

# Ensuring a good fit

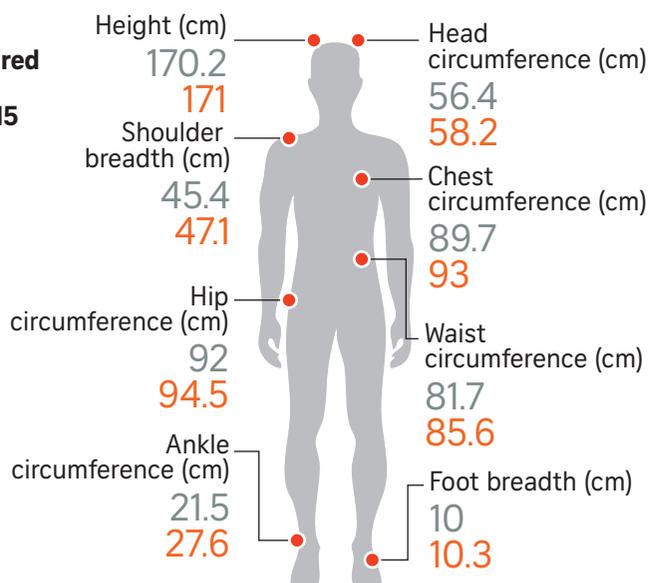
Singaporeans have become taller and heavier over the last 20 years. DSO has taken this into consideration in the design of its latest backpack, which will enable soldiers to fight better and for a longer period.

**INCREASE IN SIZE**  
115 variables were measured from 2,229 males and females from 2014 to 2015 compared with 1997, for which only male data is available.

## LEGEND

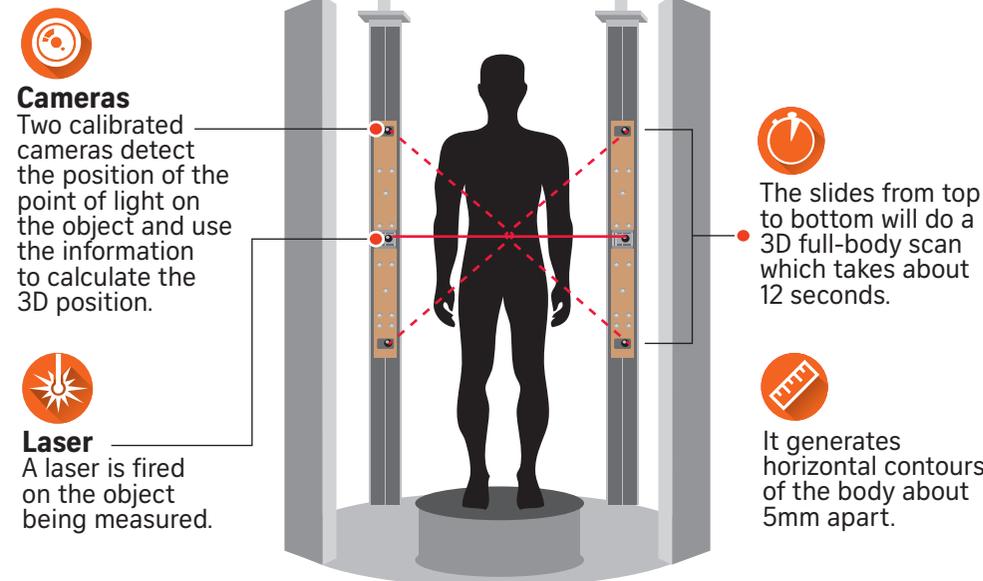
**1997**  
NSmen and regulars.  
Age range unknown.

**2015**  
NSF, NSmen and regulars.  
Age range 16-60.



## 3D LASER BODY SCANNER

It scans the body from four directions simultaneously using harmless lasers and optical triangulation.



## THE A-LITE PACK

The new backpack features a hip belt and straps to concentrate the weight on powerful core muscles and pull the centre of gravity higher and closer to the body.

### Height

The pack's height is kept low to avoid interfering with the helmet. Even in the prone position, a soldier can tilt his head backwards to see what's in front of him.

### Load Lifter Strap

Lifts the shoulder strap to relieve pressure.

### Containment Volume

Houses the carried load in an appropriate layout for optimal overall centre of gravity to minimise forward-lean angle, thus lowering energy expenditure.

### Pack Frame

The rigid frame, made of glass fibre-reinforced plastic, has an opening in the middle to accommodate the armour inserts of the load-bearing vest worn beneath the backpack.

**Weight:** 3.5kg  
**Capacity:** 60 litres  
**Maximum load:** 50kg

