VAUDE

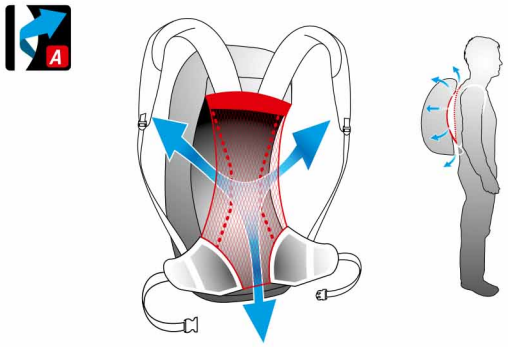
The Spirit of Mountain Sports

TRAINING

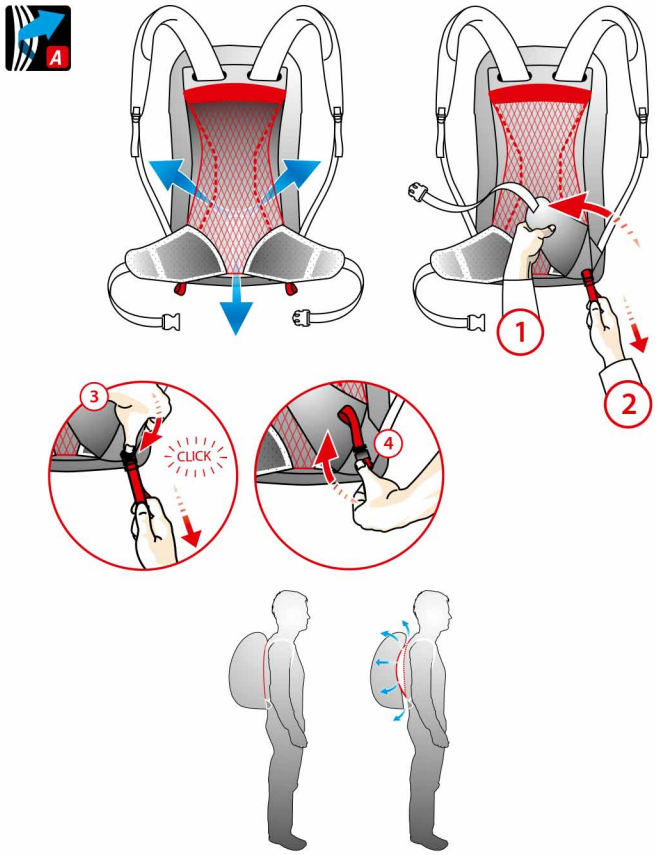
Backpacks

raude.com

AEROFLEX



AEROFLEX EASY ADJUST



FULL VENTILATION SUSPENSION SYSTEMS

Full ventilation suspension systems create a space between the pack's main compartment and your back that is open on three sides to allow air to circulate freely.

The backpack does not lie directly against the wearer's back but is held away by a lightweight tensioned mesh panel that maintains a distance between your back and the pack, ensuring maximum ventilation.

Mesh tensioned ventilated suspension systems are best suited for activities that demand the greatest amount of back ventilation possible.

Pros

- Optimum back ventilation.
- High carrying comfort.

Cons

- Due to the distance between the mesh and the main compartment of the pack, the load is carried farther away from the wearer's center of gravity.
- The backpack is not as stable and should therefore not be loaded too heavily.

AEROFLEX

Best suited for backcountry hikes and short trekking tours – i.e. for activities in which less gear needs to be transported while the back needs maximum ventilation.

Spring steel frame and mesh panel
The patented suspension system creates a clearance between the backpack and the mesh panel so air can circulate freely. This open space allows for ideal 3-way air flow (= from both sides and below) of the back.

An ultralight spring steel frame provides the tension for the mesh panel with the aid of a clamp tensioner (connector). This allows the pack to retain its form and maintains the panel's tension even when the pack is fully loaded.

Benefit:

- Excellent ventilation of the back
- Ventilation is not adversely affected when the pack is fully loaded

AEROFLEX EASY ADJUST

Backpacks with the Aeroflex Easy Adjust can be transformed from a full ventilation suspension system to a full contact back. This allows the backpack to be used for a wide array of activities.

They can be utilized (depending on their additional features) for hiking or snowshoeing, as well as via ferrata routes or short day trekking tours.

