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Meyer(10) **Pub. No.: US 2017/0196345 A1**(43) **Pub. Date: Jul. 13, 2017**(54) **ADJUSTABLE BACKPACK**(52) **U.S. Cl.**(71) Applicant: **Granite Gear LLC**, Libertyville, IL
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(2013.01); *A45F 2003/045* (2013.01)(72) Inventor: **Michael J. Meyer**, Vernon Hills, IL
(US)(57) **ABSTRACT**(21) Appl. No.: **15/317,093**(22) PCT Filed: **Aug. 5, 2016**(86) PCT No.: **PCT/US16/45835**

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(2006.01)

A backpack is provided. The backpack includes, a first shoulder strap having an attachment end and a distal end, and a second shoulder strap having an attachment end and a distal end. The backpack may include a shoulder strap tongue connected with the attachment end of the first shoulder strap and the attachment end of the second shoulder strap. The backpack may include a waist support system including a waist belt including a first section and a second section. The first section includes a first attachment end and a first distal end and the second section includes a second attachment end and a second distal end. A first connection portion is disposed on the first section at the first attachment end, and a second connection portion is disposed on the second section at the second attachment end. The first connection portion is releasably attached to the second connection portion.

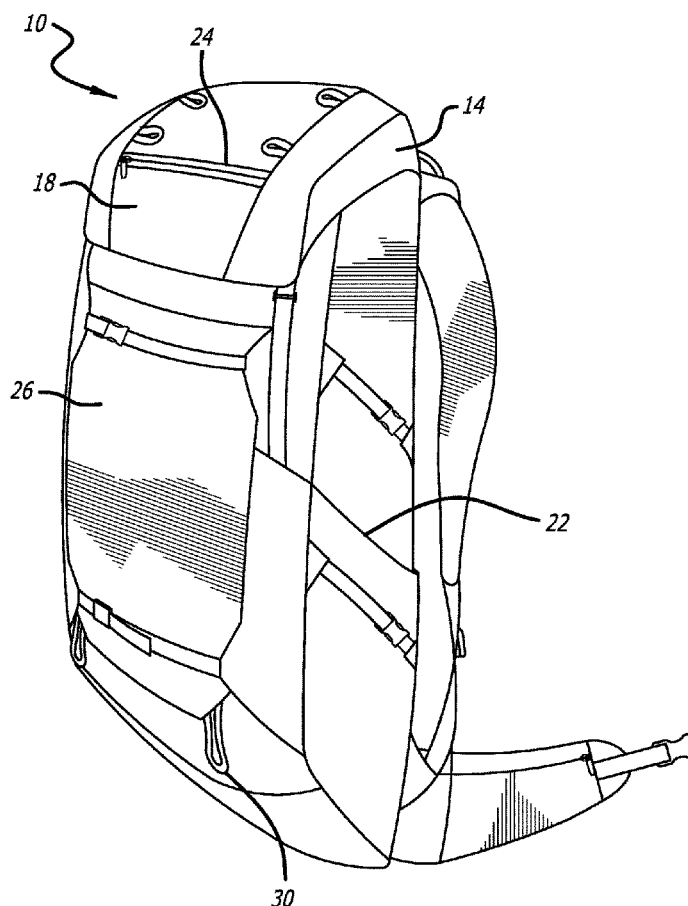


FIG. 1

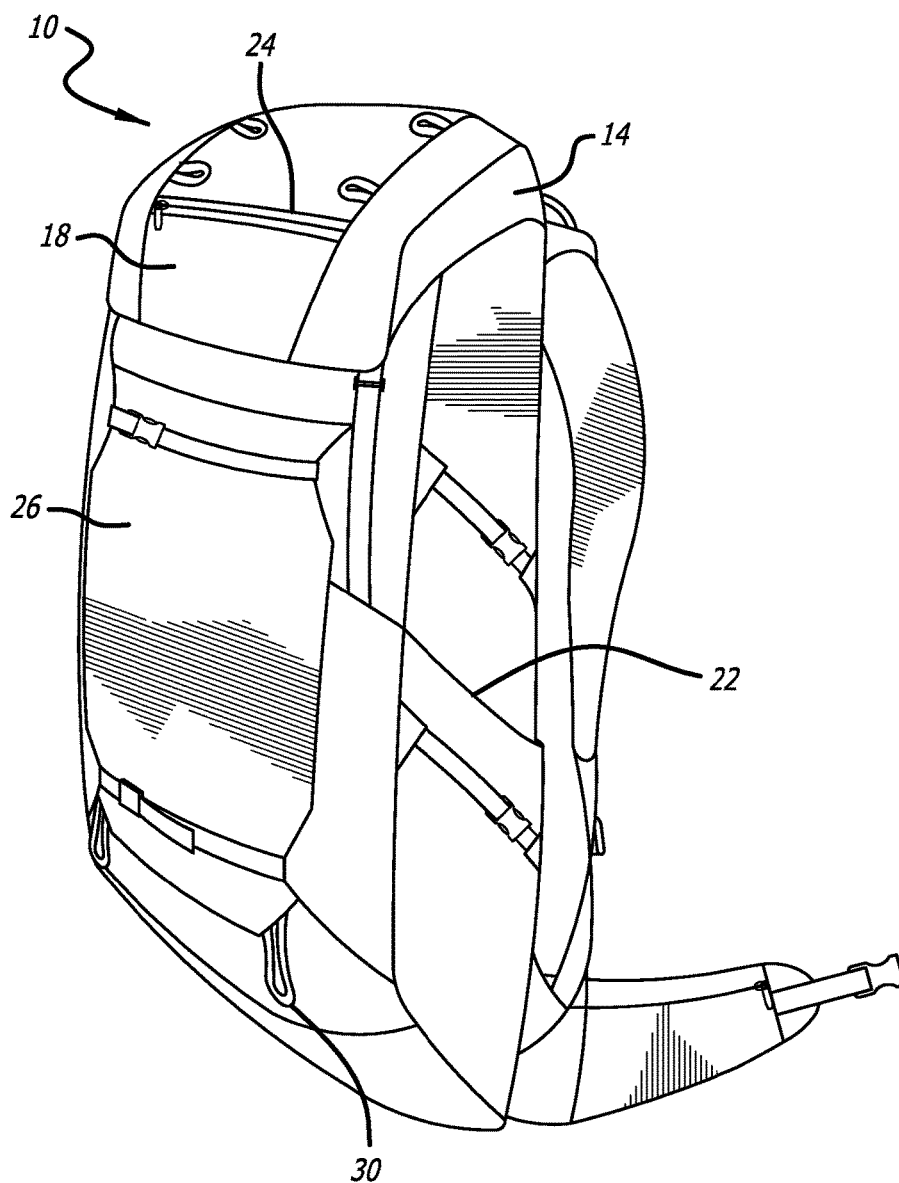


FIG. 2

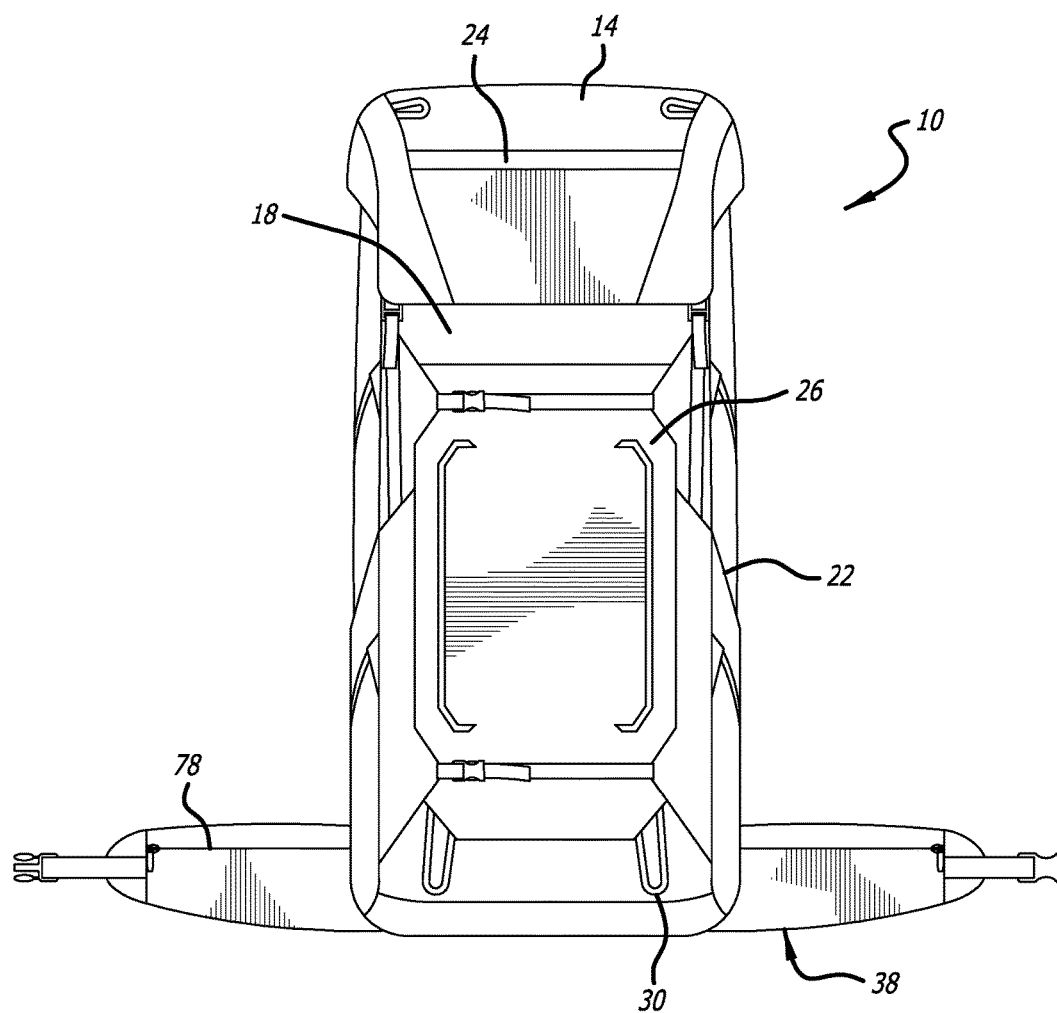
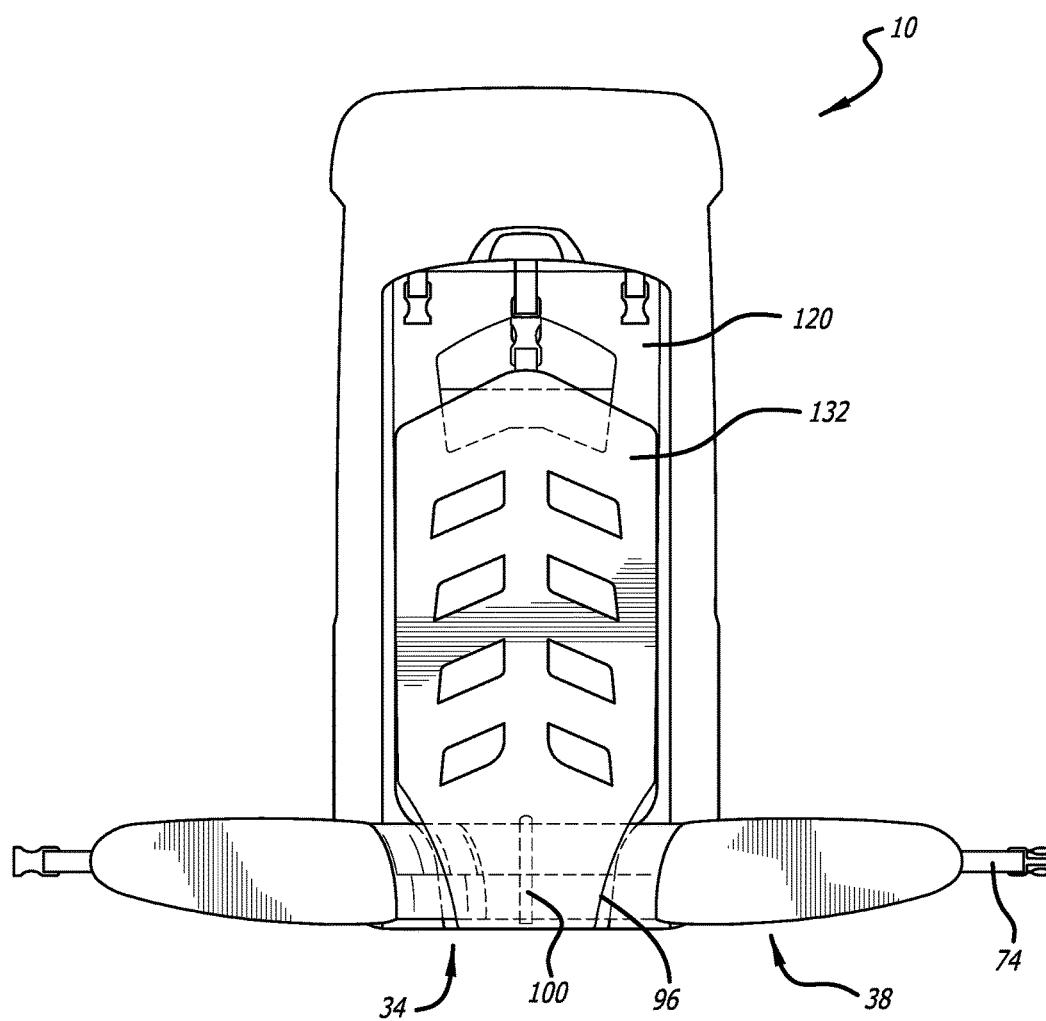
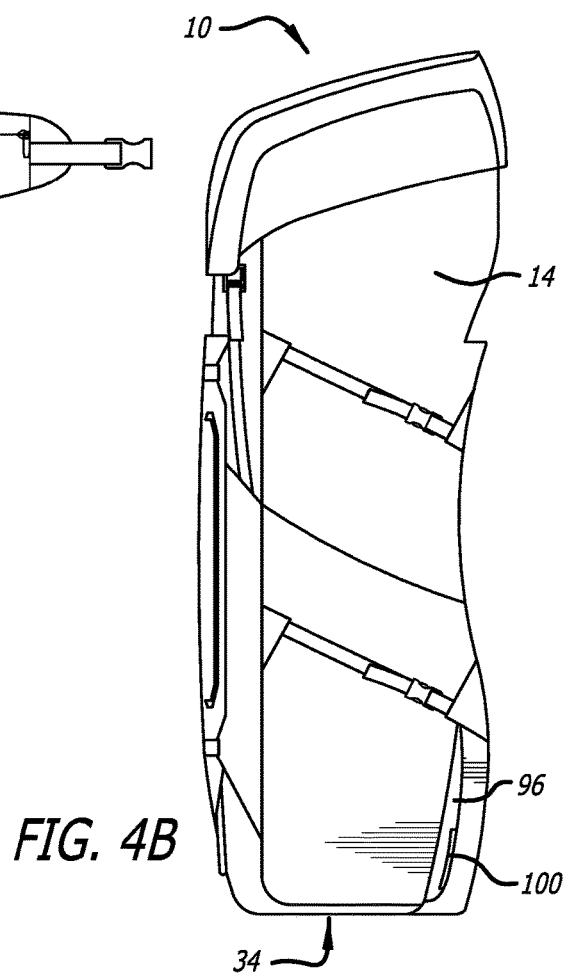
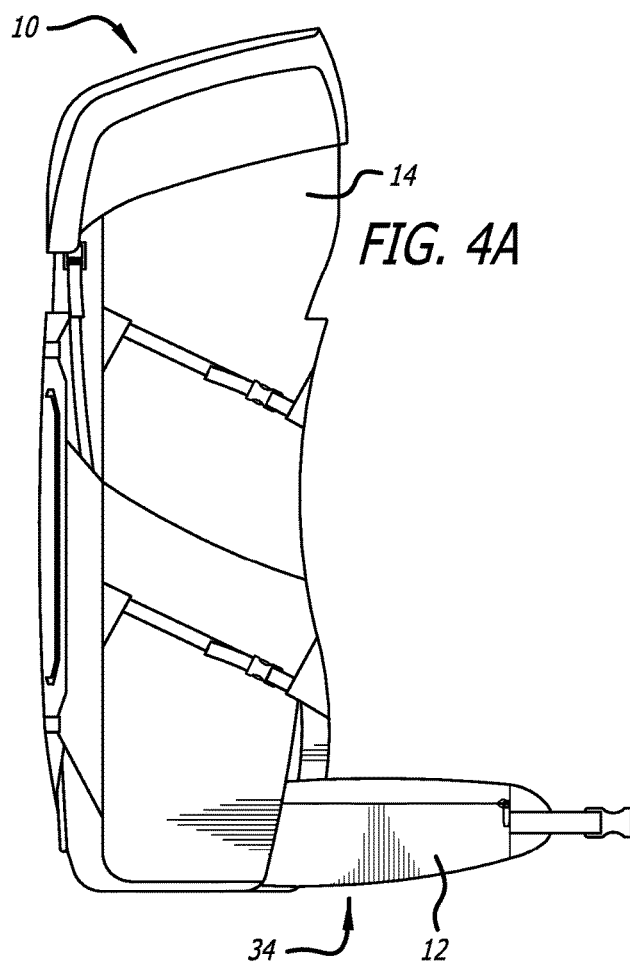


