



RECARO Adaptors/Sliders Vanagon

Kit Includes

- Left and right sliders
- Release bar
- Spacers, 4 each 3/8" and 5/8"
- 6mm internal hex bolts, 8 each of 15mm, 4 each of 30mm and 40mm
- (8) 6mm washers
- Nut plates, 2 long and 2 short

Installation Instructions

Lay your Recaros on their backs on a clean surface. It helps to crank the seat back adjustment forward so the when they are on their backs the bottom is angled slightly up for easy access to the mounting points.

Bolting the sliders to the bottom of the Recaros:

This kit allows for up to 1" of adjustment in seat height using the provided spacers. The spacers are placed between the seat and the sliders. We have found that if you have swivels in your vehicle and are retaining them, you should start with no spacers, this will provide a seat height very close to stock. If you have swivels and are removing them, you should start with just the 5/8" spacers, this will slightly lower the seat height. If your vehicle never had swivels, start with just the 5/8" spacers, this will be very close to original seat height. Of course, all of this is dependant on your original seats and how much wear and compression they have experienced over the last 20+ years. You may need to try different spacers to achieve your optimal seat height.

- The "wide" side of the slider is the top and goes against the seat.
- The prongs for the release bar point inward.
- The spring end of the release mechanism goes towards the front.
- Use the holes that are offset from the centerline of the slider to bolt. You will need to slide the tracks back and forth to access each of the holes
- The release bar affixes via the two prongs on the sliders. Fit them into the holes on the bar.
- Bolt one side up and install the release bar in conjunction with the second slider.

Depending on the spacers you choose, you will need to use different length bolts. We like to use a dab of medium strength blue Loctite on the threads of the bolts.

- No spacers = 15mm bolt
- 3/8" spacer = 30mm bolt
- 5/8" spacer = 30mm bolt
- Both spacers stacked = 40mm bolt

Bolting the sliders to the tracks in the Vanagon.



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Once you have the sliders securely fastened to the seats you can secure them to the tracks in the vehicle. If your van is equipped with swivels you can bolt directly to the swivel tracks or remove the swivel and bolt to the tracks beneath it in order to reduce the seat height further.

- Slide the seat as far back on the sliders as possible. Hold the release bar up and move the lower portion of each slider forward so the lower mounting holes are accessible. The sliders can be a little stiff when trying to move them by hand, a couple of taps from a small hammer can help to get them fully extended.
- Remove the gray plastic shim from the front portion of the vehicles seat track if it is present.
- Slide the short nut plate into the front of the vehicles seat track so that it lines up with the forward hole in the track.
- Bolt the slider down to the tracks using a washer and 15mm bolt. Again, we like to use a dab of the medium strength blue Loctite on the threads of the bolts.
- Slide the seat forward on the tracks to access the rear mounting point.
- Slide the long nut plate into the vehicle track so that it lines up with the rear hole and secure with washer and bolt.



That's it you're done!
Now go enjoy the comfort and support of your new seats!