

# Rucksack Carry



**Age:** four to five months, (good head control) **Wrap Sling Size:** from size 4



**1** Spread your baby sling evenly over your shoulder, one tail hanging in front, and the other spread diagonally across your back.



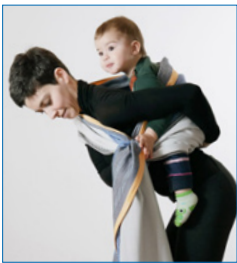
**2** Settle your child on your hip.



**3** Pull the back part tight over baby's back.



**4** Put your hand under your baby's bottom, and...



**5** ... bring your baby (with the sling still around her) under your arm and onto your back.



**6** Now hold one wrap end securely between your knees and ...



**7** ... pass the other strap over your shoulder.



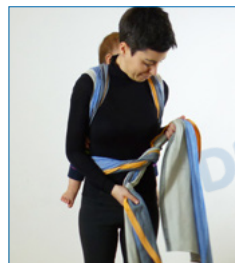
**8** Bring the straps around to the back with tension over the baby's legs.



**9** Cross them under your baby's bottom, ...



**10** ... and bring them under her straddled legs, and back around to the front.



**11** Then tie a double knot.



**12** Take the waist belt up and pass it up under the arm strap...



**13** ... over your chest to the other side through the strap ...



**14** ... from the outside to the inside. Pull the end tightly from the top behind the vertical band on your chest.



**15** Position your baby correctly by pushing her legs up.



**16** Now you are ready to go.