



***BABY*TREKKER**

INSTRUCTION MANUAL

NO IT'S NOT AN OCTOPUS!

For easy use, please read me.

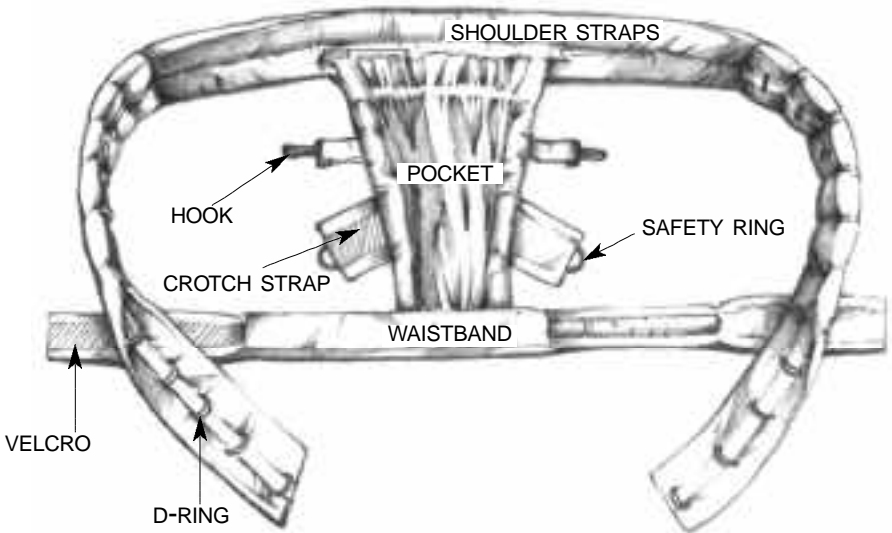
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"I've had three children and five carriers, and this is the most comfortable I've ever owned."

K. SCHWERHA-SCOTT,
ELKART, INDIANA

PARTS OF THE BABY TREKKER



The pocket is useful for a diaper or wallet. The pocket is **NOT** meant to hold a baby! To return the TREKKER to its folded position: reach to the bottom of the pocket and pull the pocket inside out. The waistband will follow. Then stuff the shoulder straps in and slip the handle over your wrist, stroller handle, or store for future use.

FOLDED TREKKER



BASIC TREKKER POSITION (BABY FACING YOU)

(a)

• PRACTICE WITH A SMALL PILLOW FIRST!

- Wrap the waistband firmly around your waist, overlapping the velcro.
- With the pocket side of the carrier down (against your legs) the carrier should hang from the bottom of the waist band. (a)

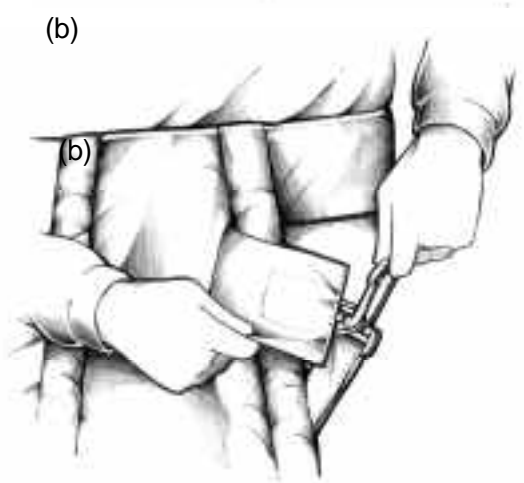
Note: for men, the waistband should be about 4 to 6" (10-16 cm) above the belly button.



Newborn to four months

- Fasten safety straps. (b)
- Place the rings on the crotch straps through the black snaps and push down to the bottom of the snap.
- **OMIT** for babies over four months.