FIG. 3





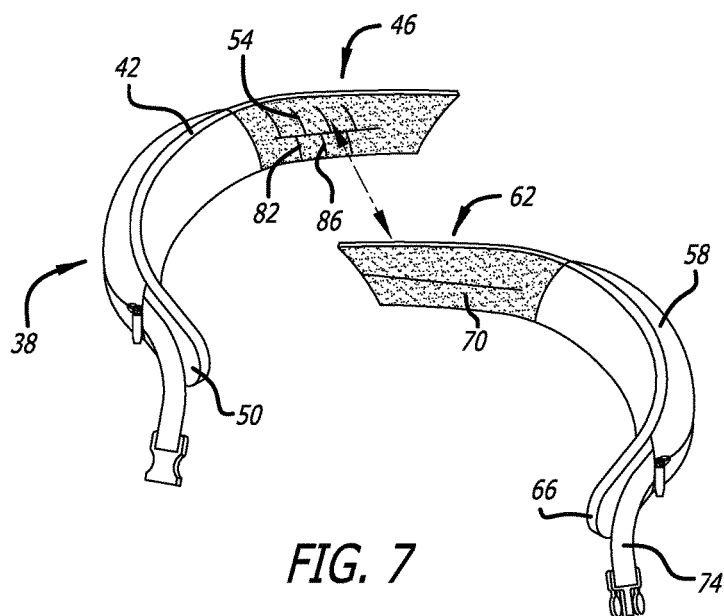
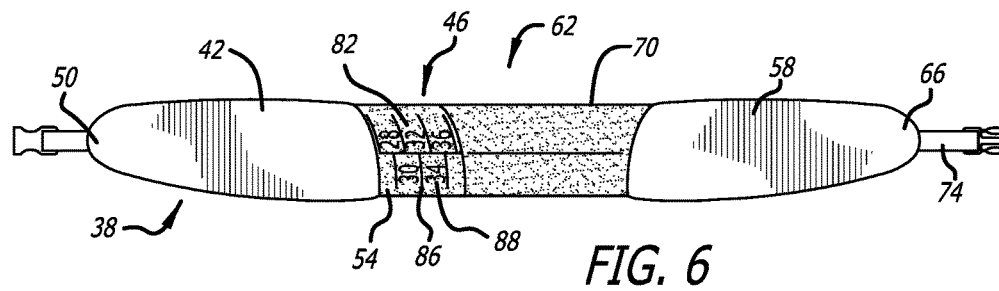
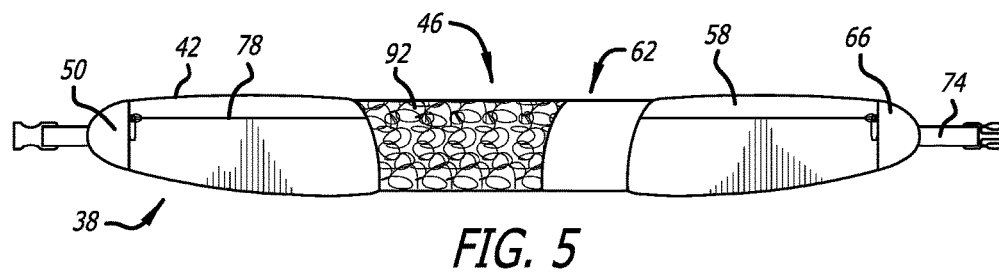


