

# SYNCRO | SYLVA

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SUSTAINABLE DESIGN

**OUR HOLISTIC APPROACH** to sustainability uses high quality materials to lower our impact on the environment, promote a safe chemical process and care for the people in our supply chain.

+ **View additional details** about the sustainable fabrics included in this product on page 2 and on individual product hangtags at the point of sale.



♂ SYNCRO 20



SYNCRO 12



SYNCRO 5



♀ SYLVA 12



SYLVA 5

Welcome to Osprey. We pride ourselves on creating the most functional, durable and innovative carrying products for your adventures. Please refer to this owner's manual for information on product features, use, maintenance, customer service and warranty.

## OWNER'S MANUAL

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osprey.com

# OVERVIEW



## SHARED FEATURES

- 1 Front stretch mesh pocket
- 2 Scratch-free heat-embossed zippered slash pocket
- 3 LidLock helmet carry
- 4 Blinker light attachment
- 5 Integrated removable high-visibility raincover
- 6 Magnetic sternum strap for quick access to reservoir bite valve
- + Zippered tool organization pocket
- + Dedicated reservoir compartment with Hydraulics™ LT 2.5L reservoir included

## SYNCRO 20

- + Zippered hipbelt pockets
- + Dual stretch mesh side pockets
- + Dual upper and lower side compression straps

## SYNCRO 12 | SYLVA 12

- + Dual stretch mesh side pockets
- + Dual upper and lower side compression straps

## FABRIC

- MAIN** bluesign® approved, 100% recycled 100D high-tenacity nylon, DWR treatment made without PFAS
- BOTTOM** bluesign® approved, 100% recycled 500D high-tenacity nylon, DWR treatment made without PFAS
- MAIN LINER** bluesign® approved, 100% recycled 70D high-tenacity nylon, DWR treatment made without PFAS

## PRODUCT PROMISE

When you're riding, you don't want to think about your pack—and the Syncro/Sylva's streamlined profile ensures that you won't. With an included Hydraulics LT 2.5 L reservoir, ventilated AirSpeed™ suspension and included raincover, this top-tier bike pack is the perfect option for desert heat or humid climates.

# SPECS

## SYNCRO 20

MENS ♂

SPECS	O/S
Cubic Inches	1220
Liters	20
Pounds*	1.95 lbs.
Kilograms*	0.89 kg.
Inches	19h x 10w x 11d in.
Centimeters	48h x 27w x 27d cm.

<b>INCLUDED</b>	Reservoir LT 2.5 L Raincover
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## SYNCRO 12

MENS ♂

SPECS	O/S
Cubic Inches	732
Liters	12
Pounds*	1.72 lbs.
Kilograms*	0.78 kg.
Inches	19h x 10w x 11d in.
Centimeters	48h x 27w x 27d cm.

<b>INCLUDED</b>	Reservoir LT 2.5 L Raincover
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## SYNCRO 5

MENS ♂

SPECS	O/S
Cubic Inches	305
Liters	5
Pounds*	1.31 lbs.
Kilograms*	0.60 kg.
Inches	18h x 10w x 7d in.
Centimeters	45h x 27w x 17d cm.

<b>INCLUDED</b>	Reservoir LT 2.5 L Raincover
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## SYLVA 12

WOMENS ♀

SPECS	O/S
Cubic Inches	732
Liters	12
Pounds*	1.63 lbs.
Kilograms*	0.74 kg.
Inches	17h x 10w x 9d in.
Centimeters	43h x 27w x 22d cm.

<b>INCLUDED</b>	Reservoir LT 2.5 L Raincover
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\* Pack weight does not include reservoir

# SPECS

## SYLVA 5

WOMENS ♀

### SPECS

	O/S
Cubic Inches	306
Liters	5
Pounds*	1.26 lbs.
Kilograms*	0.57 kg.
Inches	16h x 10w x 7d in.
Centimeters	40h x 27w x 17d cm.

