



ARC'TERYX

BORA AR PACK

USER MANUAL

Congratulations on the purchase of your BORA AR pack. We believe this is the best trekking pack we've ever created. To get the most out of your pack, please take a few minutes to review this booklet.

SECTION 1 | PACK & HIPBELT SIZING

SECTION 2 | PARTS OF A BORA AR PACK

SECTION 3 | FITTING YOUR BORA AR PACK

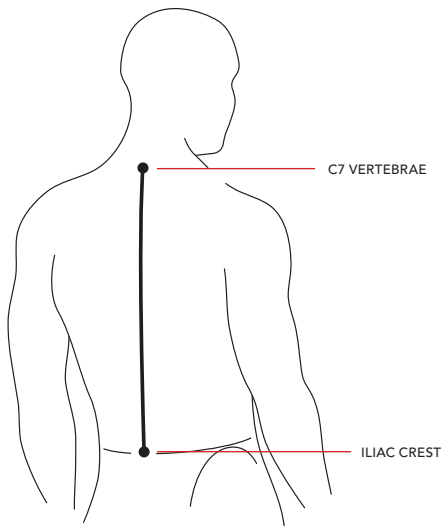
SECTION 4 | FEATURES AND FUNCTIONS

SECTION 5 | CARE AND STORAGE

SECTION 6 | TROUBLE SHOOTING THE ROTOGLIDE™

For telephone numbers, please access our CONTACT US website page: www.arcteryx.com/Service-Forms.aspx

SECTION 1 | PACK & HIPBELT SIZING



PACK SIZING:

Packs are sized in Regular (R) and Tall (T). Sizing refers to your back length.

To determine your size, measure down the spinal column from the 7th cervical vertebra to the level of the hip iliac crest.

Men's	Regular	46.5cm – 51.5cm
	Tall	18.25 in – 20.25 in
Women's	Regular	50.5cm – 55.5cm
	Tall	19.75 in – 21.75 in
Women's	Regular	42.5 cm – 47.5 cm
	Tall	16.75 in – 18.75 in
Women's	Regular	46.5cm – 51.5cm
	Tall	18.25 in – 20.25 in

HIPBELT SIZING:

Hipbelt sizing is based on a measurement around the hip iliac crest. Measure around the body at the top edge of the hip iliac crest, approximately 2 in below the point at which you would measure your waist.

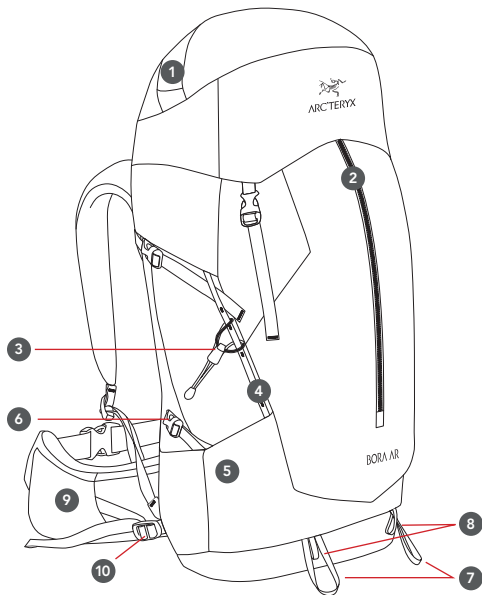
SHOULDER STRAP SIZING:

Shoulder strap sizing refers to bust/chest circumference. Measure around the bust/chest at the fullest point.

Men's	Small	73 cm – 86 cm 28.75 in – 34 in
	Medium	82 cm – 97 cm 32.5 in – 38.25 in
	Large	94 cm – 107 cm 37 in – 42 in
Women's	Small	72 cm – 82 cm 28.5 in – 32.5 in
	Medium	80 cm – 92 cm 31.5 in – 36.25 in
	Large	90 cm – 102 cm 35.5 in – 40.2 in
Men's	Small	85 cm – 96 cm 33.5 in – 38 in
	Medium	93 cm – 109 cm 36.75 in – 43 in
	Large	106 cm – 122 cm 41.75 in – 48 in
Women's	Small	78 cm – 90 cm 30.75 in – 35.5 in
	Medium	87 cm – 103 cm 34.25 in – 40.5 in
	Large	100 cm – 112 cm 39.5 in – 44 in