FIG. 8A

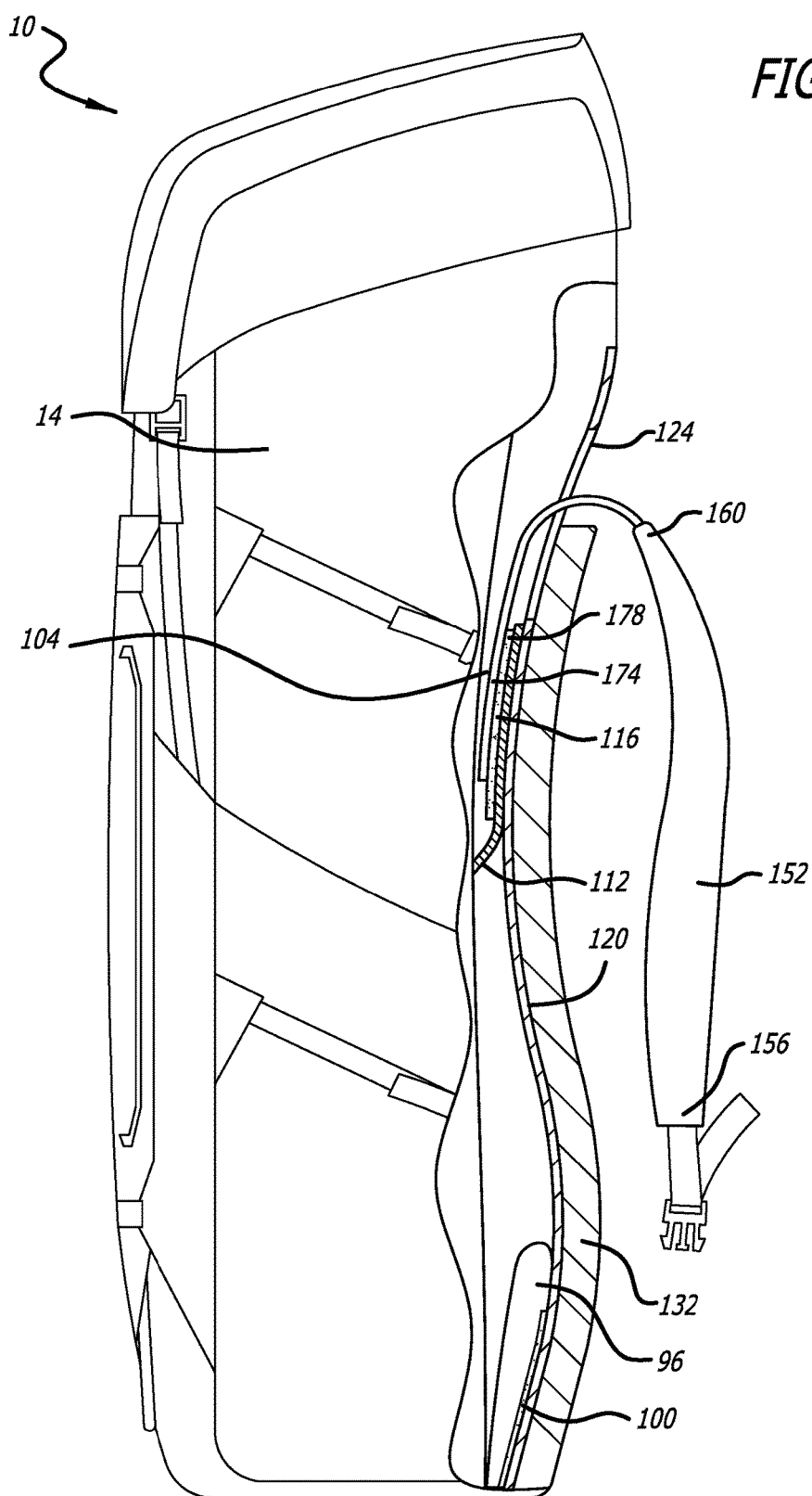


FIG. 8B

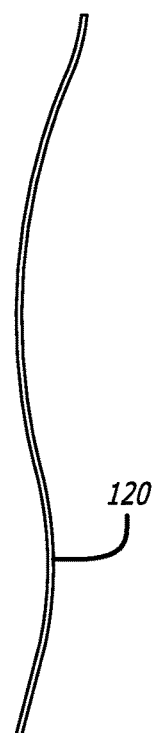
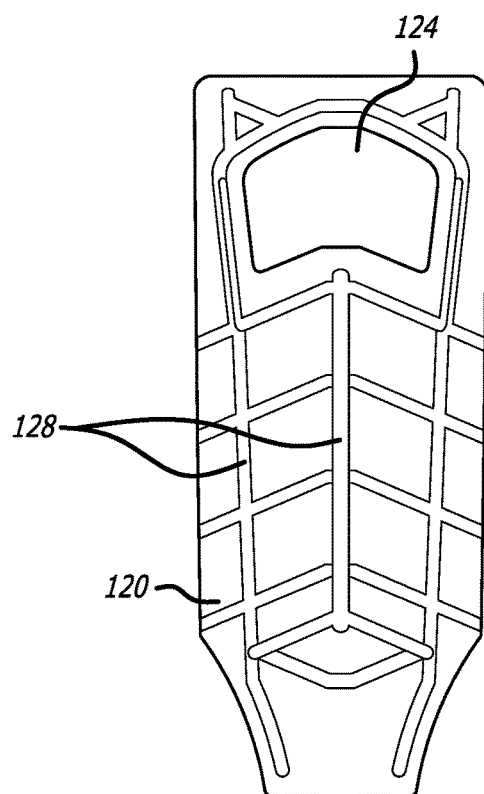
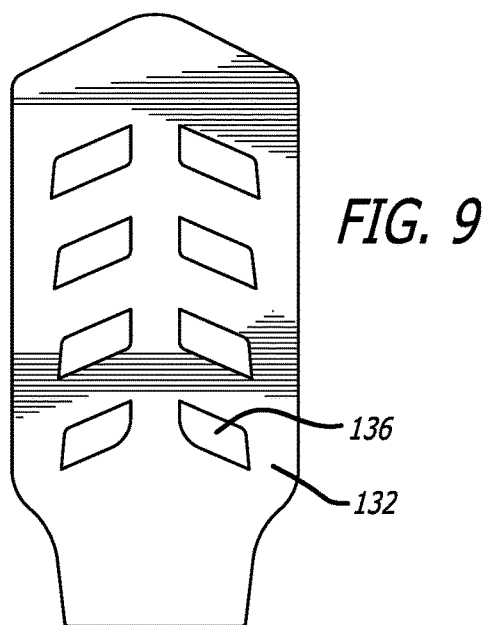
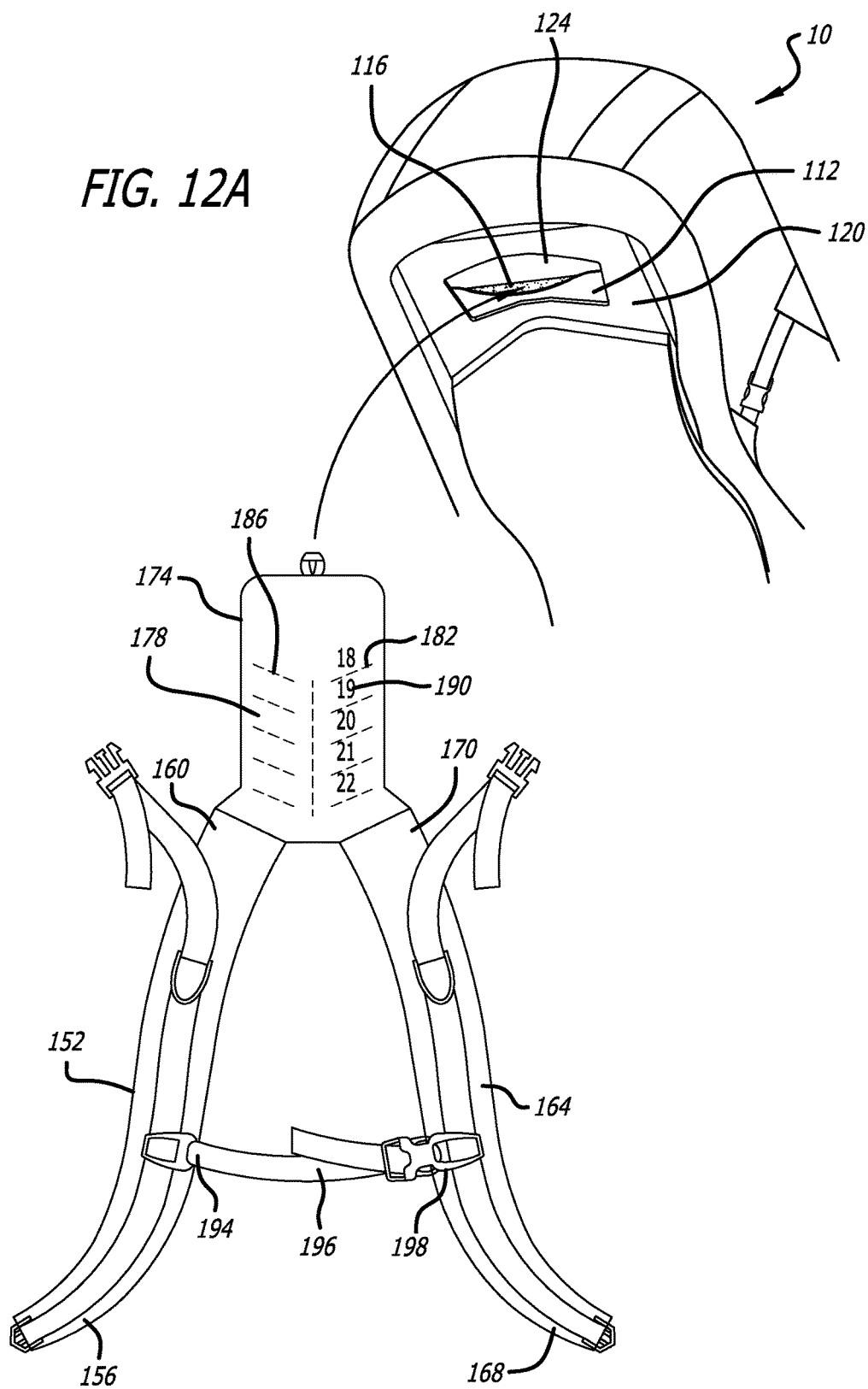


