Is Your Pack Right for Your Back?



Tips for proper book-bag choice and wear

Wide Straps
Evenly distribute the load by wearing both straps. Messenger-style bags can unevenly stress your spine, so be sure to alternate sides or avoid messenger bags altogether.

A Padded Back
Look for bags with padding, which will reduce pressure on your back while you wear them.

Hip and Chest Belts
Transfer weight off the back by fastening the hip and chest belts snugly.



Light Load
Do not attempt to carry any more than 15% of body weight. For a 150lb person, this is only 22-23lbs.

Multiple Compartments
Help distribute the weight by packing the heaviest objects close to your body and dispersing other items throughout the pack.

Proper Wear
Keep the bag as close to your body as possible, with the bottom resting in the curve of your lower back. Never let the bag hang more than 4” below your waist.

Did you know:

- On average, students carry backpacks weighing about a quarter of their body weight, and 10% carry more than a third of their body weight.
- 60% of students experience chronic back pain related to heavy backpacks.