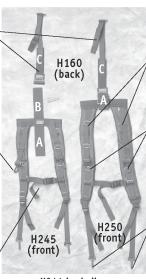
KINESIS H150 INSTRUCTIONS

C (Kinesis part H160), the "back" of the harness is used only when the harness is used as suspenders.

Accessory buckle straps are included with every H245 or H250 harness. They include a pair of J-shaped snap-hooks for attaching to a holster case and 20mm male quick-release buckles (not shown in this photo). The male buckles are for attaching to the Kinesis H435 camera side adapters—for carrying a DSLR on the harness (not in a case). These straps/ buckles are adjustable in length and are removable.

Sternum strap is vertically adjustble—it / slides up and down for a custom fit.



H344 is similar, but with less padding.

This pair of upper metal sliders are for attaching a holster case in backpack mode using the Accessory buckle straps (see Website for photos on assembly steps).

The H150 Pouch to Harness adapter attaches to this pair of metal sliders. This enables you to attach small Kinesis pouches unto the harness.

Snap-hooks attach to D-rings found on the lower comers of a long Jens case or backpack. When the harness is used as suspenders, then they attach to the front D-rings on the waistbelt.

The H150 Pouch to Harness Adapter is sold in pairs. It enables you to attach any Kinesis single-wide pouch to each side of the shoulder harness.

Step 1 Unravel the Velcro strap and

Step 1 Unravel the Velcro strap and place the pouch to be mounted unto the side opposite the nylon (plastic looking) Uniloops. The long webbing should be pointing upwards, forming an "upsidedown T". Reach the metal sliders around the outside edge of the H150 and insert them into the Uniloops.

Step 2 Remove the accessory buckle straps (shown is the old version—new harnesses have both a snaphook and male quick-release buckle on the end). Set aside as they are for use when carrying a holster case in front.

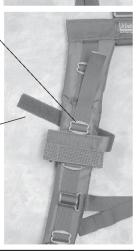




Step 3 Slip the long piece of webbing (not the Velcro strap) of the "upside-down T" to the H150 \
Adapter into a pair of metal sliders of the harness.

Detailed photos of how to feed webbing through a slider is found on our site at: www.kgear.com/howto/slider.html

Step 4 Wrap the Velcro strap around the back of ____ the harmess, around the perimeter of the pouch and than attach back to itself.



KINESIS H150 INSTRUCTIONS

C (Kinesis part H160), the "back" of the harness is used only when the harness is used as suspenders.

Accessory buckle straps

are included with every H245 or H250 harness. They include a pair of J-shaped snap-hooks for attaching to a holster case and 20mm male quick-release buckles (not shown in this photo). The male buckles are for attaching to the Kinesis H435 camera side adapters—for carrying a DSLR on the harness (not in a case). These straps/ buckles are adjustable in length and are removable.

Sternum strap is vertically adjustble—it / slides up and down for a custom fit.

H245 (front)

H344 is similar, but with less padding.

This pair of upper metal sliders are for attaching a holster case in backpack mode using the Accessory buckle straps (see Website for photos on assembly steps).

The H150 Pouch to Harness adapter attaches to this pair of metal sliders. This enables you to attach small Kinesis pouches unto the harness.

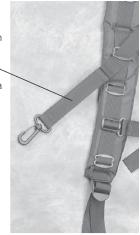
Snap-hooks attach to D-rings found on the lower corners of a long lens case or backpack. When the harness is used as suspenders, then they attach to the front D-rings on the waistbelt.

The H150 Pouch to Harness Adapter is sold in pairs. It enables you to attach any Kinesis single-wide pouch to each side of the shoulder harness.

Step 1 Unravel the Velcro strap and place the pouch to be mounted unto the side opposite the nylon (plastic looking) Uniloops. The long webbing should be pointing upwards, forming an "upsidedown T". Reach the metal sliders around the outside edge of the H150 and insert them into the Uniloops.

Step 2 Remove the accessory buckle straps (shown is the old version—new harnesses have both a snaphook and male quick-release buckle on the end). Set aside as they are for use when carrying a holster case in front.





Step 3 Slip the long piece of webbing (not the Velcro strap) of the "upside-down T" to the H150 \
Adapter into a pair of metal sliders of the harness.

Detailed photos of how to feed webbing through a slider is found on our site at:
www.kgear.com/howto/slider.html

Step 4 Wrap the Velcro strap around the back of the harness, around the perimeter of the pouch and than attach back to itself.