FIG. 10

FIG. 11

FIG. 12A



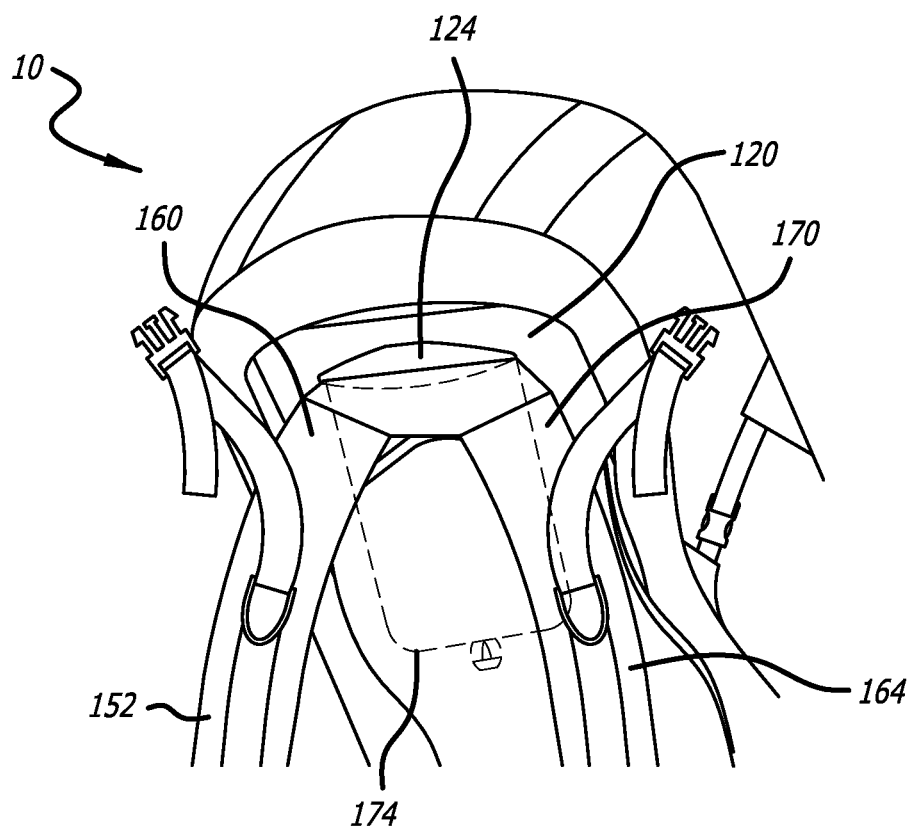


FIG. 12B

ADJUSTABLE BACKPACK

CROSS-REFERENCE TO RELATED APPLICATIONS

[0001] This application claims the benefit of U.S. Provisional Patent Application No. 62/201,440, filed Aug. 5, 2015, which is incorporated herein by reference.

TECHNICAL FIELD

[0002] The present disclosure relates to backpacks, and more particularly, to a backpack with adjustable support features.

BACKGROUND

[0003] Backpacks are generally known in the relevant art. However, known backpacks may not securely fit to, or be supported by, a sufficient range of body types, shapes, proportions and sizes. A poorly-fitting backpack places strain on unintended body parts of a wearer, and risks injuries to the wearer or damage to the backpack or its contents. Existing backpacks provide some adjustability, but the strength, reliability and location of existing adjustable features do not adequately meet the needs of all backpack wearers. The need for a proper and adjustable fit may be particularly significant for a hiking backpack, or a backpack designed for use in varied environments and terrains. The accessories or integrated features available on these known backpacks do not adequately address the above-mentioned issues.

[0004] The present disclosure is provided to address the problems discussed above and other problems, and to provide advantages and aspects not presently provided by known cooking vessels. A full discussion of the features and advantages of certain preferred embodiments of the present disclosure is deferred to the following detailed description, which proceeds with reference to the accompanying drawings.

SUMMARY

[0005] According to one embodiment of the present disclosure, a backpack is provided. The backpack includes a central compartment, a first shoulder strap having an attachment end and a distal end, and a second shoulder strap having an attachment end and a distal end. The backpack includes a shoulder strap tongue connected with the attachment end of the first shoulder strap and the attachment end of the second shoulder strap. The backpack may also include a waist support system. The waist support system includes a waist belt including a first section and a second section. The first section includes a first attachment end and a first distal end and the second section includes a second attachment end and a second distal end. A first connection portion is disposed on the first section at the first attachment end, and a second connection portion is disposed on the second section at the second attachment end. The first connection portion is releasably attached to the second connection portion. The backpack may also include a belt channel for receiving the waist belt, and the belt channel may receive the releasably attached first connection portion and second connection portion.

[0006] According to another embodiment of the present disclosure, a backpack is provided. The backpack may include a central compartment, a first shoulder strap having

an attachment end and a distal end and a second shoulder strap having an attachment end and a distal end. A shoulder strap tongue may be connected with the attachment end of the first shoulder strap and the attachment end of the second shoulder strap. The backpack includes an attachment sleeve for receiving the shoulder strap tongue, and indicator marks may be provided on the shoulder strap tongue for adjusting the shoulder strap tongue relative to the attachment sleeve. The backpack may also include a waist belt including a first section and a second section, and a belt channel for receiving the waist belt.

[0007] According to yet another embodiment of the present disclosure, a backpack is provided. The backpack may include a central compartment and a waist belt including a first section and a second section. The backpack may further include a belt channel for receiving the waist belt, a first shoulder strap having an attachment end and a distal end and a second shoulder strap having an attachment end and a distal end. A shoulder strap tongue is connected with the attachment end of the first shoulder strap and the attachment end of the second shoulder strap. The backpack may also include an attachment sleeve for receiving the shoulder strap tongue, and indicator marks may be provided on the shoulder strap tongue for adjusting the shoulder strap tongue relative to the attachment sleeve. A frame sheet may be disposed on one side of the attachment sleeve and include an aperture therethrough. The first shoulder strap and the second shoulder strap may pass through the aperture when the shoulder strap tongue is received by the attachment sleeve.

