

## GOLITE PACK SIZING

"Torso length is a crucial measurement. It is important to distinguish between your height and the length of your torso. Just because you are a certain height - say a 5' 9" female or 6' male - does not mean you automatically need a "large" pack. Your torso length, not your height, determines your pack size.

Here's how to measure your torso length:

Enlist the help of friend. Have that person locate the bony bump at the base of your neck, where the slope of your shoulder meets your neck. (It's known as the 7th vertebra or C7)

Tilt your head forward to locate it more easily. Using a flexible tape measure, ask your friend to start at that spot and measure down your spine, following the curves of your back along the way.

Place your hands on your hips so you can feel your iliac crest, the twin pointy protrusions on the front of your hips. The iliac crest serves as the "shelf" of your pelvic girdle, the area that is gripped by your pack's hipbelt. Position your hands so your thumbs are reaching behind you.

Have your friend finish measuring at the point where the tape crosses an imaginary line drawn between your thumbs.

This distance is your torso or spine length.

### For Women's packs:

Small	15½ - 17½ in / 39½ - 44½ cm
Medium	17½ - 19½ in / 44½ - 49½ cm

### For Men's packs:

Medium	17½ - 19½ in / 44½ - 49½ cm
Large	19½ - 21½ in / 49½ - 54½ cm

