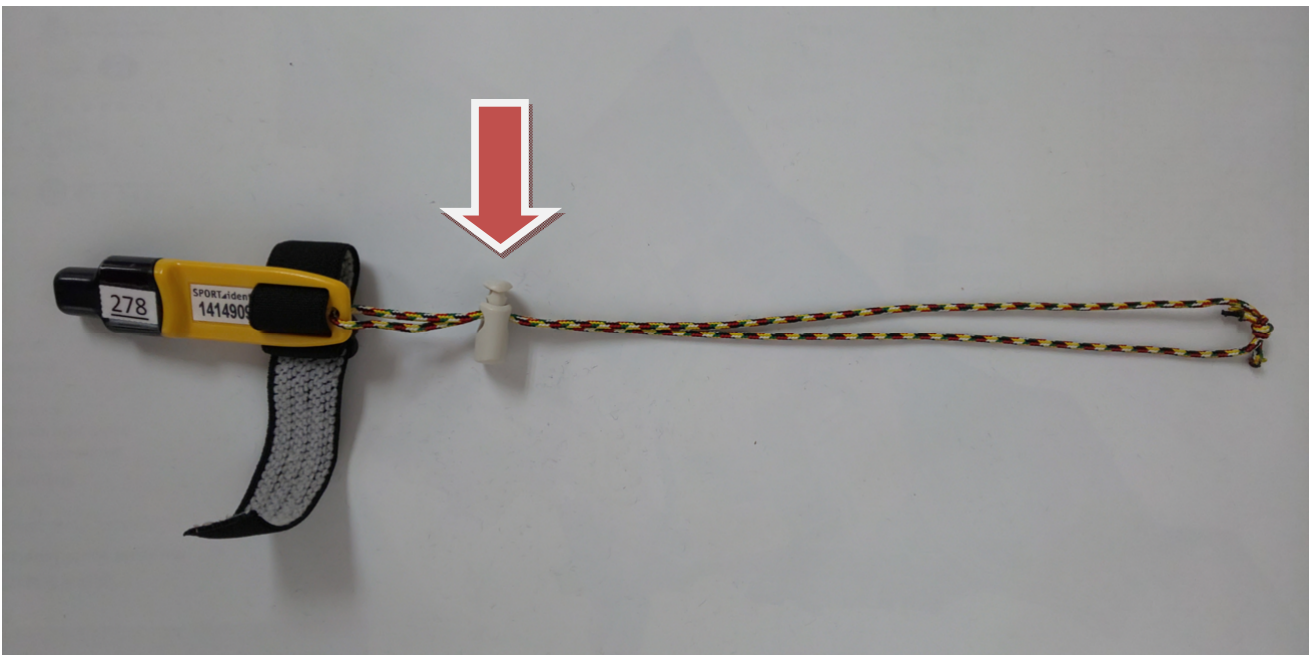


# 指卡穿戴方式

## 1. 拿起'指卡'



## 2. 調整'調整扣'至'指卡'端



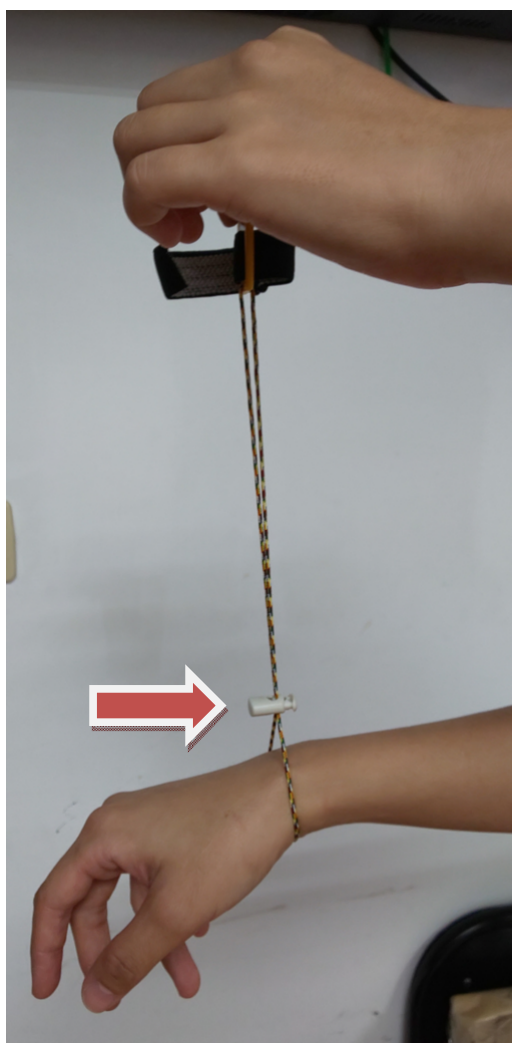
3. 將慣用手穿過繩圈



