

# The Paralux Suspension System

## How to Load Your Pack

Our internal frame packs are designed to move with your body. Proper packing is required to get the most out of the contoured pack shape, anatomic stave curves, and Paralux harness.

For trail walking and gentle terrain, pack the heaviest items high and close to the back (fig. 1). Since the pack's center of gravity is put at shoulder level, only a slight bend at the waist as you walk aligns the weight comfortably over the hips and legs.

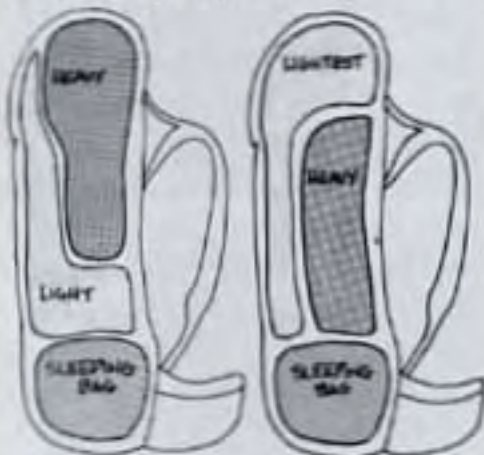


Fig. 1

Fig. 2

When balance is crucial for off-trail travel, climbing, or skiing, pack heavy items in the center, close to the back (fig. 2). Although you'll find you'll have to lean over more to offset the pack's weight, balance is easier since top-heaviness is reduced.

**Some hints:** Your sleeping bag should always go in the bottom of your pack, whether you're packing the weight high or low. Heavy items like a stove or climbing gear are easier to pack properly if you lay the pack down; pack clothing and other light gear around them so they won't shift.

Things you'll need during the day should be packed last, in the top of the main compartment, the top lid, or in side pockets. Try using color-coded stuff sacks to organize a large, undivided pack.

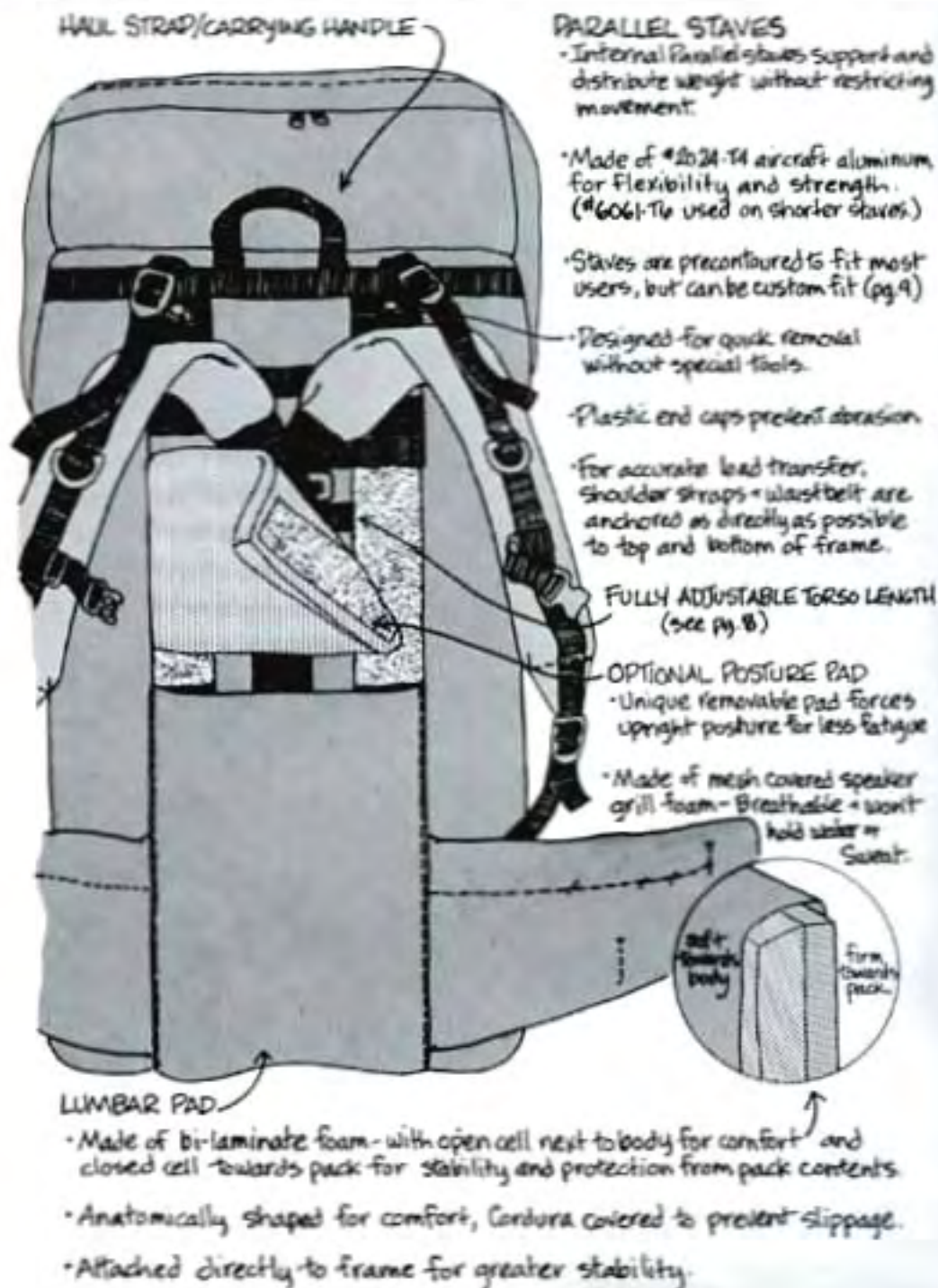
Climbing gear, foam pads, and odd-sized equipment such as long tent poles can be carried on the outside of the pack. Use the appropriate accessory straps or side compression straps and wand pockets.

