

SOME RULES FOR THE RUCKSACK!

SOME-TIMES YOU DON'T HAVE MUCH SAY IN THINGS.

TAKE, FOR INSTANCE, THE COMPONENTS OF YOUR MODULAR LIGHTWEIGHT LOAD-CARRYING EQUIPMENT (MOLLE).

YOU NORMALLY DON'T GET TO CHOOSE THE PACKS, POUCHES AND BAGS YOU WEAR ON A GIVEN MISSION.

NOR DO YOU CHOOSE THEIR ARRANGEMENT.

OFTEN, THOSE DECISIONS ARE MADE AT THE COMPANY LEVEL OR HIGHER.

BUT YOU DO HAVE SOME SAY ABOUT A COUPLE OF THINGS...

ONE IS HOW YOU'RE GOING TO HEFT THE MOLLE'S LARGE RUCKSACK ONTO YOUR BACK.

ANOTHER IS HOW YOU'RE GOING TO WEAR THE RUCKSACK AND PACK FRAME.

A Heavy Load

A full rucksack is a heavy load all by itself. Add a hydration system and a couple of sustainment pouches and you're facing 75 pounds of dead weight. That's too much weight to sling onto your back with one arm. Here's a better way:

Use the buddy system. Ask a friend to help you put on the rucksack. Then return the favor.

Use buddy system

Where You Wear It

While wearing a tightly cinched, padded, rucksack waistbelt, you can reduce the load on your shoulders. Use the load-lifter straps to adjust the pack while you march. You can transfer the weight of the pack from the shoulders to the hips by cinching the 1-in webbing down. You can transfer weight from the hips to the shoulders by adjusting the non-slip buckle to loosen the webbing.

When you're carrying a heavy load, the load-lifter straps let you reduce numbness in your arms by transferring some of the weight to your hips. When your hips get tired, you can shift the weight more to your shoulders.

How to Pack It

Pack dense, heavy objects high in the rucksack. Put them as close to your back as possible. The straps that secure the radio inside the ruck are located high and close to your back. That's because the radio's heavy. Never carry heavy objects placed low and away from your back. That can make your muscles tire quickly.