MTN TRAINER 25
MTN TRAINER 22 WS

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DOLOMITES

OVERVIEW MTN TRAINER

MTN TRAINER 25

Congratulations on your purchase of a SALEWA Pack. We want to besure that you understand and utilize your new SALEWA pack in the best way. Following you will find a description of all functions the Pack is offering.

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FEATURES

1 POLE FASTENING

Loosen the TCS strap tension, insert the handle from bottom to top. Insert the pole tips through the strap/bungee cord loop until the plastic stoppers.

2 TWIN COMPRESSION SYSTEM

allows for a tight fit and stability when moving fast. Innovative, minimalist two-in-one lower compression system offers adjustable height and fit without a weight penalty.

3 ON THE GO MESH SIDE POCKETS

Slanted mesh side pockets for quick and easy access to important items without having to remove your pack.

4 HIP BELT POCKET

Valuables such as money, camera and mobile are well taken care of here.

FEATURES

5 REMOVABLE ISB BAR

To strip down your pack to make it lighter and more flexible, you can remove the Internal Stabilization Bar (ISB). Find the ISB compartment, open the zip, unfasten the Velcro connection. Pull out the ISB.

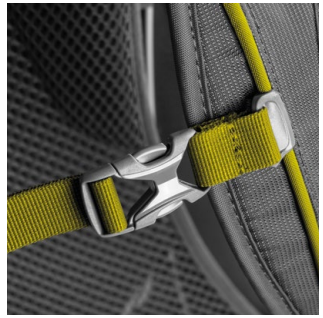
6 DAISY CHAIN

7 RAINCOVER

Unzip the raincover compartment on the base of the pack and pull the raincover over the top. After use, unfasten and remove the raincover to dry it properly.

8 STERNUM STRAP

Slide the strap in the middle of your sternum to stabilize the pack to your body. The elastic strap promotes effective breathing and a snug fit.



FEATURES

1 SPLIT SHOULDER STRAP

Lightweight, split shoulder straps for comfort and breatheability.

2 SPLITTED HIPBELT

Split hipbelt design reduces contact surface, improving breathability.

3 HYDRATION SYSTEM EXIT

Place the hydration system in the pouch on the back of your pack. Fasten the hydration system either with the sewn in hangers or velcro. Thread the hose through the hydration exit and secure it underneath the routers on the shoulder straps.

GENERAL INFORMATION

1. MAIN BENEFITS

We seek to design the best-possible solutions for mountain enthusiasts based on our philosophy of creating strong & light products. We understand our users' needs and provides the right features and benefits for them to enjoy their adventures:

STRENGTH & DURABILITY

Our design team carefully analyses the exact functions of each part of a backpack to define performance requirements, select an optimum combination of materials and engineer the strongest gear for the longest use.

OPTIMAL LOAD DISTRIBUTION

SALEWA trekking backpacks are fitted with Custom FIT and Custom FIT PRO carrying systems. Their easy-adjust torso lengths, mean that even heavy loads can be carried comfortably for long periods. For optimal load distribution, ensure that the carrying system is properly adjusted, including the load control straps. In addition, make sure your pack is set up correctly, both horizontally and vertically.

LIGHTWEIGHT DESIGN

Our sophisticated design solutions use the best materials to minimize weight. Lightweight fabrics, buckles, straps and accessories also help keep weight down.

VENTILATION

Sweating cools down the body via evaporation. Conventional backpacks stop this happening as their back panels prevent the ventilation sweat requires to evaporate. The wet back panels mean you get chilled. All SALEWA backpack back panels are designed to ensure good ventilation.

2. CARRYING SYSTEMS

SALEWA has two different carrying systems. Depending on size and area of use, its backpacks are equipped with an AIR FIT or a CONTACT FIT system. Our AIR FIT system maximizes ventilation and minimizes the backpack surface in contact with the body; the CONTACT FIT system keeps the load barycentre of the backpack close to the body for maximum control on ascents and provides good ventilation through its air channels.

GENERAL INFORMATION

3. ADJUSTING YOUR BACKPACK

HOW TO GET THE BEST FIT:

1. Loosen all straps (shoulder straps, load control straps, waist belt, compression straps) before you load the pack.

2. If your backpack has a back regulation system, follow the instructions in the table to identify your torso length and set the correct back length.

3. Pull in the waist belt so that it sits just above the pelvis. Make sure that your iliac crest is centred between the waist belt padding. Close the buckles. Secure the loose ends of the straps.

4. Tighten (but don't overtighten) the shoulder straps until the carrying system meets the back. The attachment point of the shoulder straps should be about one inch below the seventh vertebra (C7). If necessary, readjust the back length.

5. If your pack has them, tighten the load control straps at the top of the shoulder straps.

6. Close and adjust the length of the chest (sternum) strap, and make sure it sits at the right height (at your sternum). A snug fit will help stabilise the pack. Take care not to create pressure points.

7. Check the load control straps again and ensure that your shoulder straps fit snugly around your shoulders.

TORSO MEASUREMENT	FIXED BACK LENGTH SIZE	CUSTOM FIT PRO BACK LENGTH MALE	CUSTOM FIT PRO BACK LENGTH FEMALE
38/40cm	SHORT		SHORT
40/45cm		SHORT	MEDIUM
45/50cm	REGULAR	MEDIUM	LARGE
50/53cm		LARGE	

4. PACKING YOUR BACKPACK

We recommend that you never pack more than 70% of your pack's volume. The extra room will come in useful if you have to unpack the contents and quickly pack them again.

- Space is limited, so it makes sense to pack systematically. This also makes your pack easier to carry. We recommend packing as follows: store lighter items, such as your sleeping bag and reserve clothes at the bottom; keep heavy items such as your cooking equipment or tent in the area of your upper back.

- Store valuable item such as documents, money, keys etc. in the dedicated pocket.

- Pack items you want close to hand at the top or in outside pockets: extra clothing, water bottle, maps, compass, snacks, etc.

- Fasten longer items, such as tent poles or trekking poles, to the side of the pack using the compression straps – and store the loose ends away in the side pockets. If required, large and bulky items (sleeping mat, tent, etc.) can be attached on the outside using compression straps.

- Store your cooking equipment, food, spare clothing and other items in the main compartment. Keep your most frequently used gear close to the top. Less frequently used kit (e.g. bivouac sack) can stay at the bottom.

- The separate bottom compartment is meant for your lighter items, such as your sleeping bag or spare base layers.

5. CARE AND MAINTENANCE

Backpacks do not need much care and maintenance. Stains can be cleaned off with water. Lubricate the zippers occasionally with silicone or oil. Although, if you use your pack in dusty areas, don't use silicone or oil as they attract dust. If your zippers stick, clean them with an old toothbrush.

6. CONTACT

Got a question? Need a suggestion?
Please contact us at: www.salewa.it/it/contacts/