### INCLUDED

Reservoir LT 2.5 L  
Raincover



\* Pack weight does not include reservoir

# SUSPENSION/CARRY

## AIRSPED™ SUSPENSION

- + Peripheral LightWire frame creates a platform for a contoured tensioned mesh backpanel

## AIRSPED BACKPANEL

- + 3D-tensioned breathable mesh backpanel provides extreme ventilation with a comfortable fit

## BIOSTRETCH HARNESS

- + New bike-specific shoulder strap shape provides comfort and stability
- + Soft breathable spacemesh contact surfaces and die-cut foam ventilation

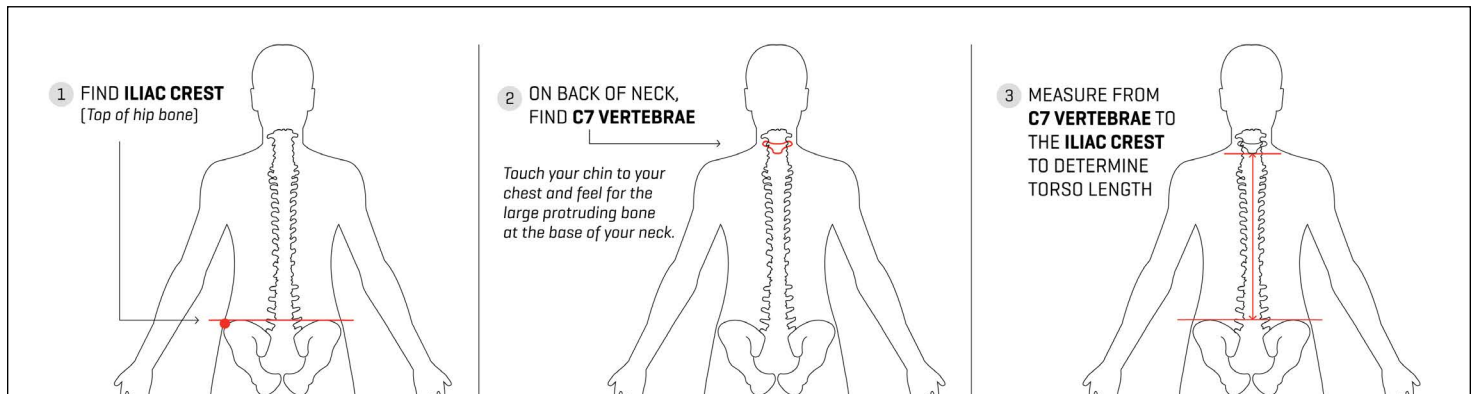
## HIPBELT

- + Padded spacemesh hipwings with webbing ErgoPull waist strap provides comfort and stability (12L / 5L)
- + Airmesh wrap hipbelt with zippered pockets provide stability and breathability (20L)



# SIZING / FIT

## HOW TO MEASURE YOUR TORSO FOR YOUR PACK



### SYNCRO – MEN’S SIZING

**TORSO** O/S 17-21" / 43-53 cm

### SYLVA – WOMEN’S SIZING

**TORSO** O/S 14-18" / 33.5-46 cm

### WOMEN’S-SPECIFIC FIT

- + Shorter torso length
- + Narrower, shorter harness with curves designed to accommodate most women’s necks, shoulders and chests

# PACK FIT INSTRUCTIONS

**SIZING/FIT DISCLAIMER:** Pack depicted in images may not be the pack represented in this owner's manual.



## 1 POSITION THE PACK

Completely loosen the pack's hipbelt, harness and load-lifter straps (if applicable). Load the pack with 10-20 lb/4-9 kg of gear. Put the pack on and make sure the hipbelt is centered and rests over the hipbone. The hipbelt padding should sit halfway above/below the hipbone.



## 2 BUCKLE HIPBELT

Buckle and tighten the hipbelt evenly using Osprey's cross-body ErgoPull. The padding of the hipbelt should wrap around the hips with approximately 1-3 in/2.5-6 cm of webbing between the buckle and the hipbelt when tightened.

