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## Naturehike NH19BP108

# Naturehike Rock Series 45L Hiking Camping Backpack Instruction Manual

Model: NH19BP108 | Brand: Naturehike

## 1. INTRODUCTION

Thank you for choosing the Naturehike Rock Series 45L Hiking Camping Backpack. This manual provides essential information for the proper setup, use, and maintenance of your backpack, ensuring a comfortable and efficient experience during your outdoor adventures. This backpack is designed for hikers and campers seeking a lightweight, durable, and comfortable solution for their gear.

- **Large Capacity & Lightweight:** The Rock Series Backpack (40+5L) is designed to meet the daily needs of most hikers. Weighing only 2.73 lbs, it enhances the enjoyment of your hiking trips by minimizing carry weight.
- **High-Quality and Durable Fabric:** Constructed from 420D nylon, this mountaineering rucksack offers remarkable durability and scratch resistance. It is water repellent, and a rain cover is included for added protection against unexpected rain.
- **Ergonomic Comfort for Long Hauls:** The ergonomically designed back pad and thick shoulder pads are engineered to reduce back pressure. The mesh structure of the back pad promotes breathability, ensuring comfort during extended periods of carrying.
- **Multi-Pockets and DIY Windrope System:** Equipped with multiple pockets, the backpack provides ample space for organizing camping gear. A large open mesh pocket on the back allows quick access, and compression straps enable secure attachment of items like trekking poles or sleeping bags.

## 2. PRODUCT COMPONENTS & FEATURES

Familiarize yourself with the key components and features of your Naturehike Rock Series Backpack:

## **PRODUCT INFO**



Image: Overview of the Naturehike Rock Series 45L Backpack, highlighting its dimensions (56cm height, 26cm width, 18cm depth), weight (1.24kg / 2.73lbs), capacity (40+5L), and maximum load (11kg).

### **2.1 Ergonomic Design for Comfort**

The backpack features an ergonomic design that conforms to your back's natural curve, ensuring efficient weight transfer to your hip bones for enhanced comfort during long treks.



Image: Diagram illustrating the ergonomic design of the backpack, showing how it fits the back curve and transfers weight to the hip bones for improved comfort.

## **2.2 Back Panel and Straps**

The back panel incorporates an aluminum alloy frame for structural support, along with a breathable mesh lumbar pad and thick shoulder pads to maximize airflow and reduce pressure.



Image: Close-up of the backpack's back panel, detailing the aluminum alloy frame, shoulder strap pockets, lumbar pad, and hipbelt pockets.

### 2.3 Storage and Organization

The backpack offers versatile storage options, including a DIY wind rope system for external attachments and various pockets for organized packing.

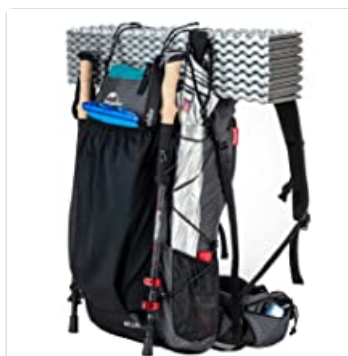


Image: The backpack demonstrating its external attachment points, securing trekking poles and an umbrella using the DIY wind rope system.



Image: A sleeping pad attached to the exterior of the backpack, showcasing its external carrying capabilities.



Image: An overhead view displaying a variety of camping gear, including a sleeping pad, tent, cooking equipment, and clothing, neatly organized within and around the backpack.

## 2.4 Integrated Rain Cover

A dedicated rain cover is stored in a bottom pocket, ready to deploy for protection against wet weather conditions.



## **RAIN COVER**

*Unzip the backpack's bottom pocket and you will find it!*

Image: The backpack with its rain cover fully deployed, demonstrating how it protects the pack from the elements. An inset shows the zippered bottom pocket where the rain cover is stored.



Image: A close-up shot of water droplets beading on the backpack's fabric, illustrating its water-repellent properties.