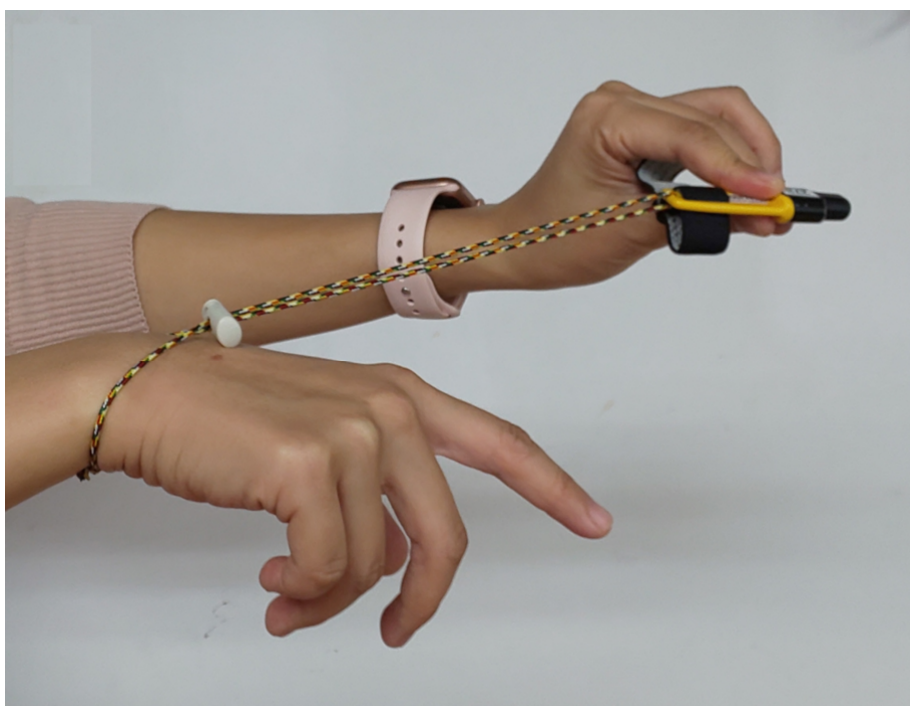
4. 將'指卡'移至上方



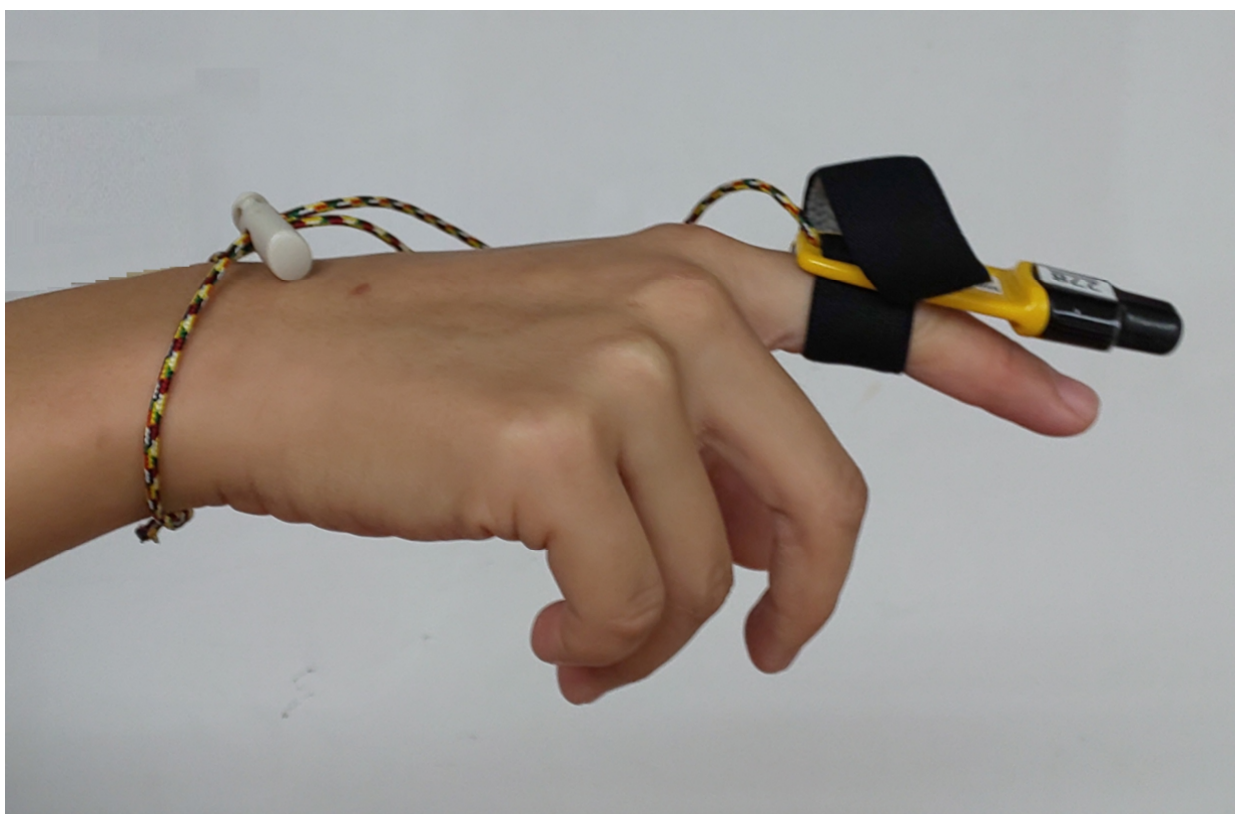
5. 將'調整扣'調整至手腕處，舒適且不脫落為主



