

Harness Instructions-

Parts:

- 2 Single Adjust Side Release Buckles
- 4 Plastic Slides, 2in (2 front, 2 rear)
- 2in Width Flat Nylon Webbing- 80in/2.5 yds
- 1.5in width Hook & Loop- aprox. 4in length
- 1 Plastic D-Ring, 1.5in- (for left shoulder on webbing)
- 1 Small Tactical Flashlight- (clipped to front PALs webbing)
- 4 Red Comms Cable(s) 2 aprox. 44in length pieces of Red ParaCord
- 1 1in Side Release buckle- (how the paracord "cables" affix to in the front)
- 1in Flat Nylon Webbing- aprox. 4in (to affix "comm cable" to vest)
- 1in width Hook and Loop- Aprox. 2in

Accessories:

- 1 VIP/IFF IR Strobe Unit- Black (attach to top right shoulder of harness)
- 1 Tactical Tourniquet- Black (remove "Time" label and attach to webbing, chest height, right front)

****Assembly Notes:***

*Harness Strap Sizing: With the plate carrier on and adjusted to size: measure starting from the anchor loop on female shoulder strap buckle (it's affixed to the rear half of the plate carrier) to the bottom of the last row the PALs webbing. Add aprox. 8" to that number. (you will need 3" to create the shoulder anchor, and 5 inches to loop through the map pocket anchor) Conversely you can also follow **steps 2-4 of Creating the Top Shoulder Harness Anchor** instructions, leaving one side of the webbing uncut, and completing **steps 1-9 of Finishing the Shoulder Straps**, in order to visually see the amount of webbing needed for a strap. When cutting the nylon straps, be sure to prevent them fraying by sealing/melting the edges, with heat.*

Right Side:

Creating the Top Shoulder Harness Anchor:

1. Sew 4 loops of the black braided elastic, (aprox. 7 in in length or smaller- it will stretch around the carrier shoulder pads but make sure it is sewn small enough to be tight). Disconnect the shoulder straps in the plate carrier, and place the loops on the shoulder straps. They sit in the 2 empty areas between the 3 rows of PALs webbing on the male buckle side of the strap.
2. In order to anchor the straps to the plate carrier shoulders, weave the 2" webbing strap over the middle of a 2" tri-glide, make a loop and sew/affix it to itself, sewing closed the open end of the loop (you will need aprox. 1.5" of webbing past the tri-glide to fold back and sew) **Fig. 1**
3. Make sure you have the seam of the looped and sewn webbing facing UP. From inside of the plate carrier, run the 2" webbing through the female half of the carrier's side release buckle, and pull the webbing through till the tri-glide rests on the underside of the buckle. If done correctly, the sewn seam near the tri-glide anchor is covered by the webbing when it's looped back over the carrier buckle. **Fig. 2a & Fig. 2b**
4. After looping the webbing over the buckle in step, run the 2" webbing under the black braided elastic loops on top of the shoulder strap. Let it hang down the front of the carrier. **Fig. 3**

Fig. 1



Fig. 2a



Fig. 2b



Fig. 3



Left Side:

**Note: The left side follows the same pattern as the right side with 1 exception. There is a D-ring affixed to the left harness at collar bone height. This d-ring prevents the webbing length from being run through the buckle anchor on the left shoulder. You will have to cut a length of webbing, follow steps 1-4 from the Right Side instructions then continue here. Once BOTH side are run through the upper shoulders you can move on the the finishing instructions.*

1. Follow steps 1-4 of the Right Side instructions, and apply those to the left.
2. With the left side run under the braided elastic straps and hanging down the front of the plate carrier, mark the strap just below where it emerges from under the lower braided elastic. This is marking the top area where the d-ring webbing will affix.
3. Remove the 2" webbing from under the braided elastic straps, and disconnect the front of the carrier from the back via the buckles in the carrier shoulder straps. (This will make it easier to maneuver the plate carrier while you affix the d-ring to the left side webbing)

Affixing the left D-Ring:

4. Cut a 4" length of 1.5" width webbing.
5. Run the webbing through the d-ring, leaving about 1" to be sewn back on itself, to secure the d-ring in a loop. Sew the D-ring into the loop, leaving 2.5 - 3" inches of webbing beyond the ring. **Fig. 4**
6. Making sure the the seam of the d-ring loop is facing down to the strap, affix the d-ring to the left harness strap. Sew the top length of the 1.5" webbing that holds the d-ring, at the mark made in step 2, above. Run a second stitch line closer to the d-ring, and through the harness strap, to make sure d-ring webbing loop lays flat on the strap.

