



H-Frame Series

-TREKKER, YUKON &
JUNIOR TIOGA-

H-FRAME INSTRUCTIONS



Trekker 4300, Trekker 3900 ST,
Yukon 3500, Yukon 3200 & Junio Tioga 2000

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KNOWING YOUR PACK

The H-Frame Series suspension features:

THE H-FRAME is the classic workhorse frame. This frame moves the waistbelt down, preventing towering loads and providing greater load transfer to the hips than other frames. The H-Frame tends to fit people with wider torsos.

PACK COMPONENTS

Adjustable **SHOULDER STRAPS** adjust to different widths.

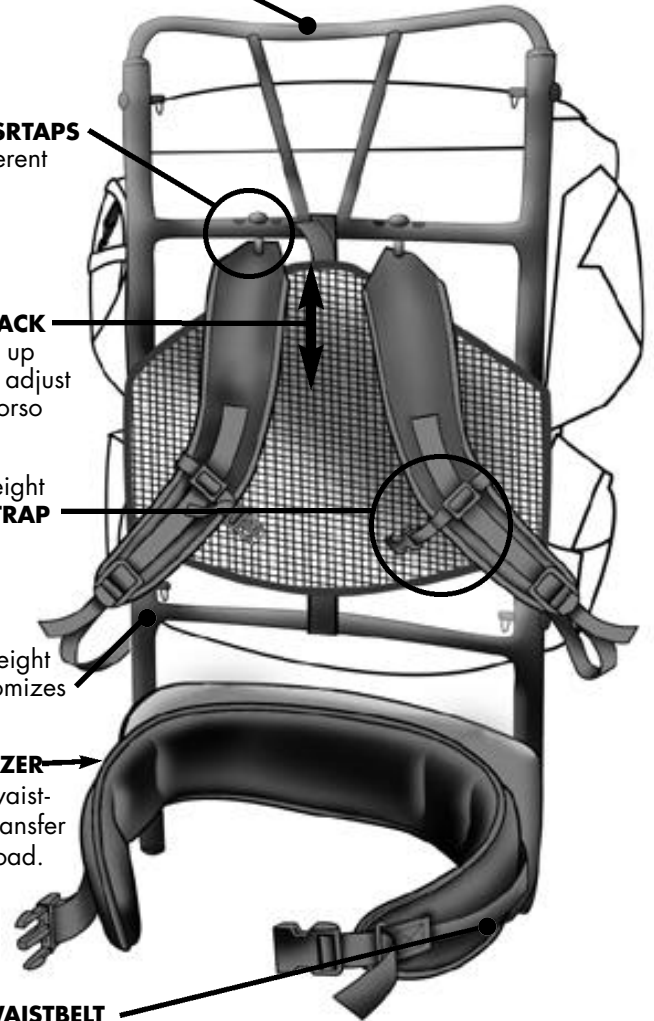
Adjustable **BACK PANEL** slides up and down to adjust for different torso sizes.

Adjustable height **STERNUM STRAP** for perfect fit.

Adjustable height **FRAME** customizes your pack.

BELT STABILIZER STRAPS on waistbelt help to transfer and control load.

Contoured **WAISTBELT** with plastic reinforcement for load support.



WAISTBELT POSITION

Follow these steps **IN SEQUENCE** to achieve the best fit every time you use your pack. Refer to the figure on page 2 to identify pack parts.

Before starting, loosen all load-lifter and belt stabilizer straps.

1. **FIRST** weight the pack with at least 25 lb. (35 lb. is ideal).
2. **NEXT** put the pack on and tighten the waistbelt. Make sure you place the waistbelt in the proper location (see Figures 3 & 4).

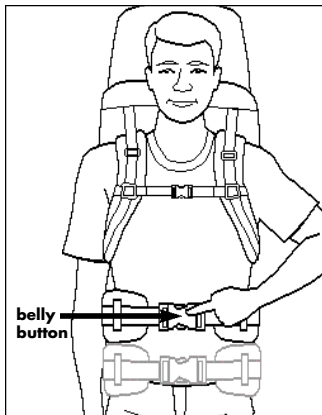


Figure 3

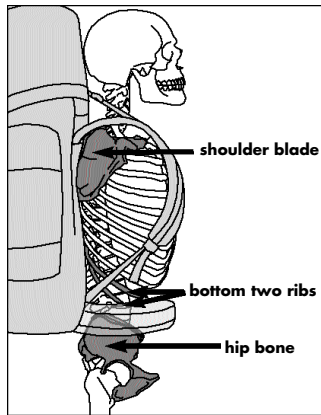


Figure 4

It is recommended to wear the belt on hip bones, just under the rib cage. If you still prefer to wear the belt low, add one to two inches to your torso length measurement. Figure 3 shows both the preferred placement of the waistbelt and an example of a belt worn low. The low position is not recommended. Once positioned correctly, tighten the belt to prevent it from sliding. (A good rule of thumb is to have the belt buckle approximately over your belly button.)

Benefits of wearing the belt high on the waist:

- A. Proper loading of the skeletal frame, further supported by the two strongest muscle groups in the body: the quadriceps & gluteals.
- B. Blood flow & nerves route across the front of the hips; wearing the belt too low can restrict blood flow causing muscle fatigue, nerve pinching and possible numbness.

CUSTOM FITTING YOUR PACK

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SHOULDER STRAP POSITION

3. **Once the waistbelt is in the correct position, tighten the shoulder straps.** To tighten shoulder straps pull the webbing at the lower ends of the shoulder strap down & back. The top of the load lifter strap should be 3-4" inches above the top of your shoulder (see Figure 5). (Put a little more load on your shoulders than you want to end up with.) During this operation the load-lifter straps should be kept loose.