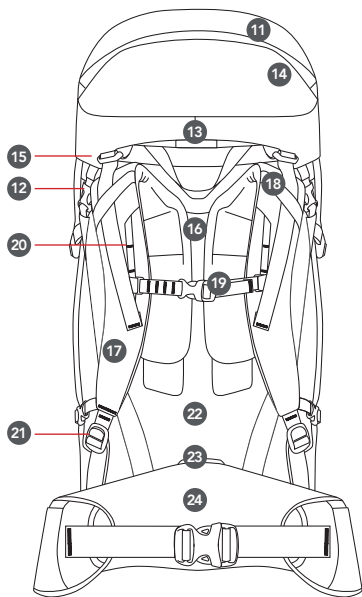
SECTION 2 | RECOGNIZING THE VARIOUS PARTS OF A BORA AR PACK

FRONT VIEW



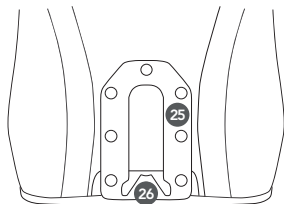
- 1 Top Pocket
- 2 Kangaroo™ Pocket
- 3 Elastic hook clips (for trekking pole/
mountaineering axe) x2
- 4 Daisy chain lash points x2
- 5 Side pocket x2
- 6 Compression straps x4
- 7 Mountaineering axe loop x2
- 8 Lower lash points x2
- 9 Hipbelt pocket x2
- 10 Hipbelt load stabilizer x2

BACK VIEW

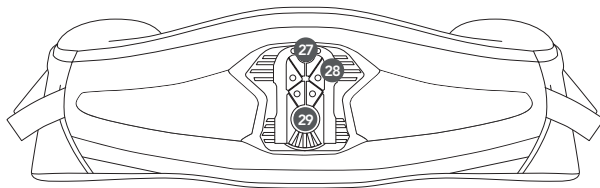


- 11 Top Pocket
- 12 Top pocket extension straps x2
front x2 back
- 13 HydroPort™ hydration tube opening
- 14 Main compartment top strap
- 15 Load lifters x2
- 16 GridLock™
- 17 Shoulder straps x2
- 18 Hydration tube/load lifter strap
retainer x2
- 19 Sternum strap
- 20 Sternum strap adjustment ladder x2
- 21 Shoulder strap fit adjuster x2
- 22 Tegris® back panel
- 23 RotoGlide™ hipbelt mechanism
- 24 Hipbelt

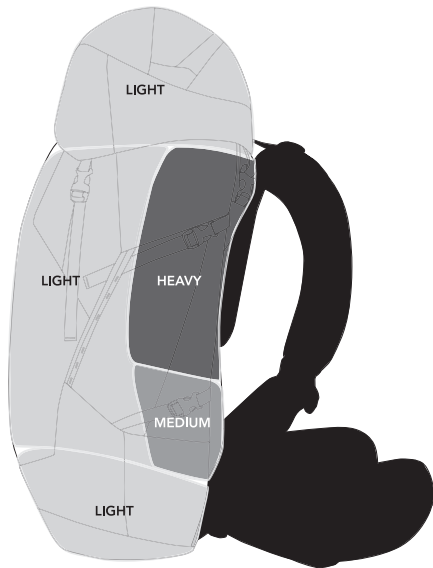
ROTOGLIDE™ MECHANISM



- 25 Rail
- 26 Latch
- 27 TPU bumper
- 28 Slider
- 29 Bearing cap



SECTION 3 | FITTING YOUR BORA AR PACK



Wearing a properly fitted pack increases your carrying comfort. Fitting the pack doesn't take long and makes the pack more enjoyable to wear.

To fit your BORA AR Pack:

STEP 1 - FILL YOUR PACK WITH 10 KG (22 LBS)

Begin by loading your pack with a significant amount of weight similar to what you would normally carry. Ensure the weight is distributed as per this diagram.

STEP 2 - LOOSEN ALL THE STRAPS

The shoulder straps should be slightly loose, but not all the way, otherwise the pack will be difficult to adjust. The load lifter straps, hipbelt, and load stabilizer straps should be completely loose.