BRIEF DESCRIPTION OF THE DRAWINGS

[0008] The following figures are included to illustrate certain aspects of the present disclosure, and should not be viewed as exclusive embodiments. The subject matter disclosed is capable of considerable modifications, alterations, combinations, and equivalents in form and function, without departing from the scope of this disclosure.

[0009] FIG. 1 is a top perspective view of a backpack according to an embodiment of the present disclosure.

[0010] FIG. 2 is a front view of the backpack of FIG. 1 according to an embodiment of the present disclosure.

[0011] FIG. 3 is a rear view of a backpack and a waist belt, with certain hidden elements shown in dotted lines, according to an embodiment of the present disclosure.

[0012] FIG. 4A is a side view of a backpack, showing a portion of a waist belt, according to an embodiment of the present disclosure.

[0013] FIG. 4B is a side view of the backpack of FIG. 4A according to an embodiment of the present disclosure.

[0014] FIG. 5 is a front view of a waist belt according to an embodiment of the present disclosure.

[0015] FIG. 6 is a rear view of a waist belt according to an embodiment of the present disclosure.

[0016] FIG. 7 is a top perspective view of first and second sections of a waist belt according to an embodiment of the present disclosure.

[0017] FIG. 8A is a side cross-sectional view of a backpack with portions of a main body broken away and illustrating elements of a waist support system and a shoulder support system, according to embodiments of the present disclosure.

[0018] FIG. 8B is a side cross-sectional view of a backpack with portions of a main body broken away and illustrating elements of a waist support system and a shoulder

support system, wherein a shoulder strap tongue is received by a sleeve, according to embodiments of the present disclosure.

[0019] FIG. 9 is a front view of a back pad according to an embodiment of the present disclosure.

[0020] FIG. 10 is a front view of a frame sheet according to an embodiment of the present disclosure.

[0021] FIG. 11 is a side view of the frame sheet of FIG. 10 according to an embodiment of the present disclosure.

[0022] FIG. 12A is a perspective view of a backpack with a shoulder support system, according to embodiments of the present disclosure.

[0023] FIG. 12B is a perspective view of a backpack with a shoulder support system, wherein a shoulder strap tongue is received by a sleeve, according to embodiments of the present disclosure.

DETAILED DESCRIPTION

[0024] While this disclosure is susceptible of embodiments in many different forms, there is shown in the drawings and will herein be described in detail embodiments of the disclosure with the understanding that the present disclosure is to be considered as an exemplification of the principles of the disclosure and is not intended to limit the broad aspects of the disclosure to the embodiments illustrated.

[0025] Disclosed herein are various embodiments of a backpack 10. The backpack 10 includes a main body 14 having a central compartment 18 and various secondary compartments 22. These features are best illustrated in FIGS. 1-4B. The central compartment 18 may be a cavity formed within the main body 14 and may be accessed through a selectively closable opening 24. The opening 24 may be selectively opened and closed via a zipper, clip, drawstring, clasp, buckle or any other mechanical closing and/or attaching device commonly known to those skilled in the art.

[0026] The main body 14 may include an external sleeve 26 for storing items within the external sleeve 26, and the main body 14 may further include an external holder 30 for supporting various items that releasably attach to the external holder 30. In an embodiment, the external sleeve 26 is configured to hold a vessel for storing liquids. In another embodiment, the external holder 30 comprises a continuous loop. In yet another embodiment, the external holder 30 comprises separable sections that may be attached while disposed around, or through an aperture of, a supported item.

[0027] Each of the backpack 10, main body 14, central compartment 18, secondary compartment 22, external sleeve 26, external holder 30 and other elements described below may be formed of cotton canvas, leather, nylon, rip-stop nylon, pack cloth nylon, Cordura nylon, polyester pack cloth, Polyvinyl Chloride (PVC) fabric, elastane, Spectra, Dyneema, mesh or any other type of flexible material commonly known by those skilled in the art. In practice, the backpack 10 may be worn on the back of a wearer (not shown) and used to carry various items within, or on the exterior of, the backpack 10 using the above-mentioned central compartment 18, secondary compartment 22, external sleeve 26 and/or external holder 30.

[0028] The backpack 10 includes a waist support system 34 having a waist belt 38, as best illustrated in FIGS. 4, 4A and 5-8B. In the embodiment shown in FIGS. 5-7, the waist belt 38 includes a first section 42, a first attachment end 46,

a first distal end 50 and a first connection portion 54. Similarly, the waist belt 38 includes a second section 58, a second attachment end 62, a second distal end 66 and a second connection portion 70. The first section 42 and/or the second section 58 may include a belt compartment 78 for internally storing various items. Further, a belt coupler 74 may be used to releasably couple the first distal end 50 to the second distal end 66, and may comprise a side-release buckle, among other mechanical fasteners known to those skilled in the art.

[0029] The first connection portion 54 is disposed on the first attachment end 46 and the second connection portion 70 may be disposed on the second attachment end 62. The first connection portion 54 may releasably attached to the second connection portion 70. In one embodiment, the first connection portion 54 and the second connection portion 70 have corresponding hook-and-loop panels that releasably attach when placed into contact with each other, or when placed into contact with each other and relatively pressed together with a force. When releasably attached to one another, the first connection portion 54 and the second connection portion 70 remain attached until a sufficient degree of a separating force is applied to one or both of the first connection portion 54 and the second connection portion 70 in directions that induce the first connection portion 54 and the second connection portion 70 away from each other. The direction of such a separating force may be, with respect to the first connection portion 54 and the second connection portion 70, directly away from each other when releasably attached, or in another direction that induces the separation of the first connection portion 54 and the second connection portion 70.

[0030] One or more of the first and second connection portions 54, 70 may include indicator marks 82 used for relative placement and attachment of the first and second sections 42, 58, and thus for waist belt 38 sizing. The indicator marks 82 may include hash marks 86, and may further include numerical indicators 88. In one embodiment, each numerical indicator 88 corresponds with one hash mark 86. In another non-limiting embodiment, the numerical indicators 88 may range from '28' to '40' in two-number increments, although it is to be understood that other ranges and intervals are certainly within the scope of this disclosure. In another embodiment, the indicator marks 82, hash marks 86 and/or the numerical indicators 88 are embroidered on the first and/or second connection portions 54, 70.

[0031] One or more of the first and second connection portions 54, 70 may include an external connection portion 92, as best shown in FIG. 6. The external connection portion 92 may be disposed on an opposite side of the first section 42 than is the first connection portion 54 and/or the external connection portion 92 may disposed on an opposite side of the second section 58 than is the second connection portion 70. Further, the external connection portion 92 may be disposed at the first attachment end 46 and/or the second attachment end 62.

[0032] The backpack 10 may include a belt channel 96. The belt channel 96 may be disposed at a lower and/or rear side of the backpack 10, as shown in FIGS. 3 and 4B. The waist belt 38 may be inserted into the belt channel 96. In an embodiment, the releasably-attached first section 42 and second section 58 are inserted into, and disposed within, the belt channel 96. When worn by a user and inserted into the belt channel 96, backpack 10 weight is comfortably and

securely transferred to the user via the belt channel 96 and the waist belt 38. Additionally, the belt channel 96 may include a belt channel connection portion 100 disposed on the interior of the belt channel 96. The belt channel connection portion 100 may releasably attach with the external connection portion 92 on the waist belt 38 to releasably secure the waist belt 38 relative to the belt channel 96.

