



H 2 4 5 o r H 2 5 0

This pair of 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.

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

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.

These are the length adjustment buckles for the harness.

These 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 waist belt.

Note: Kinesis part H160 (not shown) attaches to "A" and becomes the "back" of the harness and is used only when the harness is used as suspenders. See our "Suspender Instructions Sheet" at kgear.com/how-to.

The H344 Y Harness is similar to this graphic but has less padding and includes the H160.



H 2 5 5

Upper Sliders: This pair of metal sliders is for attaching the optional H436 or H437 straps (for carrying a holster case or DSLR on your chest). They are also for attaching a holster case in backpack mode using the accessory buckle straps (see website for photos on assembly steps).

KATS Loops: These four webbing loops are slots for attaching smaller pouches to the harness. They are compatible with pouches that utilize the KATS (Kinesis Attachment Tab System).

The sternum strap is vertically adjustable—it slides up and down for a custom fit and has a built-in emergency whistle.

Lower Sliders (Overall Harness Size): This pair of metal sliders (with the long "down strap" attached) are for overall harness sizing. Start with the slider in the middle and when needed, slide it up for shorter folks or down for those that are taller. Once you adjust this for a given person, you pretty much leave it alone. This is a Kinesis exclusive and allows one harness to fit all torso heights w/o compromise.

Tensionlock Buckles (Micro Size Adjusting): These can be adjusted as needed while wearing the pack and will vary depending on how much clothing you are wearing and the height of the pack or bag.

Snap Hook Buckle: These attach to D-rings found on the lower corners of a long lens case, backpack or tripod bag. When the harness is used as suspenders, then they attach to the front D-rings on the waist belt.

Note: Kinesis part H160 (not shown) attaches to "A" and becomes the "back" of the harness and is used only when the harness is used as suspenders. See our "Suspender Instructions Sheet" at kgear.com/how-to.

The H344 Y Harness is similar to this graphic but has less padding and includes the H160.

Attaching a Harness to a Long Lens Case or Tripod Bag

Step 1 Identify the metal “slider” that is sewn to the case or pack. On packframes it is adjustable and can be moved up or down for different torso heights. The middle setting is for people with average torsos or heights—about 5’9” (175cm). If you are a lot taller or shorter than this, slide this away from the center point.



Step 2 Remove the metal slider from the harnesses’ 50mm (2”) webbing (“A” in top, left photo). Set aside as it will be required later.



Step 3 Slide the loose end of webbing underneath and through the bottom of the slider attached to the pack or case. If your pack has aluminum staves you may want to remove them—it will make this step easier.



Step 4 Feed the webbing back through the other side of the slider. Take out as much slack as possible — this will snug up and secure the harness closer to the pack or case.

Additional, more detailed photos of how to feed webbing through a slider is found at: www.kgear.com/howto

Step 5 After taking out the slack, double back the webbing as shown.



Step 6 Slip on the extra slider to this same piece of webbing. This second slider is an extra measure of prevention. The harness will attach to the case without it, but over time the harness will gradually loosen if it is not used.



Step 7 Finally, double back the webbing for extra security.



Step 8a (long lens cases only) The H130 Long Lens Harness Stabilizer Strap is required when attaching a backpack harness to a long lens case. This strap pulls the long lens case towards your shoulders and helps stabilize the load. First, attach the H130 to long strip of Velcro on the front (label side, under the lid) of the case. Insert the SlikClips® buckles onto the harness near the top of your shoulders & then snap them closed (otherwise the buckle will fail).



Step 8b (packs or packframes only) On the backpacks or packframes is a pair of vertical lifter straps with a SlikClip® buckle on each end. It is removable, and with some models, it is vertically adjustable. Slip the bottom of the strap with the SlikClip buckle into one of the slots on the top center of the harness, then snap them closed (otherwise the buckle will fail).



Step 9 Clip the bottom snaphook of the harness to the pair of D-rings found on packs, long lens cases or tripod bags. Use the tensionlock buckle “B” for length adjustment.



