



1 Turn belt pack to your stomach. Unzip inside flap to pull out straps and seat pad.



2 Making sure straps are untwisted, slide pack to the back.

## Sit-Pack: From Pack to Back in 3 easy steps:



3 Sit on seat pad; place straps over knees and adjust to your comfort. You can now sit comfortably either cross-legged, with knees up, or on backless benches!

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