SPORTENZIA

FITTING GUIDE

ADJUSTABLE STERNUM STRAP FOR BACKPACKS

2 cm nylon strap joining the two shoulder straps of a backpack across the chest: quick-release buckle in the centre, sliding keeper at each end, length adjustable from 22 to 30 cm. Fitting, adjustment and care on one page.

REF. SANGLEPOITBBCK · BACKPACK SHOULDER STRAPS, NO SEWING OR TOOLS · NYLON, 2 CM, 22 TO 30 CM



Before fitting

The strap adds a sternum strap to a backpack that has none, or replaces a lost one. Each end wraps around a shoulder strap and comes back through its sliding keeper: no sewing, no tools. The backpack is not included.

Fitting and adjusting

1. **Open the central buckle** by pressing its two tabs: you have two halves, each ending in a keeper.
2. **Wrap one half around a shoulder strap,** feed the end back through the keeper and pull: the keeper sits flat against the shoulder strap.
3. **Do the same on the other side,** at the same height: a few centimetres below the collarbones, above the chest, never at the throat.
4. **Clip the buckle** with the pack on your back, then adjust the length by pulling the free end: the shoulder straps are held, breathing stays easy.
5. **Check while walking:** the shoulder straps no longer slip off. If the strap rides up towards the neck, move both keepers down.



Quick-release buckle in the centre, a sliding keeper at each end for the shoulder strap.

Care

- Hand wash in lukewarm water with mild soap; air dry. No machine, no bleach.
- Rinse the buckle if sand, mud or salt gets in: it must click firmly.
- Cracked buckle or frayed webbing: replace the strap.

Specifications

Material	**Nylon**	Width	**2 cm**
Length	**22 to 30 cm**	Closure	**Quick-release buckle**
Fixing	**Sliding keepers**	For	**Hiking, travel, cycling**
Contents	**1 strap**		

SAFETY

- The buckle opens with a press on both tabs: try it once unloaded, so you can get out of the pack quickly after a fall, on a bike or in the mountains.
- Too tight, the strap restricts breathing: it steadies the shoulder straps, it does not carry the pack.
- Keep out of reach of young children: a strap with a buckle can wrap around the neck.

GOOD TO KNOW

- The keeper wraps around the shoulder strap: on a very wide or very thick strap, it may not close. Measure before ordering if in doubt.
- The strap also suits a hydration pack or a small running pack, as long as it has two shoulder straps.

Need help?

sportenzia.com/pages/contact

Our team answers your questions about fitting and compatibility.

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