### **3. SETUP & ADJUSTMENT**

Properly adjusting your backpack is crucial for comfort and load distribution. Follow these steps for an optimal fit:

1. **Load the Backpack:** Distribute weight evenly, placing heavier items closer to your back and lighter, bulkier items further away.
2. **Loosen All Straps:** Before putting on the backpack, loosen all shoulder, sternum, and hipbelt straps.
3. **Put on the Backpack:** Place the backpack on your back and slide your arms through the shoulder straps.
4. **Adjust Hipbelt:** Position the hipbelt so it rests comfortably on your hip bones. Fasten the buckle and tighten the straps until the majority of the weight is supported by your hips.
5. **Adjust Shoulder Straps:** Pull the shoulder straps downwards to snug the pack against your back. They should be snug but not bear the primary weight.
6. **Adjust Sternum Strap:** Fasten the sternum strap across your chest and adjust its height and tension for comfort. This helps stabilize the shoulder straps.
7. **Adjust Load Lifters:** These straps are located above your shoulders, connecting the top of the shoulder straps to the top of the pack. Tighten them to pull the top of the pack closer to your body, improving balance.

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Video: Demonstrates the features and adjustment process of the Naturehike 45L/65L Hiking Camping Backpack, including strap adjustments and pocket usage.

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Video: Provides a detailed overview of the Naturehike 60/65L Internal Frame Backpack, showcasing its various compartments, straps, and how to wear it for hiking and camping.

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Video: Features a 60L internal frame hiking backpack, demonstrating its capacity, comfort, and suitability for backpacking adventures.

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Video: Illustrates the features of the IX INOXTO 55L Internal Frame Backpack, including its capacity, water bladder compatibility, and various storage options.

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Video: Showcases the IX INOXTO 30L Hiking Backpack with Rain Cover, highlighting its compact design, storage features, and rain protection.

## 4. USAGE GUIDELINES

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To maximize the performance and lifespan of your backpack, consider the following:

- **Packing Strategy:** Place items you need frequently in easily accessible pockets (e.g., hipbelt pockets, side mesh pockets). Use the main compartment for bulkier gear.
- **Hydration:** Utilize the internal hydration sleeve for a water bladder (not included) and route the hose through the designated port for easy access to water.
- **Weather Protection:** Always carry the included rain cover and deploy it promptly in wet conditions to protect your gear.
- **Weight Distribution:** Aim for a balanced load, with heavier items centered and close to your back to

maintain stability and reduce strain.

## 5. CARE & MAINTENANCE

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Proper care will extend the life of your Naturehike backpack:

- **Cleaning:** Hand wash with mild soap and cold water. Do not use bleach or harsh detergents. Air dry thoroughly away from direct sunlight.
- **Storage:** Store the backpack in a cool, dry place, away from direct sunlight and extreme temperatures. Ensure it is completely dry before storage to prevent mold and mildew.
- **Zippers and Buckles:** Periodically check zippers and buckles for smooth operation. Clean any dirt or debris that may hinder their function.
- **Fabric Care:** Avoid dragging the backpack on rough surfaces to prevent abrasion. Repair any small tears promptly to prevent them from enlarging.

## 6. TROUBLESHOOTING

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Here are some common issues and their solutions:

- **Discomfort during wear:** Re-adjust all straps (hipbelt, shoulder, sternum, load lifters) to ensure proper weight distribution. Ensure the hipbelt is resting on your hip bones.
- **Gear getting wet:** Ensure the rain cover is properly deployed and secured. Check for any tears in the backpack fabric or rain cover.
- **Zippers sticking:** Clean the zipper teeth with a small brush and apply a silicone-based lubricant if necessary.
- **Back sweating excessively:** Ensure the backpack is properly adjusted to allow airflow through the mesh back panel. Consider wearing moisture-wicking clothing.

## 7. SPECIFICATIONS

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Feature	Detail
Product Dimensions	7.09 x 10.24 x 26.38 inches
Item Weight	2.33 pounds (1.06 Kilograms)
Department	unisex-adult
Item Model Number	NH19BP108
Age Range Description	Adult
Number Of Items	1
Units	1 Count
Capacity Total	45 Liters

## 8. CUSTOMER SUPPORT

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For any questions or concerns regarding your Naturehike Rock Series Backpack, please contact our dedicated product support team. We are committed to responding to your inquiries within 24 hours.

For further assistance, please refer to the official Naturehike website or your retailer's support channels.