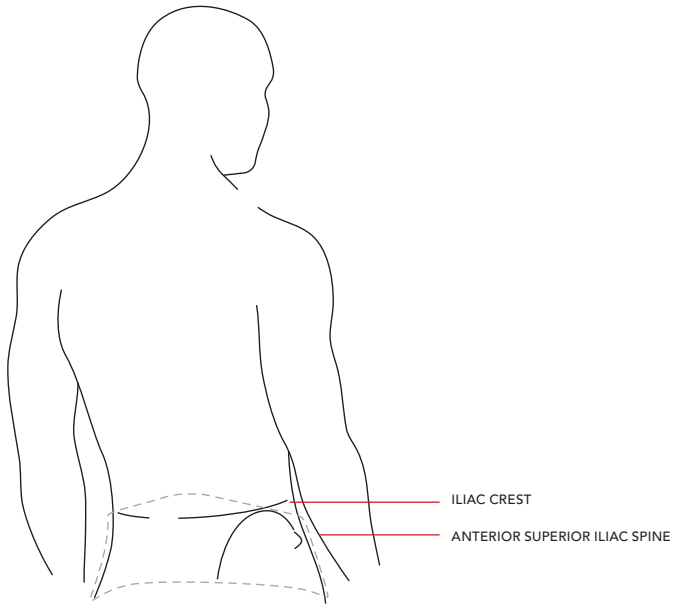
The hipbelt is the foundation of pack fitting.

Each person may choose to wear their hipbelt on a different position on their body. The top edge of your hip bone is called the Iliac Crest; the top edge of the hipbelt should rest along the Iliac Crest. The pointy front edge of your hips is called the Anterior Superior Iliac Spine; each pad of the hipbelt should cover your Anterior Superior Iliac Spine.

STEP 3 - TIGHTEN THE HIPBELT

- Put on the pack, while leaning forward to support the load
- Close the hipbelt buckle.
- Hold the right hipbelt pad with your right hand.
- With your left hand pull the webbing on the right side of the buckle towards your right hip.
- Hold the left hipbelt pad with your left hand.
- With your right hand pull the webbing on the left side of the buckle towards your left hip.

STEP 3



STEP 3 CONTD.

When completely tight, the medium sized hipbelt pads should be about 15 cm (6 in.) apart. If the pads are too close together you may not have enough space to further tighten the hipbelt after removing layers while trekking.

Replace the hipbelt with a larger size if the hipbelt pads don't completely cover the Anterior Superior Iliac Spine.

For other sizes of hipbelts, please contact the retailer where you purchased your BORA AR pack or Arc'teryx Customer Service. (see page 1)

STEP 4 - TIGHTEN THE LOAD STABILIZER STRAPS

Tighten the load stabilizer straps on both sides of the hipbelt until they are snug but not too tight. These straps serve to minimize the sway of the pack load and can be adjusted to your comfort. If left loose, they allow the RotoGlide™ hipbelt to move more freely. As you tighten these straps, they will reduce its movement which you may find advantageous in certain conditions.

STEP 5 - TIGHTEN THE SHOULDER STRAPS

Hold the webbing straps below the shoulder strap fit adjusters.
(see page 5)

Pull down and slightly towards your back.

Note: If you over-tighten the shoulder straps, the weight will shift from your hipbelt to your shoulders, which could be uncomfortable over long periods.

STEP 6 - CONNECT THE TWO ENDS OF THE STERNUM STRAP ACROSS YOUR CHEST

The Ideal Sternum Strap Fit

The sternum strap keeps the shoulder straps from sliding off your shoulders. It should sit comfortably on your chest, about halfway between the top and bottom of your sternum. You can use the sternum strap adjustment ladder to change the height of the sternum strap to the most comfortable position for you.

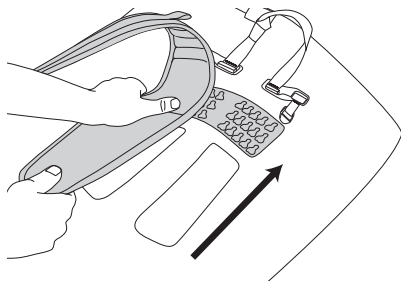
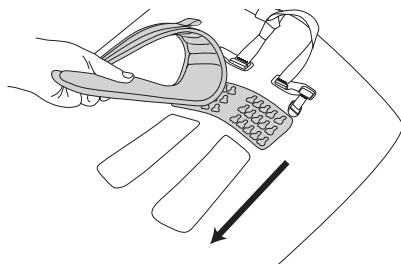
Don't over-tighten the sternum strap. If it's too tight, it might keep your chest from expanding. If it's too loose, the shoulder straps might irritate your armpit.