In 1967, Greg Lowe developed the first sophisticated internal frame pack. Its two parallel staves and foam-padded waist belt let the shoulders move independently of the hips, providing greater freedom and balance when climbing. The Lowes pushed new limits in climbing, and set a new standard for pack design.

Today, the comfortable Paralux® Suspension System is the foundation of Lowe internal frame packs. The

primary function is still to transfer the weight from the shoulders to the hips without restricting motion.

Because a pack must fit to function properly, Lowe makes its harness fully adjustable and offers "Nanda Devi", regular, and "Everest" size designations to accommodate most body types. All Paralux internal frame packs can be easily fine-tuned to achieve a "Perfect Fit."



## What Size Pack Do You Need?

Listed below are the approximate weights and volumes of some typical outdoor items. To get a ballpark idea of the size of pack you need, determine the total volume and weight for the things you will carry. Add 20% for miscellaneous articles and unusable pack space. If an item is missing, substitute a similar item. If the total exceeds 2,200 in<sup>3</sup> or is more than 25 lbs., you should choose an internal frame pack. A soft pack is better for smaller loads. Now consult the chart on page 10.

Item	Volume (in <sup>3</sup> )	Wt. (lbs.)
down sleeping bag	800	3½
synthetic sleeping bag	1000	4½
2 qt. pot w/stove inside	350	3
2-person tent, fly, poles	600	5½
1-person tent bivy sack	200	1½
1 qt. fuel or water bottle, full	75	2
1-person/1-day's food (freeze-dried with supplement)	150	1
first aid, repair, or wax kit	50	1
rain jacket or mountain parka	200	1½
rain pants or ground cloth	150	1
wool sweater or pile jacket	474	2
wool or pile pants	400	2
long underwear set	150	1
down vest	200	1
wool hat, mittens, or socks	50	½
small toilet kit	75	½
running shoes	200	1
cotton shirt or shorts	75	½
blue jeans or cotton dress	150	1½
expedition down parka	475	2
expedition parka (syn.)	600	2½
9mm x 165' rope	450	6
11mm x 165' rope	575	8
20 chocks, 30 carabiners, 8 runners	500	6½
70cm ice ax or crampons (carried outside pack)		2
closed-cell foam pad (carried outside pack)		1
fifth of Beaujolais	75	2½
baguette	250	1

Note: Volumes of compressible items were determined by tightly packing in stuff sacks. Use multiples of anything you'll be carrying more than one of, such as 6-day's food 900 in<sup>3</sup>, 12 lbs.

