

CF2 & CF3 SHOULDER HARNESS ADJUSTMENT



Find the two upper harness stabiliser buckles and webbing - fully loosen.



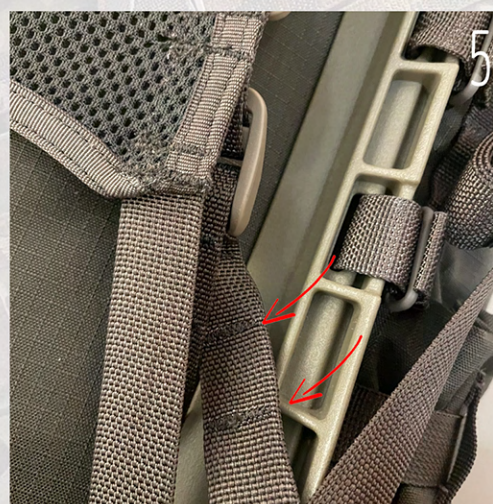
Push on the upper adjustment buckle edge and loosen shoulder pad away from the frame to allow the webbing to release - left and right sides.



Find the lower harness stabilising webbing, there is a buckle with stitch-marked webbing - loosen.



Adjust the harness higher or lower using the four buckles to the height setting preferred for your torso length.



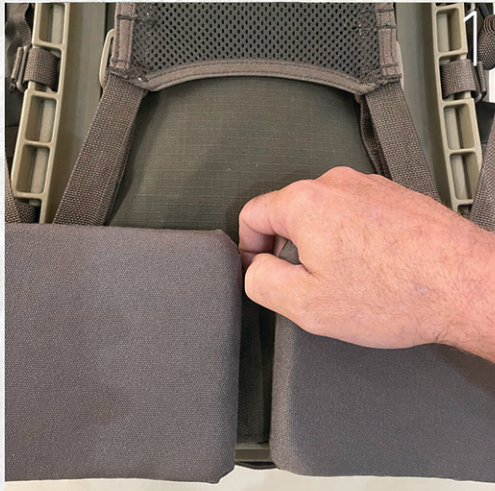
Choose your harness height and adjust the lower two straps first. *Ensure to count the webbing stitch-marks to be symmetrical from left to right.



Finally tighten the upper tensioners to a point where the mesh stands off tight from the main bag, this tension will add needed thoracic and lumbar support.



CF2 & CF3 LUMBAR PAD ADJUSTMENT



1
Reach between the two pads and feel for the Velcro seam connecting the two pads.



2
Pull and release the Velcro to separate the two pads.



3
Firmly rotate the left pad clockwise to release the pad from the frame.



4
Firmly rotate the right pad anticlockwise to release the pad from the frame.



5
Once at 90 degrees pull the pad away from the frame and allow the key to release through the frame keyhole.



6
Choose one of the three keyhole slots for preferred lumbar pad height - reassemble.