Shoulder Strap Sizes

If you can't raise sternum strap enough, lower the shoulder straps on the GridLock™. If you still can't raise the sternum strap enough, you might need a smaller size of shoulder straps.

To request a different size of shoulder straps, please contact the retailer where you purchased your BORA AR pack or Arc'teryx Customer Service. (see page 1)

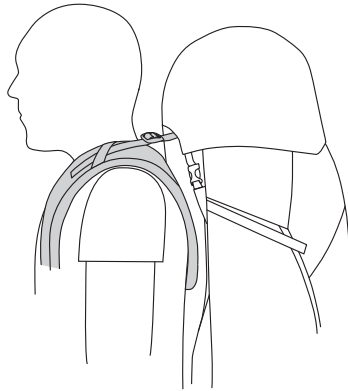
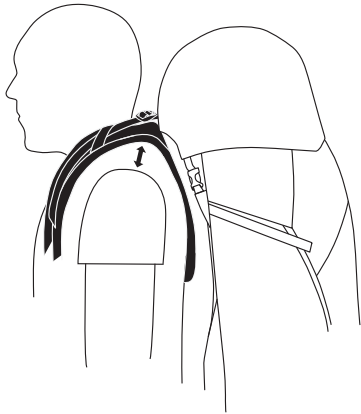
EXPERT FIT TIP: Once the shoulder straps and sternum strap are adjusted to where you like them, try over-tightening the sternum strap by 1cm and loosening the shoulder straps on each side by 1 cm. These micro-adjustments can make the pack feel better with heavier loads.



STEP 7 - TIGHTEN THE LOAD LIFTER STRAPS

1. Hold the load lifter strap above each shoulder strap.
2. Pull this strap forward. Stop when you feel the load lift off your shoulders.

The load lifters straps are designed to lift pressure off the top of your trapezius muscles. This reduces fatigue and increases carry comfort. If you over-tighten the load lifters, it puts more pressure on the front of your chest. There should be no gaps between the shoulder strap and your shoulder. If there is a gap, loosen the load lifters.



Congratulations! You're done fitting your new pack.

Before your first hiking trip, take your new fitted pack for a 1-2 hours test hike.

If you find the shape of the back panel doesn't quite fit your body shape or you notice a pressure point anywhere along your back, you can bend the stays to improve the fit.

Instructions for bending the stays are available on page 17.

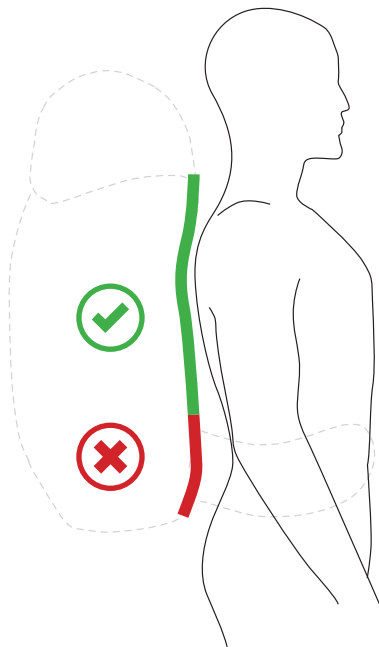
BENDING THE STAYS

⚠ WARNING! Do not bend the stays near the RotoGlide™ rail. All adjustments to the stays must be made above the first 12 cm (4.75 in) from the bottom of the backpack.

To bend the stays:

1. Identify exactly where along the back panel you feel discomfort, and mark the spot on the back panel.
2. Apply gentle, steady pressure to the back panel to bend the aluminum stays.
3. Do not apply pressure to the bottom 12 cm (4.75 in) at the RotoGlide™ rail.
4. Load your pack and take a 30-minute test walk.