### SHOULDER STABILIZERS

- Anchored directly to frame for precision load transfer and balance
- Relieves neck and shoulder fatigue
- Stitched directly to reinforced shoulder pad for greater stability

### SHOULDER PADS

- 5/8" thick vinyl-pitrile closed-cell foam is resilient and long lasting. Waterproof nylon pack cloth reduces chafing
- D-ring for Kuban hitch attachment
- 2" seatbelt web reinforces shoulder strap cross-stitching and distributes weight over a larger area of pad for greater comfort and longer life. Web ends here allowing strap to bend into position parallel with torso, preventing binding.

- 1" Delrin Ladderlok buckles provide quick, non-slip adjustment

- Shoulder strap is sewn here to allow free arm movement, then is anchored to bottom of frame

- 2" web patch reinforces stitching

- Hip stabilizer straps prevent lower pack shift

- All web ends are hot-cut, then folded + sewn - easy to grab - won't slip out of buckle

### STERNUM STRAP

- Reduces shoulder fatigue by pulling shoulder pads inward. Elasticized for comfort

- Delrin quick-release buckle

- Removable and adjusts to four positions.

### WAISTBELT

- Conical and anatomically contoured to fit hips

- Bi-laminate foam:
  - Soft open-cell cushions hips
  - Rigid closed-cell provides support

- Cordura cover prevents slippage

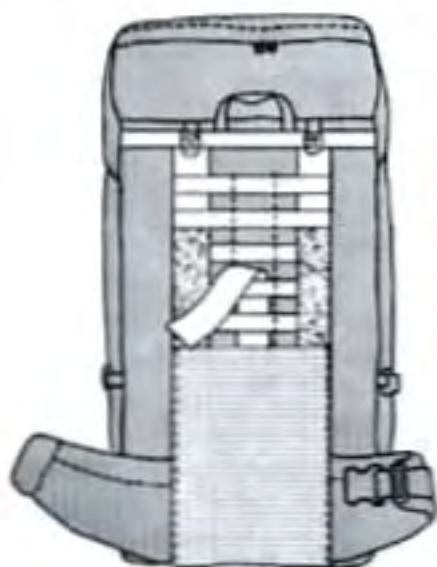
- 2" Delrin buckle will not "self-release" in thick brush

- Smooth 2" seatbelt webbing adjusts easily.

# How to Custom Fit Your Paralux Frame

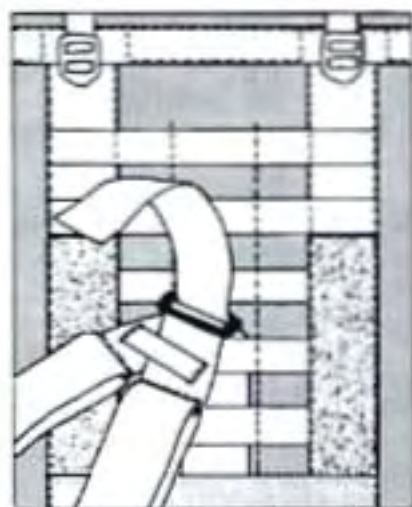
## 1. TORSO LENGTH ADJUSTMENT

**A.** Stand straight and look straight ahead. Measure from high (most prominent) point of one hip diagonally up your back, across the opposite shoulder and down the front of your body to the high point of the other hip. This measurement furnishes information about torso length as well as depth of chest and shoulders.

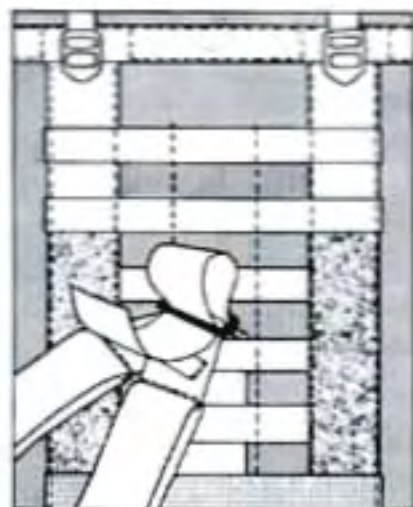


**B.** Referring to the table below, measure up from the horizontal stitch line in the waistbelt and thread 2" web under ladders to that point.