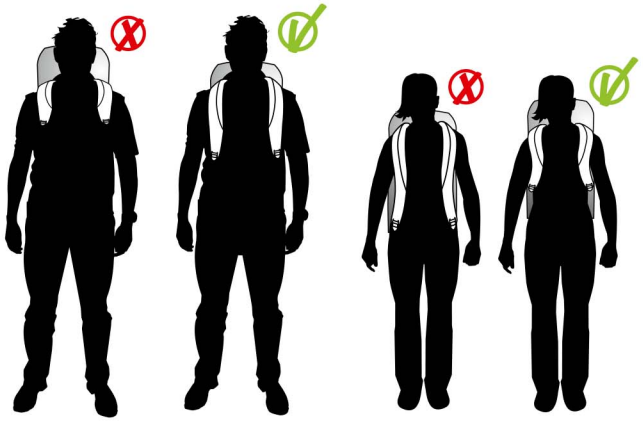
Spring steel frame and adjustable mesh panel
Aeroflex Easy Adjust has the same stable spring steel frame and 3-way air flow as the Aeroflex. The tension of the frame, however, can be easily adjusted using two pull loops at the connector.

By pulling on both finger loops, the tension can be increased (or re-established) and the clearance space can be adjusted to its maximum size. Reducing the tension allows the mesh to slacken up. This reduces the distance between the mesh and the packsack, bringing the pack closer to the wearer's center of gravity.

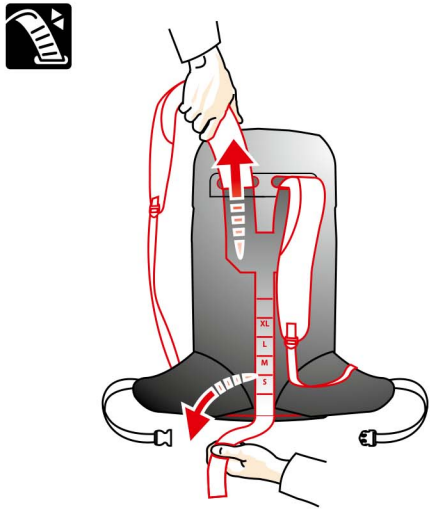
Large mesh distance: for maximum ventilation on mountain ascents or in hot weather on easy terrain.
Small mesh distance: when the backpack needs to be brought in closer to the body for better load balance (for example, on mountain descents, difficult terrain or via ferrata routes).

Benefits:

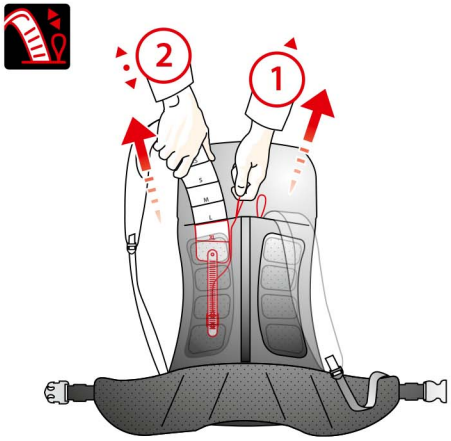
- Best possible ventilation of the back.
- Very wide range of use thanks to the adjustability of the mesh tension.



F.L.A.S.H.



F.L.A.S.H. NT



SHOULDER HARNESS ADJUSTMENT

Every person has an individual torso length and shape; that's why a backpack (especially a mountain sports backpack!) is not a one-size-fits-all piece of gear. Both unusually tall people with a sturdy build and shorter-than-average people with a small frame have a hard time getting a comfortable fit out of a pack that can't be individually adjusted.

At VAUDE we offer fully adaptable backpacks in all categories – for whichever volume range or type of activity, from hiking packs to climbing packs.

A pack's shoulder straps are often too short for unusually tall people with a sturdy build – they tend to be uncomfortable under the arms. When the shoulder straps are adjusted out to their full length, the sternum strap often can't be used because it would be positioned much too high – practically up at the neck. The pack rides much too high on the back, and hipbelt doesn't fit properly (also much too high) so it doesn't carry the load of the pack. Carrying comfort is significantly reduced – especially when the pack is heavily loaded.

Pros
No matter which adjustment system the backpack has, it can be customized for your height and torso length for a stabilized and balanced fit, whatever the activity.

Cons
The only drawback of an adjustable shoulder harness system is a slightly increased overall weight of the backpack. That's why our ultralight models – in which every gram counts – don't feature this system.