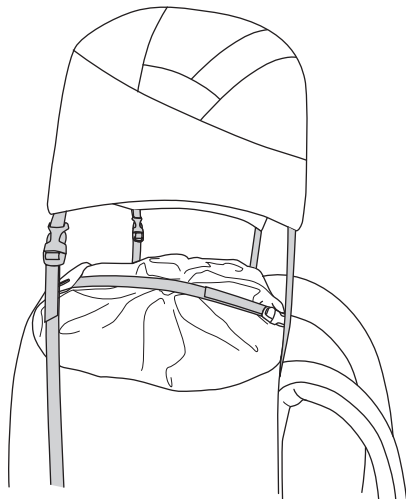
If the discomfort remains, repeat steps 1-3 until you find the best shape for your back.



SECTION 4 | HOW TO USE THE KEY FUNCTIONS OF THE PACK

TOP POCKET EXTENSION

To accommodate different load volumes in the pack, you can raise or lower the top pocket. Use the four webbing straps on the corners to adjust the tension and height. If you're carrying larger items under the top pocket, pull the strap at the top of the Kangaroo™ pocket towards the centre of the back panel for extra security.

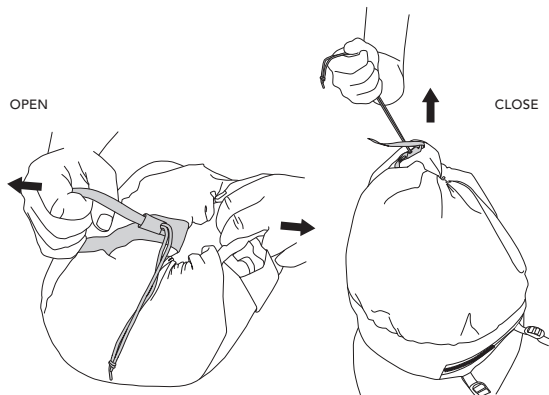


OPENING & CLOSING THE MAIN COMPARTMENT

The main compartment of the pack uses the Arc'teryx PULL TO OPEN / PULL TO CLOSE draw cord system.

To open the main compartment:

1. On the non-cordlock/webbing loop side, hold the fabric of the main compartment opening with one hand.
2. Pull the webbing loop with the other hand in the opposite direction.
3. Pull the draw cord string to close the main compartment.

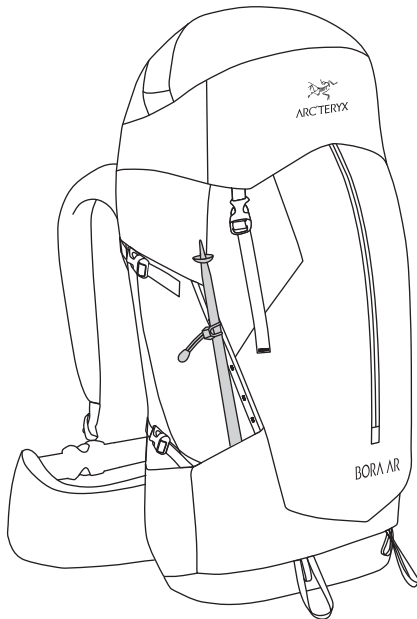


ATTACHING TREKKING POLES

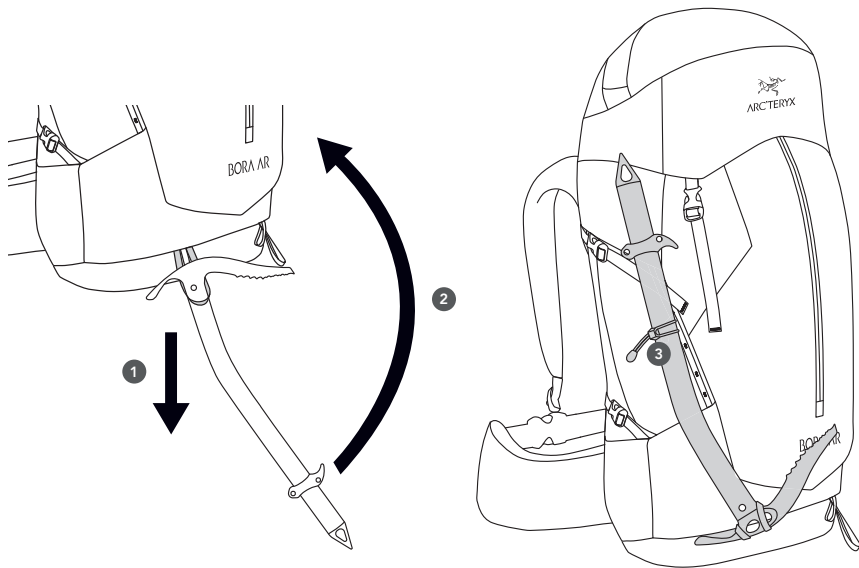
1. Insert one end in the side pockets at the bottom of the pack.
2. Wrap the elastic hook clips around pole.
3. Pull on the free end of the elastic to tighten.