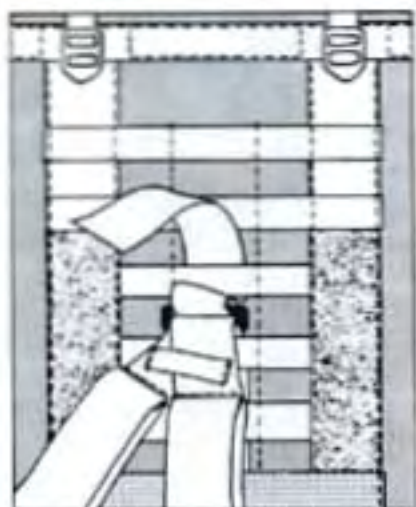
If hip to hip measures:	Measure up from line:
under 34" (86cm)	7 1/4" (19cm)
34"-40" (86-102cm)	9 3/4" (24cm)
40"-46" (101-117cm)	11 1/2" (29cm)
46"-52" (117-133cm)	13 1/2" (34cm)
52"-58" (133-147cm)	15 1/2" (39cm)
OVER 58" (147cm)	17 1/2" (44cm)



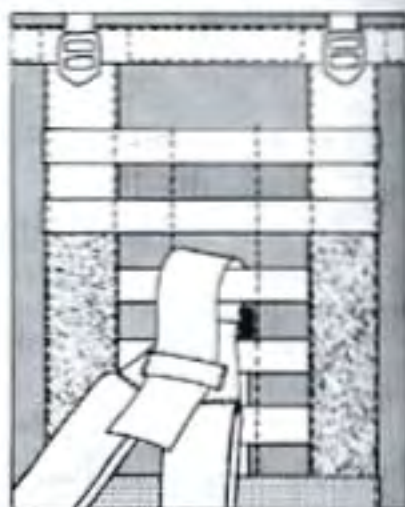
**C.** Place shoulder strap as shown. Thread pack webbing through top slot of shoulder strap slide.



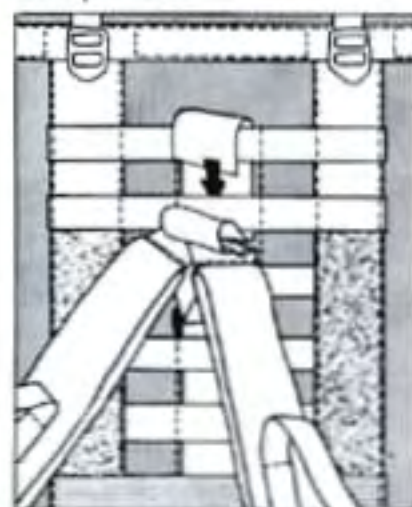
**D.** Thread through second slot of slide. Tighten as close to pack as possible.



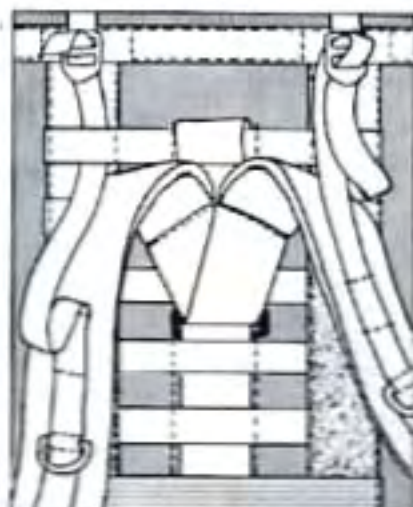
**E.** Thread under next highest ladder web.



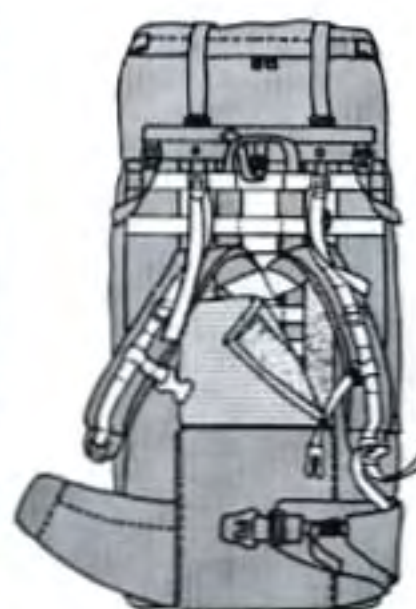
**F.** Then into web on the shoulder strap.



**G.** Thread through remaining ladder web. Poke loose end back down into lower ladder.



**H.** Thread top stabilizer web through buckles. (Shoelace torso-thread through web and then through buckle, as shown in left side of illustration.)



**I.** Fasten lower end of shoulder strap web to web from hip belt.

**J.** Attach optional Posture Pad to Velcro on pack.