(b)



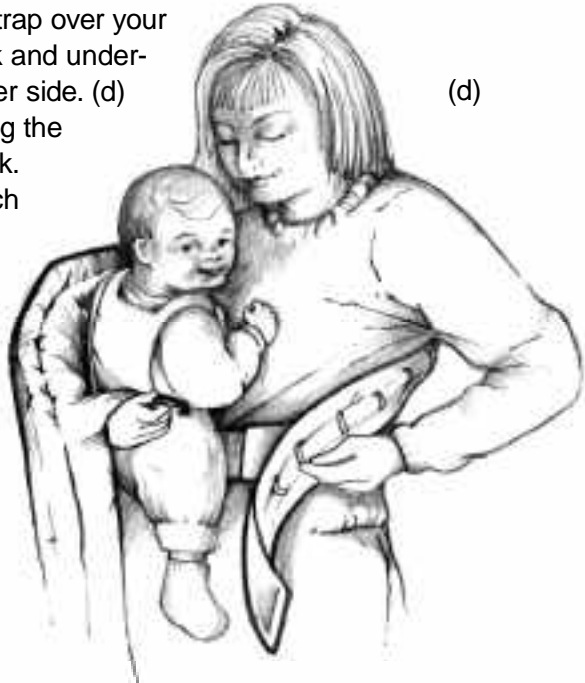
BASIC TREKKER POSITION CONT'D

- Holding baby high on your chest, lift the carrier between his legs and over his back. Make sure baby's legs hang out the sides. (c)



(c)

- Throw the right shoulder strap over your shoulder, across your back and underneath your arm on the other side. (d)
- With the hand that's holding the baby in place hold the hook.
- Use the other hand to reach behind you, grab the shoulder strap and bring it forward to snap onto one of the D rings making it snug but comfortable.



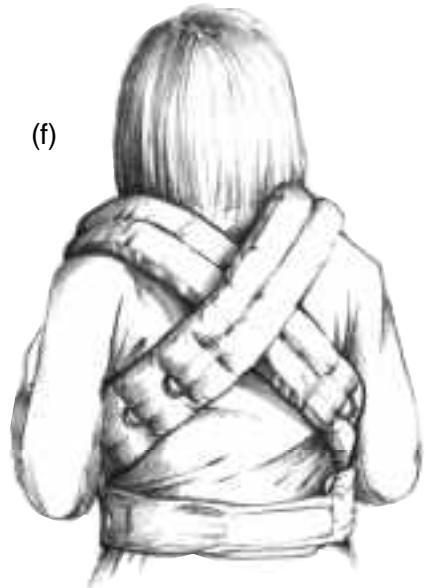
(d)

BASIC TREKKER POSITION CONT'D

- Fasten the other shoulder strap in the same way. (e)



- Back view of TREKKER. (f)



TOO SHORT IN THE TREKKER POSITION

- Repeat BASIC TREKKER POSITION a, b, c. (see page 3)
- Turn the strap in front of their head down once outward over the pocket. (g)



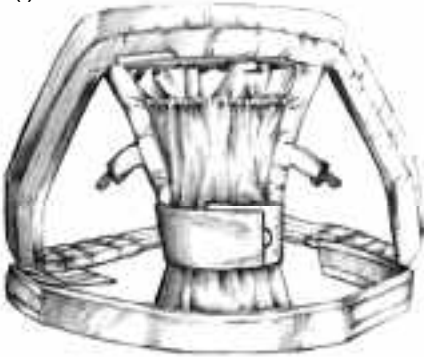
- Take the shoulder strap and give it one more twist so the D rings are once again facing upward. (h)
 - Fasten it as BASIC TREKKER POSITION. (see page 3)
 - Repeat with other shoulder strap.
 - The TREKKER should still be supporting baby's head.
- THIS POSITION MAY BE USED FOR FACING BABY OUTWARD.**



FACING BABY OUTWARD (BABY FACING AWAY FROM YOU)

- Wrap waistband. (see page 3a)
- Undo the crotch straps and wrap them around the carrier over the pocket, until the crotch is narrower. (i)
- Face baby away from you. (j)
- Repeat steps c and d in BASIC TREKKER POSITION. (see page 3)

(i)



(j)



- Insert a finger between baby's legs and the leg openings making sure that you have narrowed the crotch area enough. (k)
- The TREKKER should still be supporting baby's head.
- **BABY TOO SHORT IN THE TREKKER? (see page 6)**

(k)