ATTACHING A MOUNTAINEERING AXE

1. Slide the handle of the tool down through the mountaineering axe loop until the head of the tool pulls on the mountaineering axe loop.
Note: Point the pick at the head of the axe towards the zipper on the Kangaroo™ pocket.
2. Flip the bottom of the handle up towards the top of the pack. Secure the handle with the elastic hook clips.
3. Pull the end of the elastic to tighten.



ATTACHING A MOUNTAINEERING AXE



CARRYING A HYDRATION BLADDER

STEP 1

Slide the water-filled hydration bladder into the sleeve with the elastic top edge located inside the pack at the top of the back panel.

STEP 2

Clip the top of your hydration bladder in the webbing loop and buckle at the top of the back panel.

This prevents the bladder from sagging and potentially crimping the hose or the bladder.

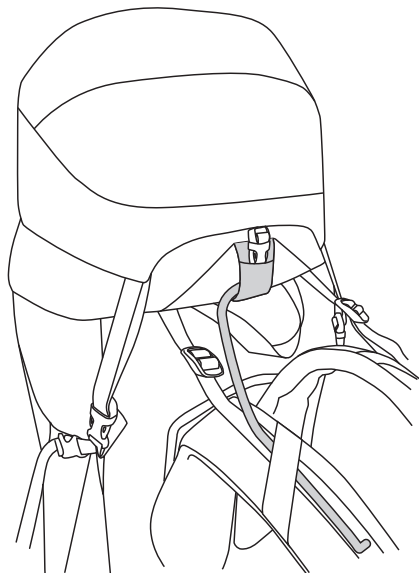
STEP 3

Slide the hydration bladder tube through the HydroPort™.

The HydroPort™ is a slot located above the small loop of webbing with a plastic buckle.

STEP 4

Direct the tube to either side of the pack, depending upon your preference, and slip the tube under the hydration tube / load lifter strap retainer to keep the tube easily accessible.



SECTION 5 | HOW TO CARE FOR YOUR NEW PACK

To retain optimal performance and longevity from your BORA AR pack, follow these simple rules:

- Never store the pack in hot environments, such as in cars or direct sunlight.
- Never store the pack when wet or in humid environments.
- Never store the pack compressed or under heavy weight. This may cause the foam in the shoulder straps or hipbelts to lose their shape. If you're storing the pack for more than a month unused, remove the hipbelt using the instructions on page 25.
- If you're checking your pack as luggage on a flight:
 - Remove the hipbelt using the instructions on page 25.
 - Protect the pack with a large duffel bag, heavy-duty plastic bag, or other protection to prevent the straps from being damaged on the conveyor belts.
- Wash your pack regularly to remove buildup of dirt or sweat. Rinse with cold water and let it completely air dry in a shaded environment. Do not dry in direct sunlight. Do not use soap, detergents, or other cleaning agents.

REMOVING THE HIPBELT

STEP 1

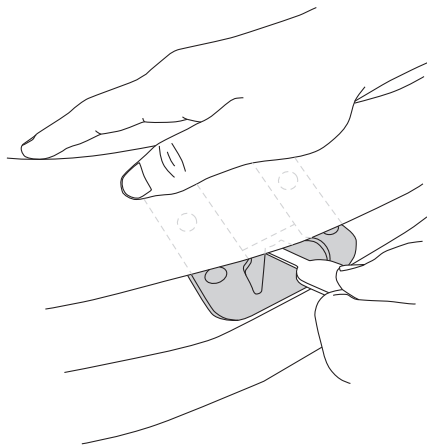
Lay the pack on a flat surface with the back panel facing you, and insert a long flat object to slide the bottom of the RotoGlide™ rail. You can use a flat-head screwdriver, cutlery knife, or even a key.

STEP 2


Slide the hipbelt out of the RotoGlide™ rail, past the latch until it's completely free of the rails.

