the base of your neck, where the slope of your shoulder meets your neck. Tilt your head forward to locate it more easily.



- 2** Place your hands on the very top of your hips so you can feel your iliac crest, which creates your 'hip shelf'.



- 3** Measure the length between the C7 vertebrae and the iliac crest. Be sure to follow the contours of the spine.

Based on your torso measurements, select the size below which you best fall into.

MENS	MEASUREMENTS (CM)	PACK SIZE
	38 - 48.5	SM
	46 - 53.5	MD
	51 - 60	LG
	38 - 51	S/M
	46 - 60	M/L

WOMENS	MEASUREMENTS (CM)	PACK SIZE
	38 - 45.5	SM
	44 - 53	MD
	38 - 53	WS/WM