[0033] In one embodiment, the belt channel connection portion 100 and the external connection portion 92 have corresponding hook-and-loop panels that releasably attach when placed into contact with each other, or when placed into contact with each other and relatively pressed together with a force. When releasably attached to one another, the belt channel connection portion 100 and the external connection portion 92 remain attached until a sufficient degree of a separating force is applied in a direction that induces the external connection portion 92 and the belt channel connection portion 100 away from each other. The direction of such a separating force may be, with respect to the belt channel connection portion 100 and the external connection portion 92, directly away from each other when releasably attached, or in another direction that induces the separation of the external connection portion 92 and the belt channel connection portion 100.

[0034] In use, a wearer may arrange the waist belt 38 such that the waist belt 38 is disposed around a waist of the wearer, and passes through the belt channel 96. First and second sections 42, 58 may be connected by the belt coupler 74 and releasably coupled at the first and second connection portions 54, 70 to form a substantially continuous waist belt 38. Such a waist support system 34 allows the user to properly size the waist belt using the indicator marks 82, and further allows load from the weight of the backpack 10, and any items carried therein, to be entirely or partially borne by the waist of the wearer. Thus, the waist support system 34 can facilitate proper and secure adjustment of the waist belt 38 on the wearer and further secures the waist belt 38 relative to the belt channel 96 via the external connection portion 92 and the belt channel connection portion 100 to ensure stability and comfort. If a wearer desires another waist support system 34 setting as indicated by the indicator marks 82, the user may detach the first connection portion 54 from the second connection portion 70 and begin the process again.

[0035] In another embodiment of the present disclosure, the backpack 10 includes a sleeve 104 partially formed by a rear panel 108 of the main body 14. A sleeve panel 112 may be connected to the rear panel 108 along various sides of the sleeve panel 112 to form the sleeve 104. In particular, a bottom edge and two lateral edges of the sleeve panel 112 may be connected to the rear panel 108, while an upper edge of the sleeve panel 112 may not be connected to the rear panel 108, thus forming the sleeve 104. The sleeve panel 112 may also include multiple fabric layers and an interior foam layer. An interior side of the sleeve panel 112, or a side of the sleeve panel 112 facing the rear panel 108, may include a sleeve attachment section 116, which will be described in detail below.

[0036] A frame sheet 120 is disposed on an opposite side of the sleeve panel 112 from a side of the sleeve panel 112 including the sleeve attachment section 116. The frame sheet 120 may be a molded rigid structure formed of plastic, polycarbonate, metal, wood, ceramic or any other suitably rigid structure. The frame sheet 120 may include an aperture

124 and grooves 128. The grooves 128 may add structural strength and/or flexibility to select sections of the frame sheet 120. The frame sheet 120 may also be connected, or releasably connected, to the main body 14. Further, as shown in FIG. 11, a side of the frame sheet 120 may comprise an 'S' shape, or another shape, that corresponds to spinal shape of a wearer.

[0037] A back pad 132 is disposed on an opposite side of the frame sheet 120 from a frame sheet side disposed adjacent to the sleeve panel 112, such that the frame sheet 120 is disposed substantially between the back pad 132 and the sleeve panel 112. The back pad 132 may include one or more back pad apertures 136, and may serve to comfort the wearer by at least partially conforming to the wearer's back when the backpack 10 is being worn by the wearer. Similar to a side of the frame sheet 120, a side of the back pad 132 may comprise an 'S' shape, or another shape, that corresponds to a spinal shape of a wearer.

[0038] The backpack 10 may further include a shoulder support system 148, as illustrated in FIGS. 8A-12B. In one embodiment, the shoulder support system 148 includes a first shoulder strap 152, which comprises a first shoulder strap distal end 156 and a first shoulder strap attachment end 160. Similarly, the shoulder support system 148 also includes a second shoulder strap 164, which comprises a second shoulder strap distal end 168 and a second shoulder strap attachment end 170. The first and second shoulder straps 152, 164 may include a foam material and further may include a foam material having a plurality of densities or a plurality of foam materials each having a different density.

[0039] As best shown in FIG. 12A a shoulder strap tongue 174 may be attached to the first shoulder strap attachment end 160 and the second shoulder strap attachment end 170. The shoulder strap tongue 174 may include a shoulder attachment section 178. Tongue indicator marks 182, which may be tongue hash marks 186, may be disposed on the shoulder strap tongue 174 or the shoulder attachment section 178 and used for relative placement and releasable attachment of the shoulder strap tongue 174 and the sleeve attachment section 116. Further, the tongue indicator marks 182 may include tongue numerical indicators 190. In one embodiment, each tongue numerical indicator 190 corresponds with one tongue hash mark 186. In another non-limiting embodiment, the tongue numerical indicators 190 may range from '18' to '22' in one-number increments, although it is to be understood that other ranges and intervals are certainly within the scope of this disclosure. In another embodiment, the tongue indicator marks 182, tongue hash marks 186 and/or the tongue numerical indicators 190 are embroidered on the shoulder attachment section 178. The shoulder strap tongue 174 may comprise a layer of foam material between layers of fabric material.

[0040] The shoulder strap tongue 174 may releasably attach to the sleeve attachment section 116. In one embodiment, the shoulder strap tongue 174, or shoulder attachment section 178, and the sleeve attachment section 116 have corresponding hook-and-loop panels that releasably attach when placed into contact with each other, or when placed into contact with each other and relatively pressed together with a force. When releasably attached to one another, the shoulder attachment section 178 and the sleeve attachment section 116 remain attached until a sufficient degree of a separating force is applied to one or both of the shoulder attachment section 178 and the sleeve

attachment section **116** in directions that induce the shoulder attachment section **178** and the sleeve attachment section **116** away from each other. The direction of such a separating force may be, with respect to the shoulder attachment section **178** and the sleeve attachment section **116**, directly away from each other when releasably attached, or in another direction that induces the separation of the shoulder attachment section **178** and the sleeve attachment section **116**.

[0041] In use, a wearer may select a preferred shoulder support system **148** size, as indicated by the tongue indicator marks **182**. Such a preferred size can be obtained by external measurement or by prior experiences wearing the backpack **10**. Once the preferred shoulder support system **148** size is selected, the wearer inserts the shoulder strap tongue **174** into the sleeve **104**. In an embodiment, the shoulder strap tongue **174** is inserted into the sleeve **104** such that the shoulder attachment section **178** is facing the sleeve attachment section **116** disposed on the sleeve panel **112**. The wearer then aligns the selected tongue indicator mark **182** with a pre-determined reference position, which may be an upper edge of the sleeve panel **112**. The wearer then places the shoulder attachment section **178** into contact with the sleeve attachment section **116**. Optionally, the user may further apply a force pressing the sleeve attachment section **116** and the shoulder attachment section **178** together. If a wearer desires another shoulder support system **148** setting as indicated by the tongue indicator marks **182**, the user may detach the sleeve attachment section **116** from the shoulder attachment section **178** and begin the process again.

