

Pack it Light. Wear it Right.



Hey! You're not leaving home. Why break your back with your pack?
Lighten it up. You'll be glad you did. And your back will thank you.



Get a pack that has many compartments to balance the load.



Fill your pack at table level or get someone to help put it on you.



Wear both shoulder straps and your waist belt.



The College of Chiropractors
of Alberta

Ph: 780-420-0932
www.albertachiro.com