

# Pack it Light. Wear it Right *on the go.*

Carrying a heavy load can be a pain in the neck — and the shoulders, and the back. Whether it's your laptop, luggage or a handbag, these tips can help you prevent pain and injury.



**Look for lightweight material**



**Pack the pockets to help distribute the weight**



**For large bags, wheels can ease your load**

**Plan and pack light**

**Choose wide, padded and adjustable shoulder straps**

**Use both shoulder straps on a backpack**