[0042] When the user inserts the shoulder strap tongue **174** into the sleeve **104**, or when the sleeve attachment section **116** is releasably attached to the shoulder attachment section **178**, the first shoulder strap **152** and the second shoulder strap **164** may pass through the aperture **124**. This arrangement is best shown in FIG. **12B**.

[0043] As best shown in FIG. **12A**, one end **194** of a flexible member **196** may be attached to the first shoulder strap **152** and a second end **198** of the flexible member **196** may be attached to the second shoulder strap **164**. The one end **194** of the flexible member **196** may be releasably attached to the second end **198** of the flexible member **196**.

[0044] Such a shoulder support system **148** allows the wearer to properly size the shoulder support system **148** and first and second shoulder straps **152**, **164** using the tongue indicator marks **182**, and further allows load from the weight of the backpack **10**, and any items carried therein, to be entirely or partially borne by the shoulders of the wearer. Thus, the shoulder support system **148** allows proper and secure adjustment of the first and second shoulder straps **152**, **164** on the wearer and releasably secures the shoulder attachment section **178** to the main body **14** via the sleeve attachment section **116** to ensure stability and user comfort.

[0045] The disclosed systems and methods are well adapted to attain the ends and advantages mentioned as well as those that are inherent therein. The particular embodiments disclosed above are illustrative only, as the teachings of the present disclosure may be modified and practiced in different but equivalent manners apparent to those skilled in the art having the benefit of the teachings herein. Furthermore, no limitations are intended to the details of construction or design herein shown, other than as described in the claims below. It is therefore evident that the particular illustrative embodiments disclosed above may be altered,

combined, or modified and all such variations are considered within the scope of the present disclosure. The systems and methods illustratively disclosed herein may suitably be practiced in the absence of any element that is not specifically disclosed herein and/or any optional element disclosed herein. While compositions and methods are described in terms of “comprising,” “containing,” or “including” various components or steps, the compositions and methods can also “consist essentially of” or “consist of” the various components and steps. All numbers and ranges disclosed above may vary by some amount. Whenever a numerical range with a lower limit and an upper limit is disclosed, any number and any included range falling within the range is specifically disclosed. In particular, every range of values (of the form, “from about a to about b,” or, equivalently, “from approximately a to b,” or, equivalently, “from approximately a-b”) disclosed herein is to be understood to set forth every number and range encompassed within the broader range of values. Also, the terms in the claims have their plain, ordinary meaning unless otherwise explicitly and clearly defined by the patentee. Moreover, the indefinite articles “a” or “an,” as used in the claims, are defined herein to mean one or more than one of the element that it introduces. If there is any conflict in the usages of a word or term in this specification and one or more patent or other documents that may be incorporated herein by reference, the definitions that are consistent with this specification should be adopted.

[0046] As used herein, the phrase “at least one of” preceding a series of items, with the terms “and” or “or” to separate any of the items, modifies the list as a whole, rather than each member of the list (i.e., each item). The phrase “at least one of” allows a meaning that includes at least one of any one of the items, and/or at least one of any combination of the items, and/or at least one of each of the items. By way of example, the phrases “at least one of A, B, and C” or “at least one of A, B, or C” each refer to only A, only B, or only C; any combination of A, B, and C; and/or at least one of each of A, B, and C.

1. A backpack, comprising:

- a central compartment;
- a first shoulder strap having an attachment end and a distal end;
- a second shoulder strap having an attachment end and a distal end;
- a shoulder strap tongue being connected with the attachment end of the first shoulder strap and the attachment end of the second shoulder strap; and
- a waist support system, including:
 - a waist belt including a first section and a second section, the first section including a first attachment end and a first distal end and the second section including a second attachment end and a second distal end;
 - a first connection portion disposed on the first section at the first attachment end;
 - a second connection portion disposed on the second section at the second attachment end, the first connection portion being releasably attached to the second connection portion; and
 - a belt channel for receiving the waist belt,
 wherein the belt channel receives the releasably attached first connection portion and second connection portion.

2. The backpack of claim 1, wherein the first connection portion includes one of a hook panel and a loop panel, and the second connection portion includes another of the hook panel and the loop panel, and wherein indicator marks are provided on one of the first or second connection portions for adjusting the first section relative to the second section.

3. The backpack of claim 1, wherein the first section includes an external connection portion disposed on a side of the first section opposite a side on which the first connection portion is disposed.

4. The backpack of claim 3, wherein the belt channel includes a belt channel connection portion that releasably attaches to the external connection portion.

5. The backpack of claim 4, wherein the belt channel connection portion is disposed on an interior surface of the belt channel, and wherein indicator marks are provided on one of the first or second connection portions for adjusting the first section relative to the second section.

6. The backpack of claim 1, wherein the belt channel is disposed on a rear section of the backpack.

7. The backpack of claim 1, wherein the belt channel is disposed on a lower section of the backpack.

8. The backpack of claim 7, wherein the belt channel extends across substantially an entire width of a back pad.

9. A backpack, comprising:

a central compartment;

a first shoulder strap having an attachment end and a distal end;

a second shoulder strap having an attachment end and a distal end;

a shoulder strap tongue being connected with the attachment end of the first shoulder strap and the attachment end of the second shoulder strap;

an attachment sleeve for receiving the shoulder strap tongue;

indicator marks provided on the shoulder strap tongue for adjusting the shoulder strap tongue relative to the attachment sleeve;

a waist belt including a first section and a second section; and

a belt channel for receiving the waist belt.

10. The backpack of claim 9, wherein a frame sheet is disposed on one side of the attachment sleeve.

11. The backpack of claim 10, wherein the frame sheet is a rigid polycarbonate molded frame sheet and further includes a plurality of frame sheet channels.

12. The backpack of claim 9, wherein the first shoulder strap and the second shoulder strap include a foam material having multiple densities.

13. The backpack of claim 9, wherein the shoulder strap tongue includes one of a hook panel and a loop panel, and the attachment sleeve includes another of the hook panel and the loop panel.

14. The backpack of claim 9, wherein the shoulder strap tongue releasably attaches to the attachment sleeve via a sleeve attachment section.

15. The backpack of claim 9, wherein the shoulder strap tongue includes numerical indicators associated with the indicator marks.

16. The backpack of claim 9, wherein the indicator marks are hash marks embroidered on the shoulder strap tongue.

17. The backpack of claim 9, wherein the shoulder strap tongue includes a layer of foam material.

18. The backpack of claim 9, wherein one end of a flexible member attached to the first shoulder strap and another end of the flexible member attached to the second shoulder strap, and wherein the one end of the flexible member is releasably attached to the other end of the flexible member.

19. A backpack, comprising:

a central compartment;

a waist belt including a first section and a second section;

a belt channel for receiving the waist belt;

a first shoulder strap having an attachment end and a distal end;

a second shoulder strap having an attachment end and a distal end;

a shoulder strap tongue being connected with the attachment end of the first shoulder strap and the attachment end of the second shoulder strap;

an attachment sleeve for receiving the shoulder strap tongue;

indicator marks provided on the shoulder strap tongue for adjusting the shoulder strap tongue relative to the attachment sleeve; and

a frame sheet disposed on one side of the attachment sleeve and including an aperture therethrough,

wherein the first shoulder strap and the second shoulder strap pass through the aperture when the shoulder strap tongue is received by the attachment sleeve.

20. The backpack of claim 19, wherein the shoulder strap tongue releasably attaches to the attachment sleeve, and indicator marks are provided on the shoulder strap tongue for adjusting the shoulder strap tongue relative to the attachment sleeve.

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