## 3 HIPBELT ADJUSTMENT

If the hipbelt is too large and "tops out" or does not offer the preferred amount of coverage, the customer may need a different pack size, model or adjustment.



## 4 TIGHTEN SHOULDER STRAP

Tighten the shoulder harness straps by pulling them down and back.



## 5 TIGHTEN LOAD LIFTERS (IF APPLICABLE)

Tightening the load lifters will pull the pack close to the body and help stabilize the load. If the torso length on the pack is adjusted correctly, the load lifters will sit between a 30- to 60-degree angle and align naturally with the shoulder straps.



## 6 CHECK TORSO LENGTH

Locate the harness yoke – this is where the harness straps come together near the base of the user's neck. Locate the C7 vertebra – the large protruding bone at the base of the neck. The yoke should be 1 in/2.5 cm - 2 in/5 cm below the C7 vertebra.



## 7 CHECK HARNESS FIT

The harness straps should wrap fully around the shoulders with no gaps between the pack and back. The padded part of the shoulder straps should end at 2 in/5 cm or more below the armpits without topping out.

## 8 HARNESS/SHOULDER STRAP ADJUSTMENT

If the harness is too small or large, but the torso length of the pack is correct, the customer may need a different pack size, model or adjustment.

## 9 BUCKLE THE STERNUM STRAP

The sternum strap should be adjusted to approximately 2 in/5 cm below the collarbone.



# FEATURE DETAILS



## RESERVOIR SLEEVE

20L / 12L / 5L

The dedicated reservoir sleeve is compatible with reservoirs up to 3L.

- + An internal hanging loop with buckle ensures proper vertical orientation and stability
- + The backpanel hydration exit port is centered, allowing routing to the right or left side of the harness
- + Elasticized routing straps on the pack's harness hold the reservoir hose in place

For more information on Osprey's full line of reservoirs and reservoir care, visit [osprey.com](http://osprey.com).



## RESERVOIR BITE VALVE MAGNET

20L / 12L / 5L

The sternum strap magnet allows for quick access to the reservoir bite valve.



## LIDLOCK HELMET ATTACHMENT

20L / 12L / 5L

Osprey's LidLock easily and securely carries a bicycle helmet.

1. Locate the LidLock helmet attachment clip near the top of the pack's front panel and pull away from the pack.
2. In the vertical position, pass LidLock through helmet vent from the bottom and engage in horizontal position.
3. Inside the pack's front slash pocket is a cord loop to increase or decrease the LidLock's tension.



## SCRATCH-FREE SLASH POCKET

20L / 12L / 5L

Scratch-free, heat-embossed zippered slash pocket for sunglasses or electronics.



## INTEGRATED RAINCOVER

20L / 12L / 5L

The integrated, removable high visibility raincover provides pack protection in adverse conditions and a safety feature when traveling on roads.

1. Locate the raincover icon and unzip the raincover compartment.
2. Pull the raincover from the compartment and slip it over the top and bottom of pack using the peripheral elastic to hold it in place.
3. Reverse this process to return raincover to compartment.
4. To remove the raincover altogether, unfasten the toggle from the cord loop and remove.

Note: To prevent mildew, allow the raincover to dry entirely before storing.



## INTERNAL ORGANIZATION

20L / 12L / 5L

Organization for essentials and pocketing sized for bike-specific tools and gear.



## BLINKER LIGHT ATTACHMENT

20L / 12L / 5L

Blinker light attachment and reflective patch for safety.



# FEATURE DETAILS



## FRONT STRETCH MESH POCKET

20L / 12L / 5L

For quickly stashing gear.



## DUAL STRETCH MESH SIDE POCKETS

20L / 12L

For quickly stashing gear.



## DUAL UPPER AND LOWER COMPRESSION STRAPS

20L / 12L

Quick-release compression straps allow for pack compression for added stability.



## ZIPPERED HIPBELT POCKETS

20L

On-trail access for small items.