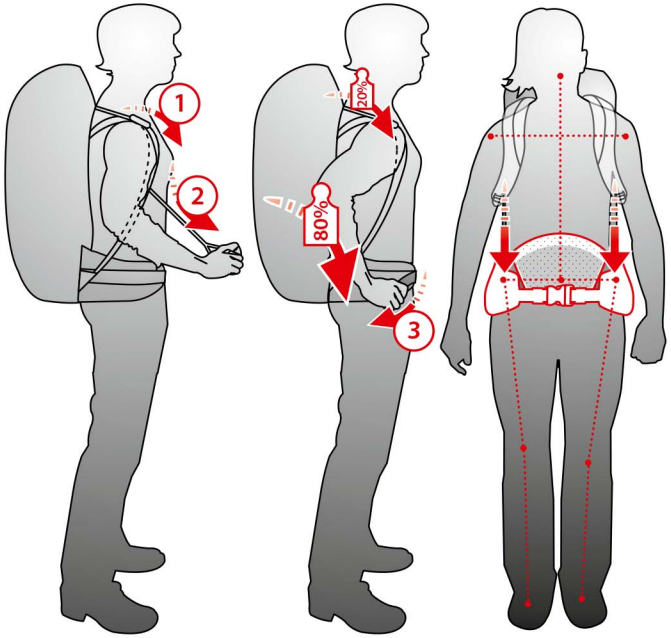
F.L.A.S.H.
F.L.A.S.H. stands for Floating Length-Adjustable Shoulder Harness and means that the length of the length of the shoulder strap harness can be minutely adjusted using an integrated system.

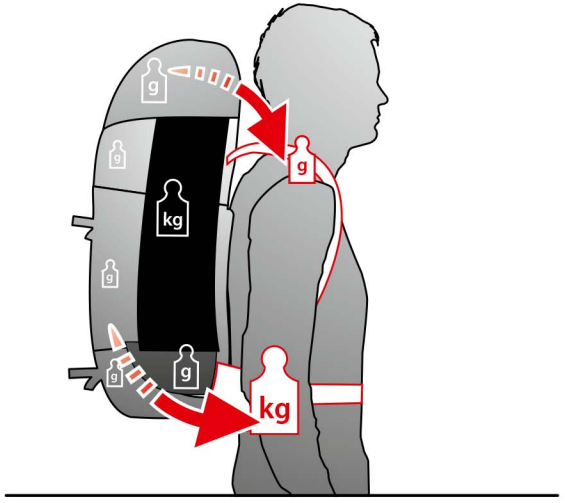
Used in backpacks with the Aeroflex and Aeroflex Easy Adjust suspension systems

Function
The adjustment mechanism is found behind the mesh tensioned back panel. Shoulder harness length is adjusted using a Velcro band on the shoulder straps behind the spring steel frame. The shoulder straps run through reinforced openings in the mesh back panel so that tension isn't affected when the pack is heavily loaded.

Benefits:
- Continuous adjustment for individual torso lengths.
- Simple, easy-access adjustment.

F.L.A.S.H. NT
The F.L.A.S.H. NT system has two pull loops that allow you to precisely adjust the length of the shoulder straps quickly and comfortably. A pull system at the point where the shoulder straps exit the pack lets you adjust the individual length of the shoulder straps for custom-fitting comfort. F.L.A.S.H. NT is used in conjunction with the Anatomic NT and Ergonomic suspension systems.





FIT & ADJUSTMENT

Weight Distribution
It is very important to load your backpack as shown on the diagram seen here. It is essential that the body's center of gravity is not shifted too far backwards, upwards or downwards by the weight of the pack. If this happens, your muscles have to compensate leading to muscle tension and strain, which may result in headaches. The closer your backpack's center of gravity is to your own, the better your balance and the less you will feel the weight.

Load
As a rule of thumb, you should not carry more than 25 – 30% of your own body weight on longer hikes. Only well conditioned hikers should carry more than this. Small children can easily get used to hiking and wearing a backpack, but they should never carry more than a snack, a stuffed animal and possibly their own sleeping bag.

ADJUST THE BACKPACK

To adjust a loaded backpack, hoist it onto your back and proceed as follows:

1. Fasten the shoulder straps and load adjustment straps a (1 and 2) nd tighten slightly. The buckles and load-lifter straps should lie between your collar bone and the top of your shoulder (red arrow). The mid-point of the padded shoulder belt should be about at the top of your shoulders. If this is not the case, adjust the length of the shoulder strap accordingly.

