

# Getting Your Size

The key to a comfortable pack load is the properly fitting backpack. We've designed a more custom fit into our packs with simple sizing based off two measurements. To find the appropriate size waist and yoke for your pack, collect the following two measurements, then reference the sizing chart below.

**1**  
**Waist Circumference**  
Measure around your waist just above the top of your hip bones (roughly two fingers below your belly button).

**2**  
**Torso**  
Use a tailors tape measure or string and have a friend measure between the bony bump at the base of your neck (C7 vertebra) to the spot on your spine that is just behind your belly button.