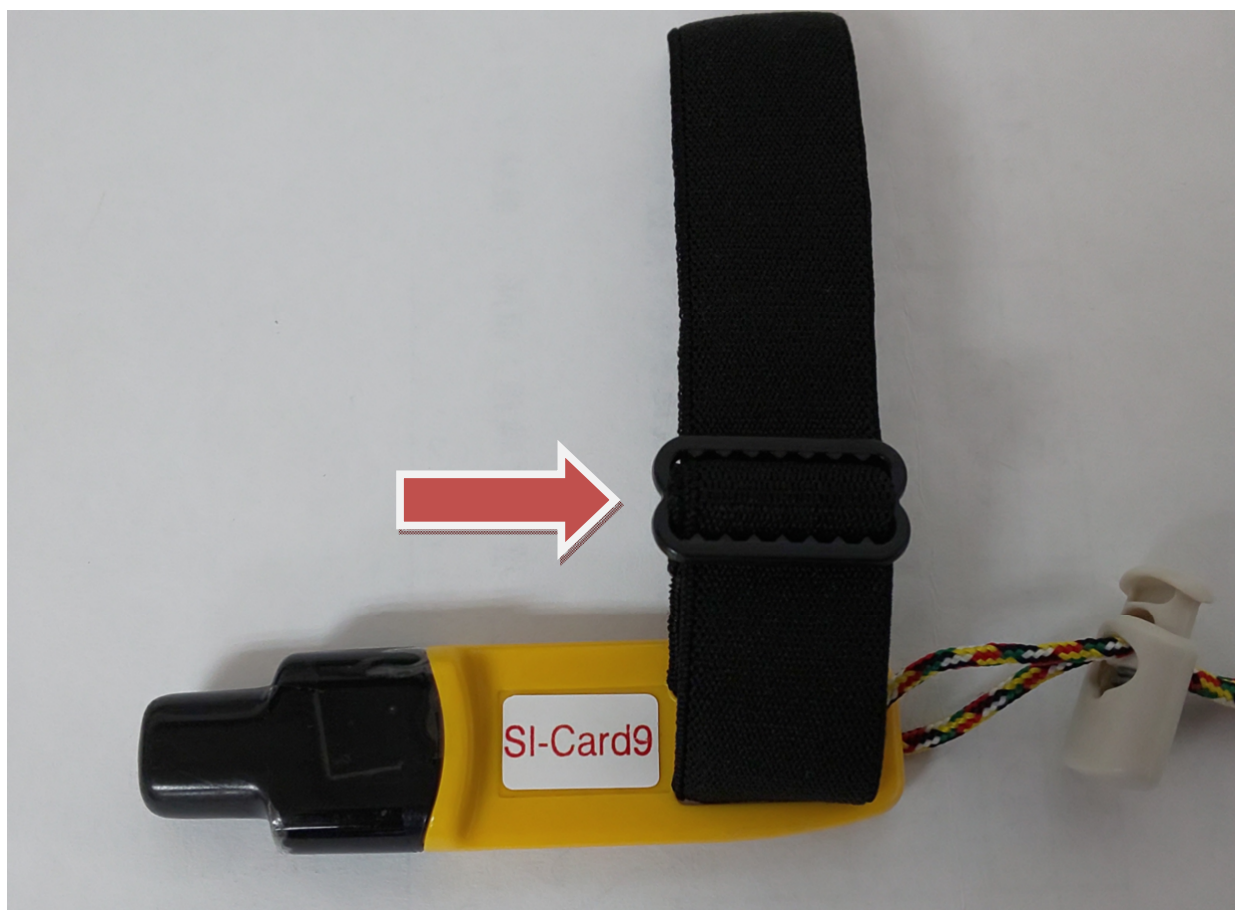
6. 將'指卡'移至手指前方



7. 將手指穿過鬆緊帶環



8. 若鬆緊帶環過緊或過鬆，可適當調整鬆緊帶



9. 完成



中華民國定向越野協會  
Chinese Taipei Orienteering Association