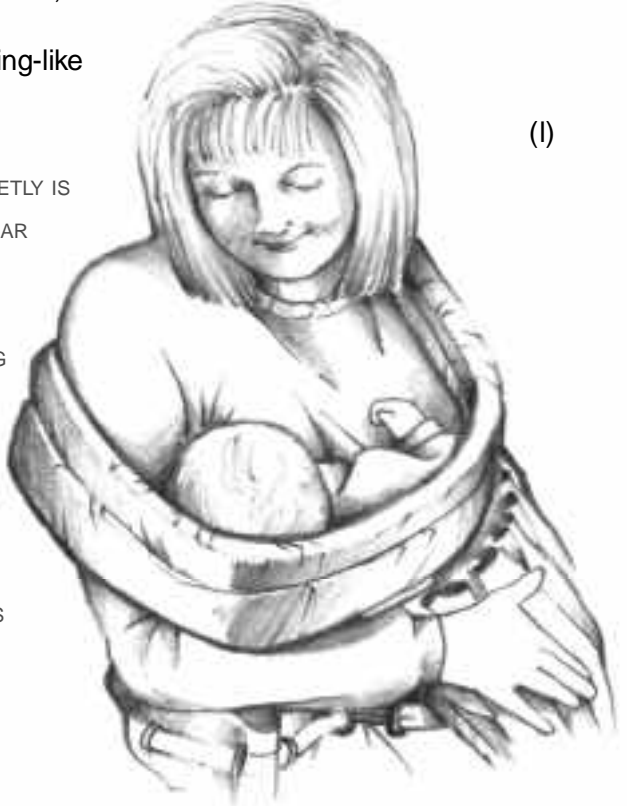


NURSING POSITION

Face baby towards you as in the BASIC TREKKER POSITION on page 3.

- If you want to nurse on the left side, lower the snap down 3 or 4 rings from your usual ring on the right side.
- To nurse on the right side, do the opposite.
- Tilt the baby into a sling-like position. (I)

HOT TIP: NURSING DISCREETLY IS EASY IN THE TREKKER! WEAR BUTTON DOWN CLOTHING, A T-SHIRT WITH AN OVERBLOUSE OR A NURSING TOP. A RECEIVING BLANKET MAY BE HANDY. PRACTICE AT HOME FIRST AFTER THE BABY HAS A GOOD LATCH. FOR BREASTFEEDING CONCERNS CALL LA LECHE LEAGUE: USA 1-800-525-3243 CANADA 1-800-665-4324

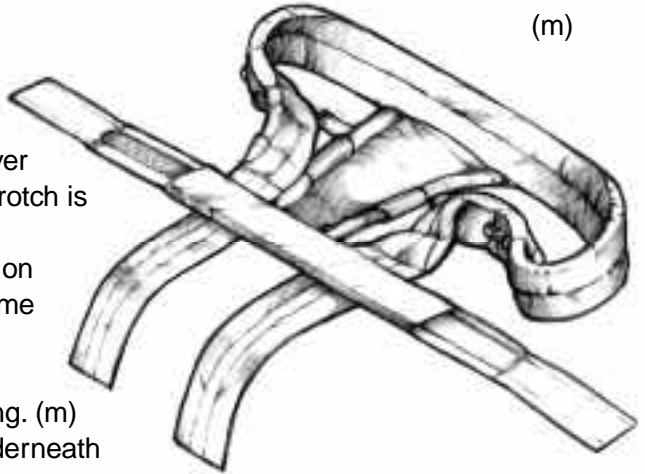


OR, lower the shoulder strap opposite the side you want to nurse until the baby is in a position to nurse comfortably.

OR, place one shoulder strap under your arm on the side you want to nurse.

