

## STEP 1: MEASURE YOUR TORSO LENGTH

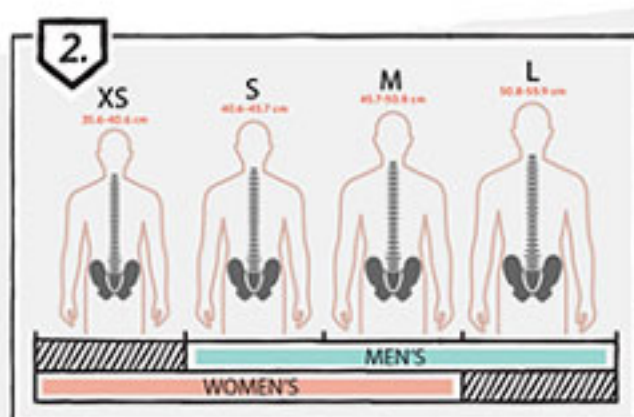
### C7 VERTEBRA TO ILIAC CENTER

Grab a measuring tape. Tilt your head forward to make it easier to and find the highest protruding knob at the base of your neck. Ahoy! It's your **C7 vertebrae**—the starting point for your soft measuring tape. Tilt your head back up and run the tape straight down your spine until you reach your **Iliac Center**. This is the point in the center of your spine that aligns with the highest point on your hipbone.

## STEP 2: PICK YOUR PACK!

Once you know your torso length, you can find out which size you should buy in whichever Gregory pack you like. And remember, all Gregory packs are sized the same regardless of gender, so a medium is a medium whether it's unisex, a men's pack, or a women's pack.

### FIT CHART



### OFFICIAL GREGORY

## FIT CHART

TORSO LENGTH	13 in 33cm	14 in 35.6 cm	15 in 38.1 cm	16 in 40.6 cm	17 in 43.2 cm	18 in 45.7 cm	19 in 48.3 cm	20 in 50.8 cm	21 in 53.3 cm	22 in 55.9 cm
<b>BACKPACKING &amp; HIKING</b>										
BALTORO				SM	SM	SM or MD	MD	MD or LG	LG	LG
DEVA ♀		XS	XS	XS or SM	SM	SM or MD	MD	MD		
BALTORO PRO				SM	SM	SM or MD	MD	SM or MD	LG	LG
STOUT				O/S	O/S	O/S	O/S	O/S	O/S	O/S
AMBER ♀		O/S	O/S	O/S	O/S	O/S	O/S	O/S		
PARAGON			SM / MD	SM / MD	SM / MD	SM / MD MD / LG	SM / MD MD / LG	MD / LG	MD / LG	MD / LG
MAVEN ♀	XS / SM	XS / SM	XS / SM	XS / SM SM / MD	XS / SM SM / MD	SM / MD	SM / MD	SM / MD		
OPTIC				SM	SM	SM / MD	MD	MD / LG	LG	LG
OCTAL ♀		XS	XS	XS / SM	SM	SM / MD	MD	MD		
ZULU			SM / MD	SM / MD	SM / MD	SM / MD MD / LG	SM / MD MD / LG	MD / LG	MD / LG	MD / LG
JADE ♀	XS / SM	XS / SM	XS / SM	XS / SM SM / MD	XS / SM SM / MD	SM / MD	SM / MD	SM / MD		
<b>DAY HIKING</b>										
MIWOK				O/S	O/S	O/S	O/S	O/S	O/S	
MAYA ♀		O/S	O/S	O/S	O/S	O/S	O/S			
SALVO				O/S	O/S	O/S	O/S	O/S	O/S	
SULA ♀		O/S	O/S	O/S	O/S	O/S	O/S			
<b>HYDRATION DAY HIKING</b>										
CITRO				O/S	O/S	O/S	O/S	O/S	O/S	
JUNO ♀		O/S	O/S	O/S	O/S	O/S	O/S			
INERTIA				O/S	O/S	O/S	O/S	O/S	O/S	
SWIFT ♀		O/S	O/S	O/S	O/S	O/S	O/S			
<b>HYDRATION MOUNTAIN BIKING</b>										
DRIFT				O/S	O/S	O/S	O/S	O/S	O/S	
AMASA ♀		O/S	O/S	O/S	O/S	O/S	O/S			
ENDO				O/S	O/S	O/S	O/S	O/S	O/S	
AVOS ♀		O/S	O/S	O/S	O/S	O/S	O/S			
<b>YOUNG ADULT BACKPACKING &amp; HIKING</b>										
WANDER	O/S	O/S	O/S	O/S	O/S	O/S				
ICARUS	O/S	O/S	O/S	O/S	O/S	O/S				
<b>ALPINE &amp; SKI</b>										
DENALI				SM	SM	SM or MD	MD	MD or LG	LG	LG
ALPINISTO				SM	SM	SM or MD	MD	MD or LG	LG	LG
TARGHEE				SM	SM	SM or MD	MD	MD or LG	LG	LG
<b>EVERYDAY ADVENTURE</b>										
DIODE				O/S	O/S	O/S	O/S	O/S	O/S	
ANODE				O/S	O/S	O/S	O/S	O/S	O/S	
SIGNAL ♀		O/S	O/S	O/S	O/S	O/S	O/S			
SIGMA ♀		O/S	O/S	O/S	O/S	O/S	O/S			
NANO	O/S	O/S	O/S	O/S	O/S	O/S	O/S	O/S	O/S	
<b>ADVENTURE TRAVEL</b>										
PRAXUS				O/S	O/S	O/S	O/S	O/S	O/S	
PROXY ♀		O/S	O/S	O/S	O/S	O/S	O/S			
BORDER				O/S	O/S	O/S	O/S	O/S	O/S	
COMPASS		O/S	O/S	O/S	O/S	O/S	O/S			