

# ONE PLANET® EXACT FIT®

## HARNESS FITTING INSTRUCTIONS



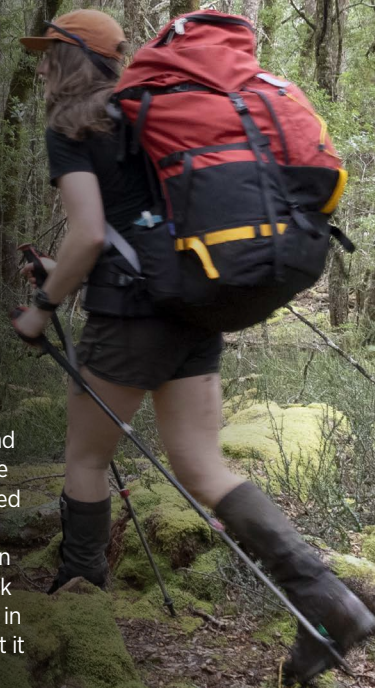
**The EXACT FIT® harness was born in the early 1990s in a small room high above Little Bourke Street in Melbourne. ONE PLANET® recognised the need for a harness that could be easily fitted to real people and built the EXACT FIT®.**

‘The most important thing when selecting a rucksack is getting a harness that fits. The first innovation with the EXACT FIT® harness was that, unlike our competitors’ packs, the back length could be adjusted while it was being worn,’ says Andrew.

The harness has continued to evolve, taking advantage of new technology in materials, fabric and foam, as well as 30 years of watching how and where the packs age. Andrew nominates the ability to customise fit as the most important advancement in harness design. ‘The principles are the same as wearing shoes. You would never dream of saying, “Let’s just make three sizes, and everyone can fit within those.” But that’s what the industry is doing with rucksacks. With the EXACT FIT® harness, we increased the number of available frame lengths, hipbelts and shoulder straps so we can comfortably fit all of the population.’

ONE PLANET® has a long history of making gear for bushwalking and outdoor adventures. Our packs are famous for their comfort, and the EXACT FIT® harness is the only large rucksack harness to be endorsed by the Australian Chiropractors’ Association. Our rucksacks are also known for their durability, meaning 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...



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## HOW YOUR HARNESS WORKS

For a harness to be comfortable and stresses minimised, a large proportion of the load should be carried on the hips and lumbar pad. The EXACT FIT® 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 bypassing the spine and reducing skeletal stress and fatigue.

The ONE PLANET® EXACT FIT® harness is available in up to eight fits, with four male and four female fits available in three back lengths. We can even mix-and-match harness components to get it right. This allows load distribution to key areas of the body through precise control and accurate use of frame length, hipbelt size and shoulder strap assemblies.

Adjustments are easily made while the pack is on your back, so the harness fits exactly, all of the time.

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## YOUR HARNESS FEATURES

**SHOULDER  
STABILISER**

**MAGIC SEAM**

**STERNUM STRAP**

**SHOULDER STRAP**

**LUMBAR PAD**

**HIPBELT**

**HIPBELT BUCKLE**

**EXACT FIT® BUCKLE**

**HIP STABILISER**



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



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## 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 at 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 Adjusting to your physique

Lightly adjust the shoulder straps to remove any slack. Then, using a backward and forward movement of the EXACT FIT® buckle, eliminate the gap between the top of your shoulder ridge and the shoulder straps. *(Be careful not to over-tighten.)* Secure the EXACT FIT® strap under the hook-and-loop.



#### 3 Finalising your fit

The 'magic seam' should now be located near your collarbone, approximately 50-80 mm below the shoulder ridge.



#### A PROPERLY ADJUSTED HARNESS







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## 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® 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!)



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## 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://oneplanet.au)**

**ONE PLANET**

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