



# Backpack Basics

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Outdoor Education  
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Your Adventures

Whether it's your first one or the next addition to your gear collection, there are several components to consider when picking the perfect outdoor adventure pack. These five backpack basics will help you pick the perfect pack and fine tune the fit for your own adventures.

## *Styles*

Packs come in many **Styles**, from general use to specialized designs; consider future adventures when selecting a pack, whether a daypack for shorter hikes, large backpacks for multi-day excursions, or designs for specific gear like skis or cameras.

## *Frames*

A primary component is a **Frame** for additional support and stability, but also additional weight; packs may have external frames, internal frames, or be frameless. Consider the need for extra pack support for your kind of adventures.

## *Fitting*

Most packs include adjustable shoulder straps and waist belts. When **Fitting** your backpack, adjust all straps to place the weight on the hips instead of the shoulders; fit the pack snug to the back for increased stability. Fine tune the straps once the pack is fully loaded for the best fit.

## *Features*

Consider included **Features** of a pack's design: padded straps or back panels for airflow and increased comfort; external pockets or gear loops for quick-access to gear; openings for hydration bladders; internal sections for organizing gear.

## *Accessories*

Many packs come with additional **Accessories** that may be useful and are customized to that pack's design, such as a fitted rain cover, an integrated safety whistle on the sternum strap, or included hydration bladders or water bottles.

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