Fig. 4



7. Continue to the **Finishing the Shoulder Straps** instructions and follow them for BOTH sides of the harness.

Finishing the Shoulder Straps:

1. Run the webbing under the black braided elastic loops on the shoulders and down to the front of the carrier.

Creating the Map Pocket Harness Anchors:

2. Take a female half of one 2" side release buckle. Mark the CLEAN side (no mold marks) with a piece of tape. This will be the "hero" side, facing out on the front of the carrier.
3. Cut a 5.5" to 6" inch length of 2" webbing. Cut a 2" length of the black 1.5" hook and loop. (you will need both the hook AND the loop sections)
4. Run the cut length of webbing through the buckle anchor and fold it on itself like a "U". Mark the side that is on the clean/tape side of the buckle. **Fig. 5** This is where the HOOK half of the velcro will be sewn. Remove the webbing 'U' from the buckle.
5. Sew BOTH the hook and loop lengths to the 2" webbing, facing up. Run the webbing (now with the velcro attached) back through the anchor of the buckle, making sure the HOOK side is on the clean/tape side of the buckle. **Fig. 6a** (next page)
6. Fold the webbing on itself creating the "U" again, and sew the open end of the "U" shut. You can also sew a stitch line as close as possible to the anchor of the buckle to seal the buckle side of the webbing loop. The clean/tape side will have the hook and the molding side, the loop. **Fig 6a & Fig 6b**
7. Open the velcro map pocket on the plate carrier, place the buckle with the hook and loop attached webbing in the pocket, matching the appropriate hook to loop, and loop to hook in the pocket, with the clean/tape side of the buckle facing front. Close the pocket and attach the male side of the 2" buckle. **Fig. 7**
8. Weave the webbing length from the shoulder, through a 2nd tri-glide. Then run that same shoulder webbing through the anchor of the the male half of the map pocket affixed buckle. Loop it back on itself, and tuck the excess back through lower tri-glide. **Fig 8a & Fig 8b**

Fig. 5



Fig. 6a



Fig. 6b



Fig. 7



Fig. 8a



Fig. 8b



9. There should be approx. 1" of space from the map pocket anchor buckle to there tri-glide, and aprox. 1" of excess webbing above the tri-glide. Mark the where you want to cut the webbing, remove it from the tri-glide, cut the excess off, seal it with heat, and weave it back through tri-glide. **Repeat steps 1-9 for the left side.** The harness straps are complete. *Fig. 9 & Fig. 9a*

Fig. 9a



Accessories:

Right Side Only: Figs.10-12

10. Affix the Tactical Tourniquet to the harness strap: Above the lower tri-glide, using 2 Molle Web Dominators.
11. Affix the VIP/IFF IR Strobe Unit to the right shoulder: At the apex of the shoulder hook the strobe unit, through the top 1" braided elastic strap. You can also use a Molle Web Dominator, or the black cable tie that is included with the VIP/IFF IR Strobe unit.

Fig. 10

Fig. 11

Fig. 12



(accessories contd.)

Left Side Only:

12. Red Comm Wires: loop 2 lengths of red paracord (aprox. 44" long) through the top left corner pals row on the rear of the carrier. **Fig. 13**

13. Create a closed loop (like steps 4-7 in the *Creating the Map Pocket Harness Anchors instructions*) using a 1" tri-glide as the anchor.

14. Knot the paracord on the backside of the tri-glide, affixing it in the map pocket hook and loop like the buckle anchors. **Fig. 14a & 14b**

Fig. 14a

Fig. 14b



Fig. 13



Fig. 15



15. Congratulations! Your plate carrier harness is completed! **Fig. 15**