With the waistbelt positioned correctly and the shoulder straps as shown below, you have achieved a perfect fit.

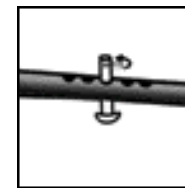


Figure 5

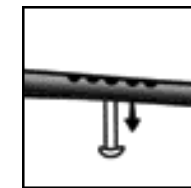
If you do not have the correct shoulder strap position, you will need to adjust the suspension panel and the shoulder straps as directed in the following section.

SHOULDER STRAP ADJUSTMENT

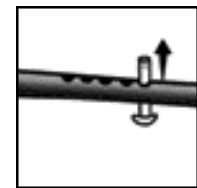
If the shoulder straps are pinching your neck or shoulders or feel too wide, you need to adjust the clevis pin that attaches to straps to the frame.



1.



2.



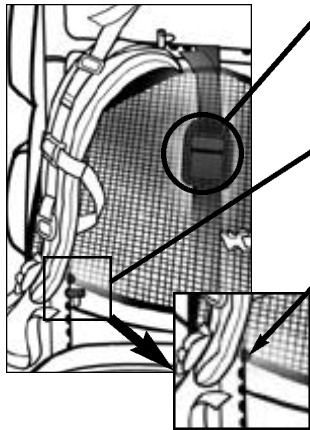
3.

1. Remove split ring from clevis pin.
2. Slide clevis pin out of frame.
3. Insert clevis pin into desired hole and replace split ring. Repeat for opposite side.

CUSTOM FITTING YOUR PACK

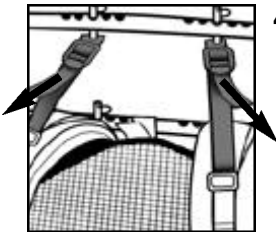
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SUSPENSION ADJUSTMENT



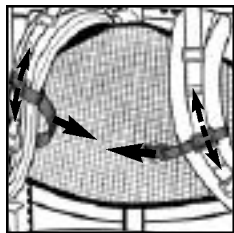
1. Locate and generously loosen the vertical strap behind the backpanel.
Hint: Reach behind the mesh panel from the bottom.
2. Locate the chrome buttons and the clevis pins on the frame under the backpanel. Adjust the height of the waistbelt by removing the clevis pins.
3. Push in the two chrome buttons while sliding the frame up or down.
4. Replace the clevis pins in holes just underneath chrome buttons and tighten the vertical strap.

VARIOUS STRAPS



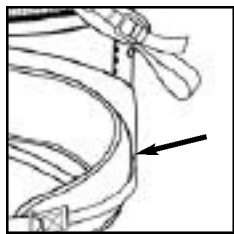
4. Snug the Load-Lifter Straps- IF APPLICABLE

This lifts the shoulder straps (and the pack's weight) off the top of your shoulders. Don't allow the load-lifters to pull the shoulder straps more than 1/2" off your shoulder, or it will cause pressure points.



5. Position Sternum Strap- (OPTIONAL)

The sternum strap should cross your chest high, just below your clavical, so it doesn't interfere with your breathing. Position the sternum strap on your chest. This draws together and tightens the shoulder straps so you may want to loosen them slightly.



6. Pull Belt Stabilizer Straps- IF APPLICABLE (OPTIONAL)

Be wary of overtightening the belt stabilizers; pull them just snug. Overtightening the belt stabilizers causes gaps between you and the belt. Belt stabilizers are best left loose for the first 15-30 minutes of hiking.)

CUSTOM FITTING YOUR PACK

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HOW TO PACK

Loading the pack greatly affects your comfort—follow the guidelines below for optimum comfort.

HEAVY ITEMS

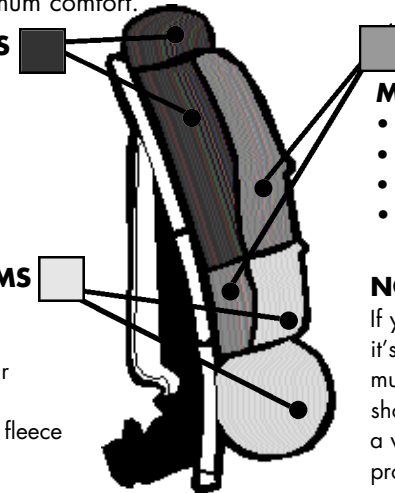
- Water
- Stove
- Fuel
- Food
- Tent poles

MEDIUM ITEMS

- Cooking utensils
- Some clothing
- Some foods
- Tent body and fly

LIGHTEST ITEMS

- Sleeping bag
- Pad
- Rain, wind gear
- Bivy sack
- Bulky clothing/ fleece



NOTE:

If your pack feels like it's leaning away too much from your shoulders, you have a weight distribution problem.

Hints to keep you comfortable when out on the trail:

- For trail walking and gentle terrain, pack heaviest items high and close to the back.
- The sleeping bag should always go in or on the bottom of the pack.
- Pack clothing and other light gear around heavy items (ie. a stove or climbing gear) in order to keep them from shifting.
- Items you will need during the day should be packed in the top of the main compartment, the top pocket, or side pockets.
- Foam pads and odd-sized equipment (such as long tent poles) can be carried on the outside of the pack. Use the appropriate accessory patches, ice axe loop, or ski slots for these items.
- Do not put heavy items like water bottles or climbing equipment in pockets located far from your back.

PACKING HINTS

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WARRANTY

WARRANTY

Kelty products are warranted against defects in materials and workmanship during the product's lifetime. This warranty does not cover damage due to normal wear and tear, natural hazard, abuse or alteration. For warranty service, call the Kelty Customer Service Department at 800-423-2320.

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