

# 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  
**9 lbs.**

For a  
76-pound  
child, 15% is  
**11 lbs.**

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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"