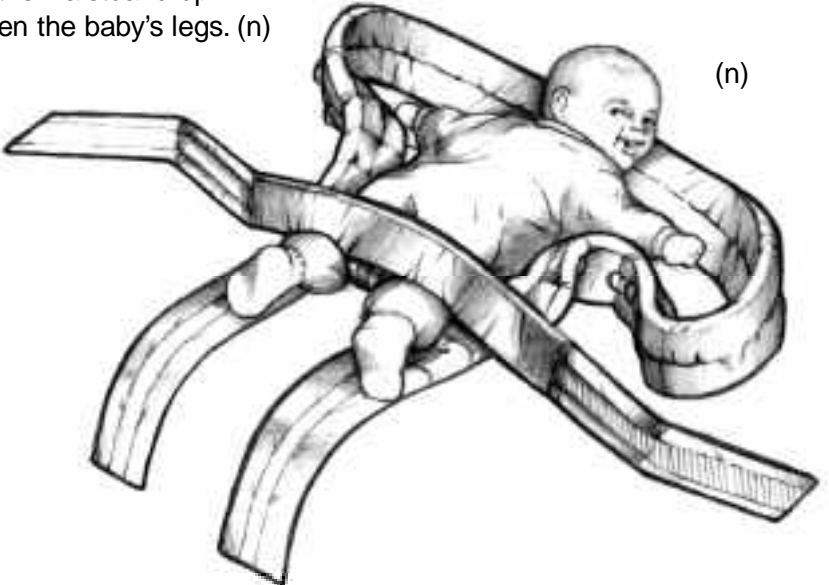
BACKPACK POSITION

- Lay the TREKKER pocket side down on the bed.
- Wrap crotchstraps over the pocket until the crotch is narrower.
- Snap the black hook on to a D ring on the same side shoulder strap, about 3 or 4 rings down from the top ring. (m)
- Hooks should be underneath and out of sight.



(m)

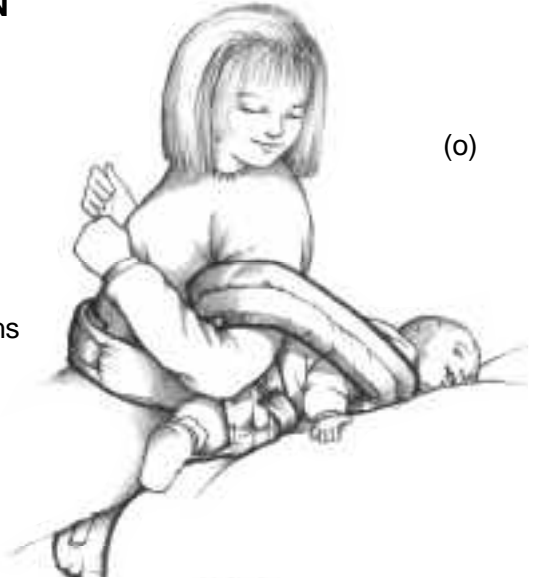
- Lay the baby face down on the carrier.
- Baby's legs need to be on each side of the carrier below the snaps, and its hands in the space where the loops are.
- Bring the waistband up between the baby's legs. (n)



(n)

BACKPACK POSITION CONT'D

- Sit down in front of, but facing away from baby and carrier.
- Wrap the waistband firmly around your waist.
- Lean back and slip your arms into the shoulder straps and gently raise baby into position. (o)



(o)

- Check in a mirror to make sure that straps are right and that baby is comfortable. (p)
- If the carrier seems to be directly under the baby's chin, bend forward from the waist.
- The TREKKER will slip out as you straighten up.
- To remove baby, sit as in illustration (o) and lower baby.
- Hold a pillow over waistband to cover the velcro sound if baby is sleeping.



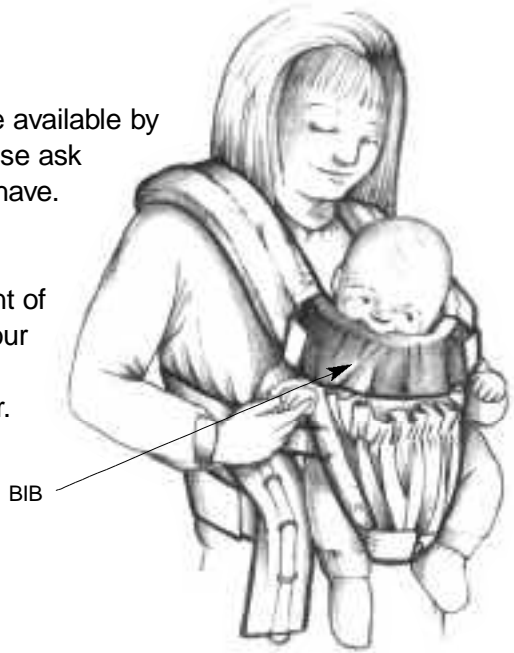
(p)

ACCESSORIES

The following accessories are available by calling: **1-800-665-3957**. Please ask about the other products we have.

BIBS

The bib velcros over the front of the TREKKER. This keeps your TREKKER clean longer and extends the life of your carrier.

