

So, You're Going to be a 6th Grader ???

Middle Schoolers have a lot more to carry around than they did in elementary school. Without lockers, that means their backpacks will follow them everywhere they go. Our KiMS Backpack Committee would like to share some tips with you on how to keep your backpack weight less than the recommended maximum limit of 10-15% of bodyweight.

Selecting a Pack

- lightweight
- wide shoulder straps
- support straps at chest and waist
- holds all of your stuff (bring your old full backpack with you)
- fits body properly
 - try it on! Is it comfortable? Each pack fits each kid differently.
 - straps adjust enough so that pack fits close to the body
 - pack is length of torso and bottom should be 2" below waist
- Brands worth looking at: Northface, LL Bean
- Roller backpacks are OK too, if you can manage them up/down the stairs easily

Backpack Safety



Wrong
Strap on only one shoulder



Correct
Wide, padded straps on both shoulders



Wrong
Load too heavy



Correct
Load no more than 10-15% of body weight

What's typically in the Backpack?

ITEM	TIP
Netbook	This is heaviest item, pack it closest to your back
Binder	Minimize and use light weight plastic folders instead. Avoid Trapper Keepers-they are heavy!
Planner/Notebooks	Tear out used pages & store/recycle when done
Water Bottle	Fill 1/3 and refill during day/use ice as it's lighter
Accessories -calc/pencils/markers/sticky notes/etc	Try to leave what you can in class or home
Lunch	Consider weight when buying a lunchbox
Gym clothes/Instrument	Store in gym locker/music room

*We'd love your help! Join our Backpack Committee by emailing: backpack@kirklandpts.org