

Carrying Photographic Equipment The Easy Way

Dr. John A. Allocca
www.DrJohnPhotography.com
5/13/21, updated 5/30/21

I've become very sensitive to carrying heavy camera equipment, especially on long hikes, after two serious back injuries. It took many years of trial and error to finally arrive at a method of carrying equipment without back or shoulder strain.

Sling packs and shoulder packs make it easy to access heavy equipment. However, they add strain to the spine unevenly. Backpacks distribute the weight evenly. However, accessing heavy equipment is not easy in the real world regardless of how easy manufactures show in their videos. Carrying heavy equipment on your waist completely eliminates any back and shoulder strain.

I normally carry a Sony A7RIV full frame camera or Sony A7C full frame camera along with a Sony FE 70-300 mm f/4.5-5.6 G full frame lens, Sony FE 24-105 mm f/4 G full frame lens, water bottle, and miscellaneous items.

The photo below shows a modular system that can be customized for your needs. Instead of the normal belts they sell for this equipment, I used a heavy duty 1.5 inch web belt, which makes it easy to slide equipment around. I normally hike with the modules slid around to the back. When I want to access the camera or lenses, I slide the modules to the front or side. The DSLR camera module is expandable at the bottom to allow for a larger lens. Think Tanks as well as other manufacturers make many different modules to fulfill many different needs.



Parts List

Think Tank Photo Digital Holster 20 V2.0

SKU#: 710866

Interior Dimensions: 7.3" W x 8–11.5" H x 5" D

Exterior Dimensions: 8" W x 9.5–12.5" H X 5.5" D

Weight: 1.1 pounds

\$69.75

Think Tank Photo Skin Changer Pop Down

SKU#: 700061

Internal Dimensions: 7.5" W x 8.2–11.8" H x 4" D

Weight: 0.6 pounds

\$55.75

Think Tank Photo SKIN 50 V3.0

SKU#: 700059

Internal Dimensions: 5.5" W x 7" H x 4" D

Weight: 0.4 pounds

\$39.75

M-Tac Tactical Belt Double Duty Nylon Military Gun Carry Plastic Buckle

[https://www.amazon.com/gp/product/B0711ZNDGB/ref=ppx_yo_dt_b_asin_title_o06_s00?
ie=UTF8&psc=1](https://www.amazon.com/gp/product/B0711ZNDGB/ref=ppx_yo_dt_b_asin_title_o06_s00?ie=UTF8&psc=1)

\$15.95 from Amazon