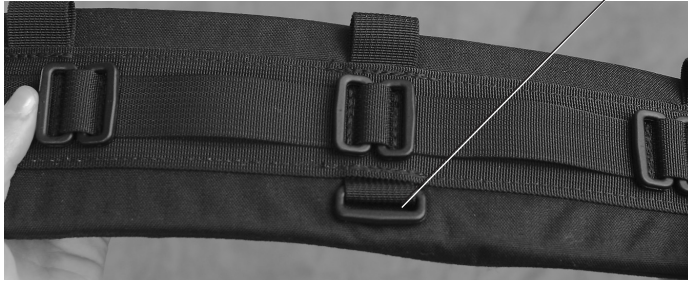
Step 10 (packs or packframes) The point where the main web (step 1) attaches should be about 5cm (2”) below the top of your shoulders. You may need to go back and readjust the height of the metal slider in step 1.

Step 11 (all) The purpose of the vertical lifter strap or H130 stabilizer strap is two fold. One is to lift the shoulder harness off your shoulders (approx. the space of a pencil) which decreases shoulder and neck strain. The other purpose is to “pull in” the top of the pack or case towards your body, preventing the load from swaying. The strap should be at a 30–45° angle, however taller people wearing long lens cases as packs, may not be able to achieve this angle.

The lifter strap should attach to the harness on top, or forward of, the top of your shoulder.



Step A Locate the nylon (plastic looking) rectangular Uniloop located at the bottom center of your belt (not found on B206 unpadded belts).



Step B Place the belt upside-down as shown in the photo below. The Kinesis label (not shown in photo below) would be on the left side in photo. Insert the metal “slider” (also called a figure 8) located near the bottom center of the long lens case into this special Uniloop on the belt (turn the metal slider sideways to insert—this is just like attaching pouches to a belt as shown to the right).



Bottom View of long lens case & “Up-side-down” waist belt



Step C Locate the plastic-looking (it is actually made from Acetal) SlikClip® located near the bottom corner of the case.

The D-Rings are for attachment of the bottom of the H245 or H250 harness. Ignore the metal slider attached next to the SlikClip—it is for use when attaching a long lens case to heavy-duty pack frame only.



Step D Flip the belt over so it is “right-side-up” with the belt bottom sitting flush against the bottom of the long lens case.

Slip the SlikClip buckle over the 25mm-wide (1”) webbing on the belt. Snap it closed (otherwise the Slik Clip will fail when weight is applied to it). To remove this buckle, pry open the pointed end with your thumb til it pops open (see kgear.com/how-to for detail photos). This buckle is not weight bearing, but it keeps the belt from flopping around (most of the weight bears on the metal slider in step 2).



Tripod Bag Details (Top is Left)

50mm (2”) metal slider. Harness attaches here (see steps 1-7 of H245/H250 Harness Instruction Sheet).
 25mm (1”) metal slider (hidden on photo) for attaching waist belt to tripod bag as per photos (steps 1 & 2) to the left.
 D-Rings for attaching the bottom of the harness (see step 9 of H245/H250 Harness Instruction Sheet).



FINAL FITTING OF HARNESS & BELT (BACKPACK)

1. Loosen all the straps
2. Tighten the waistbelt so it is sitting on your hip bones.
3. Adjust the H245 or H250 shoulder harness ends (pair) so they are just starting to put weight on your shoulders (step 9).
4. Tug on the H130 stabilizing straps or vertical lifter straps, which are attached to the top of the harness above your shoulders. The idea is that it will “pull in” the top of the long lens case or backpack towards you, keeping it from swaying around (step 11).
5. Adjust the height of the sternum strap (gray buckle with an emergency whistle built in) so it is not too high and digging into your neck.
6. Finally, cinch down the sternum strap lightly, so the shoulder straps don’t slip off the edges of your shoulders.

MISC. LONG LENS CASE TIPS & FEATURES

Padded Shoulder Strap

Included with each long lens case is a Y515 Heavy-duty Padded Shoulder Strap. Rotate the D-Ring on the long lens case so the flat part connects with the shoulder strap snaphook. For best fit, the top of Kinesis logo should be nearest your neck when worn on the shoulder.

Lid Velcro (L321, L521, L526, L621 & L622 only)

Underneath the lid of your long lens case is a loose strip of Velcro® loop marked as “A.” For ease of opening & closing this Velcro® should be left in place or shortened a little. If you are shooting in dusty or snowy areas and would like additional protection, this strip may be removed. If this Velcro strip is removed and that with repeated openings and closings, that this Velcro may fatigue prematurely.



© 2013 KINESIS PHOTO GEAR
 TEL 435.462.2266
 WWW.KGEAR.COM
 ALL GEAR MADE IN U.S.A.