STEP 3

Unthread the load stabilizer straps from the sides of the hipbelt.



INSTALLING THE HIPBELT

 **WARNING!** Always ensure that the TPU bumper on the RotoGlide™ slider of the hipbelt is inserted into the rails towards the top of the pack. This TPU bumper prevents the rail and slider from making a clicking noise each time they touch while using the pack.

STEP 1

Lay the pack on a flat surface with the back panel facing you, hold the hipbelt and orient the RotoGlide™ slider so that the TPU bumper is inserted first into the rails.

STEP 2

Push the slider into the rail until you hear a click, as it completely passes the latch.

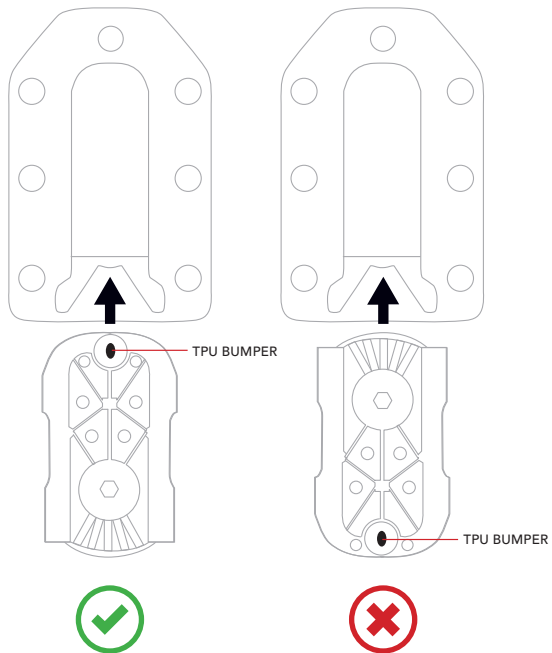
STEP 3

Test your installation:

- Make sure the slider moves freely along the back panel towards its top and bottom
- Make sure it's securely attached. If you lift the hipbelt, the pack should lift too.

STEP 4

Thread the webbing through the hipbelt load stabilizer buckles on both sides of the hipbelt, the same way they were unthreaded. Make sure there are no twists in the webbing.



SECTION 6 | TROUBLE SHOOTING THE ROTOGLIDE™

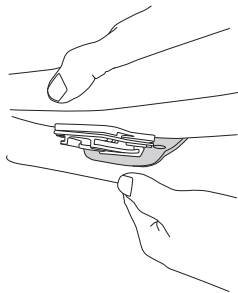
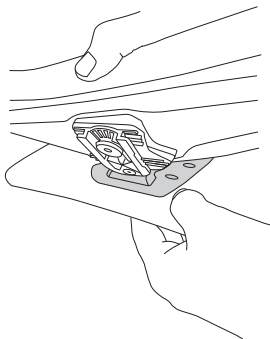
If you notice the RotoGlide™ mechanism not operating smoothly:

STEP 1

Wash the slide and rails with cold water and let dry.

⚠ WARNING! Do not use any kind of soap or lubrication on these parts. The materials chosen are unique and do not require lubrication or soap to maintain performance.

Test the RotoGlide™ movement. If it works as normal, you are finished. If not, proceed to Step 2.



STEP 2

If the RotoGlide™ mechanism still doesn't slide smoothly or makes excessive noise, remove the hipbelt using the instructions on page 25, and inspect for debris lodged in the slider or rails. Remove any debris carefully. Reinstall the hipbelt, and test the RotoGlide™. If it doesn't slide smoothly, please contact Arc'teryx Customer Service. If a clicking noise persists, continue trouble shooting with step 3.

STEP 3

Remove the hipbelt following the removal instructions on page 25. Ensure the slider was inserted with the TPU bumper facing the top of the pack. Next, inspect the TPU bumper found inside the hole on the end of the slider opposite of the bearing cap. If it's still there and not damaged, reinstall the hipbelt carefully following the hipbelt installation instructions on page 26. Check the RotoGlide™ mechanism to see if it slides smoothly and is noise-free.

If the TPU bumper is damaged or missing, or if the RotoGlide™ mechanism isn't fully functional after troubleshooting using these three steps, please contact Arc'teryx Customer Service for additional help. (see page 1)



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