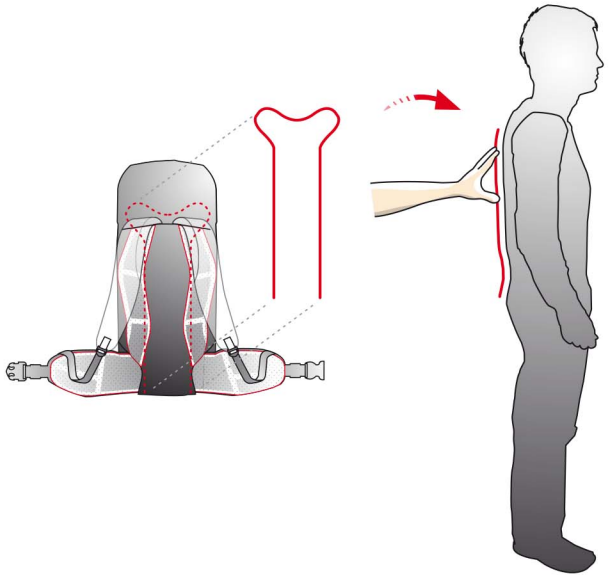
2. Raise your shoulders and fasten the hipbelt, then tighten it (3). The hipbelt should straddle your hipbones and carry about 80% of the pack's weight.

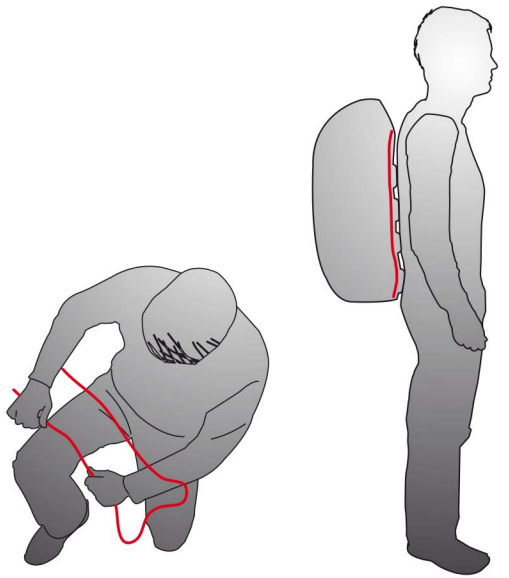
3. Loosen the shoulder straps until the entire weight of the pack is resting on your hips. Then tighten the straps gently to stabilise the pack on your shoulders.

4. Pull the load-lifting straps tight. The shoulder straps will lift away from the shoulders slightly and so take the weight off them.

5. Last but not least, slide the sternum strap to a comfortable height (red arrow) and fasten it. Make sure when tightening the strap that the elastic is not overstretched as this may restrict breathing.

ADJUST ALUMINIUM FRAME





ADJUST ALUMINIUM FRAME

In order to offer even greater custom-fitting individual back adjustability, we‘ve provided our Proflex and Anatomic Alpin suspension systems with removable aluminum frames.

Release the aluminum frame and take it out of the back.

Check for fit: the aluminum frame is already anatomically shaped, yet you can even further optimize its fit. To do this you need a second person to hold the stays against your back.

Individual adjustment: ideally the stays already follow the curvature of your back. If this is not the case, then you can bend them by gently pressing them against your knee or the corner of a table.

When reinserting the aluminum frame please make sure that it is in the right direction.

CARE AND REPAIR

Cleaning: Stains and dirt are best removed using a damp sponge and a mild detergent. If the backpack is heavily soiled, it can be washed under the shower or in the bathtub. Never wash it in a washing machine or dryclean!! To dry the pack, hang it in a well ventilated place.

Guarantee, Care and Repair: VAUDE gives original owners a three-year guarantee on their backpack against material and manufacturing defects. Essentially all damaged equipment can be sent into us and will be repaired for a charge. No matter whether it’s a zipper that needs replacing or a hole that needs mending, our repair professionals can repair (almost) anything. Minor repairs can however also be made at home or at a dealer’s.

Stiff Zippers: Stiff zippers are best treated with a silicon spray (e.g. from a hardware store). Simply spray onto the zippers and they can easily be opened and closed again.

Holes: These usually appear in the bottom of the backpack. The easiest solution is to glue smaller holes from the inside with duct tape. Larger holes have to be sewn up.

Damaged Buckles: On many backpacks you can easily replace defective buckles yourself. To do this, unthread the strap from the damaged buckle and thread it through the new one.