

Backpack Tips

Wide, padded shoulder straps

Lightweight material

Wear both straps!

Padded back



Waist strap

Multiple compartments

15% of child's body weight

For a
48-pound
child, 15% is
7 lbs.



For a
59-pound
child, 15% is



For a
76-pound
child, 15% is



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*choose the appropriate size backpack for your child's height and age.

*pack with a purpose (discard unneeded items frequently)

*place heaviest items closest to the back

*adjust the backpack "high and tight"