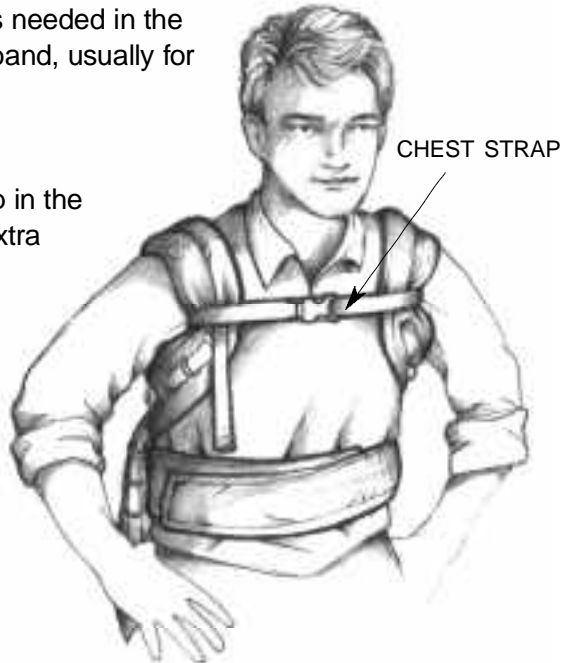


EXTRA ROOMY TREKKER

Occasionally extra length is needed in the shoulder straps and waist band, usually for Mr. or Mrs. Big and Tall.

CHEST STRAPS

Parents use our chest strap in the backpack position to add extra security and comfort.



COMFORT AND SAFETY TIPS!

Make the first try with the baby a happy time. Practice all positions with a teddy bear or a cushion first.

Eating hot food or drink in the front position of a carrier is risky.

Always use the backpack position for cooking and baking. When facing baby out, make sure that baby is not in danger of reaching hot, sharp, or other dangerous objects.

Never use a carrier while operating or riding in vehicles, bicycles, skateboards etc.

Give baby extra protection from sun or cold eg. blanket, hat, mittens.

Babies can move more than they can in a sling. Change the baby's position in the TREKKER about every 45 minutes.

Shoulder straps can dangle or you can roll them with the D rings inside and tuck between you and baby.

Plastic packaging is dangerous. Please recycle ours. If unable to store safely for reuse please discard immediately.

FREQUENTLY ASKED QUESTIONS!

My baby's too short but she wants to face out. How can I modify it?
See page 6 SHORT IN THE TREKKER for directions.

Will my baby slip from the Trekker?
See page 3 BASIC TREKKER POSITION for babies younger than four months.

I've always had a bad back!
Many chiropractors consider the BABY TREKKER the perfect carrier for this situation because the baby's weight is distributed equally between your waist and your shoulders. Baby needs to be held up high and done up snugly so as to put the least stress on your back. Babies like to hear your heart beat, not your stomach gurgle. Shoulder straps should fit in the hollow of your shoulders not against your neck. Waist band needs to be snug.

My baby likes to suck on the top of the carrier. How can I keep clean?
See BIBS in ACCESSORIES.

How can I cope with a crawling baby when using the back pack position?
Once baby is laying on the TREKKER with baby's arms through the loop space, hold the shoulder straps of the carrier together so that baby can't crawl out. With one arm through both straps, fasten waist band. Then take your arm out and put it in the proper space, and lift baby into position.

In the Backpack Position, my husband likes me to help him cross the chest straps in front. Is there another way to make him feel as secure?
See CHEST STRAPS in ACCESSORIES.

How do I wash my BABY TREKKER?
Wash and dry carrier on warm setting. Use half of cup of salt or vinegar for first washing to lock in colour. Use no bleach and do not dry clean!

MORE QUESTIONS OR CONCERNS?

We've worked hard to make our instruction booklet clear and easy to understand. If you have questions or concerns, please contact us for help.

Pettersen Infant Products
189 Dadson Road
Flin Flon, MB Canada R8A 0C8

CALL TOLL FREE: 1-800-665-3957
EMAIL: judy@babytrekker.com
VISIT OUR WEBSITE: www.babytrekker.com

The BABY TREKKER is **guaranteed** against defects of material and workmanship for one year from date of purchase. If you have a problem please call us and we'll tell you how to send it back for repairs.

"A wonderful and beautifully comfortable design. I'm a single mom with no vehicle and I always need both hands free, at the Laundromat, doing groceries, walking in rainy Vancouver. Thanks so much for designing a carrier that does baby and mom justice!"

PAM AND NATHANIEL JOHNSON
VANCOUVER, BC

THANKS!





***BABY*TREKKER** 

CUSTOMER TOLL FREE NUMBER

1-800-665-3957