

ONE PLANET® EXACT FIT® MID

HARNESS FITTING INSTRUCTIONS



The EXACT FIT® harness was born almost 30 years ago in Little Bourke Street in Melbourne, and we've been making improvements ever since. The latest big advancement is the EXACT FIT® Mid, designed to fill the need for a comfortable, mid-sized pack harness.

The aim was to make a smaller, lighter harness to carry compact modern gear, with packed weight of 5 to 20 kg. But it needed to be supportive, adjustable and pleasant in use. The fit is the key thing separating the EXACT FIT® Mid from its competitors. Available in three sizes and one back length, making it comfortable for a huge range of bodies, and the fit can be quickly and easily adjusted. We can also change the sizes of the hipbelts and shoulder straps to better fit your physique.

Your pack will accompany you on many adventures, in all sorts of different conditions. To get your pack fitting exactly takes time and care but it will make for happier hiking in the long run (walk...). So get to know your harness and how to adjust it and you'll be rewarded with increased comfort and fun.

Sound fair? Then read on...



ONE PLANET

HOW YOUR HARNESS WORKS



EXACT FIT® Mid

ONE PLANET® EXACT FIT® Mid packs are available in three harness sizes. Each pack can be adjusted to ensure a comfortable, exact fit.

The EXACT FIT® Mid features our premium double-back hipbelt, which contours to your physique for improved load carrying.

The EXACT FIT® Mid Lite is used on our travel packs. It uses a single-pull hipbelt that is lighter and folds neatly under harness covers.

The fitting instructions are the same for both.

The EXACT FIT® Mid system transfers the majority of the load down the frames to our composite-foam hipbelt from where it is distributed evenly around the lower lordosis (the small of the back) and the hips, thus by-passing the spine and reducing skeletal stress and fatigue.

The primary purpose of the shoulder straps is to stabilise and balance the upper pack, not to carry all of the weight. The shoulder straps are shaped so that weight is distributed evenly and over a large surface area, eliminating discomfort from pressure points.



EXACT FIT® Mid Lite

HARNESS FEATURES

SHOULDER STABILISER

MAGIC SEAM

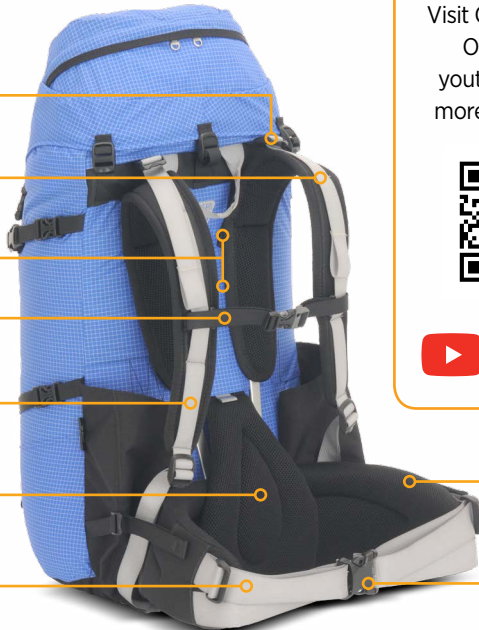
HOOK-AND-LOOP CONNECTION

STERNUM STRAP

SHOULDER STRAP

LUMBAR PAD

DOUBLE-BACK HIPBELT (THE EXACT FIT® MID LITE HAS A LIGHTER, SINGLE-PULL HIPBELT)



Visit ONE PLANET
Outdoor on
[youtube.com](https://www.youtube.com) for
more information



HIP STABILISER

HIPBELT BUCKLE

FITTING YOUR PACK

Before you begin

Start with an empty pack. Loosen the hipbelt strap, shoulder straps, hip and shoulder stabilisers.

1 Put the pack on

Position the hipbelt so the lumbar pad sits neatly in the lumbar region. Tighten the hipbelt as if you were carrying a load.

The hipbelt buckle should be centred and will generally sit below the navel. The top of your hipbelt should be located near the top of your hip bone.



The hipbelt needs to be firmly tightened so it doesn't slip down when loaded. Slipping can cause pressure points, sore shoulders and fatigue.

2 Adjust your shoulder straps

Lightly adjust the shoulder straps so the 'magic seam' is located within 50-80 mm (approximately) of the shoulder ridge. (It should sit near your collarbone.)



3 Adjusting to your physique

The length of the EXACT FIT® Mid harness can be adjusted to better fit your physique. If the shoulder straps (and magic seam) are too low or high when the hipbelt is in the right spot, it needs adjusting.

With the bag off your back, find the hook-and-loop connection midway up the frame securing the shoulder straps.



Loosen this, then adjust, moving the strap up the frame to lengthen the straps or moving it down to shorten. Secure by pressing down firmly.

This unique adjustment encourages an exact fit and allows each shoulder strap to be moved independently. It also allows the straps to be angled in or out to suit your physique and shoulder width.



ADJUSTMENTS IN USE

- › Pack fit is a personal thing: it might take some time to work out what is most comfortable for you. Track conditions will also affect the way you carry your pack. After fitting, pack your gear and adjust as instructed, then play around and see what works.
- › Stabilising straps are used to pull the weight closer to your back, reducing movement of the load, and can be tightened when on unstable ground or steep slopes. The shoulder stabilising straps reduce pack sway, but don't over tighten or you'll feel pressure in the pectoral region. Hipbelt stabilisers also ensure the load is secure on your body and you remain balanced. These are not load-bearing straps; instead they support your EXACT FIT® Mid harness.
- › The position and tension of the sternum strap will change the position of the load on your shoulders, so adjust for personal comfort. Fasten it wherever is comfortable – not too high – and adjust so it is tight but not constricting.
- › When taking off your pack, remember to loosen the hipbelt and shoulder straps. (It makes it easier for next time!)



ANY FURTHER QUESTIONS?

If you have any further questions on fitting your ONE PLANET® pack, or you would like to see other products in our range, visit our website at [oneplanet.au](https://www.oneplanet.au)

ONE PLANET

HEAD OFFICE 650 Somerville Rd, Sunshine West VIC 3020
Phone **+613 9311 5244** | Email sales@oneplanet.com.au