

KINESIS SUSPENDER INSTRUCTIONS



A
H160
(back)

H245 or
H250
(front)

The H160 (A in photo) becomes the “back” of the harness is used only when the harness is used as suspenders.
The metal slider on B is first removed. Then attach the H160 to the pigtail of the main part of the harness (B in photo). Then reattach the slider for extra security. For detailed photos on how to attach webbing through a slider visit kgear.com/how-to

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 the lower 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. 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.

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.

H344 is similar to H245/H250 front but with less padding.

Step 1 Assemble the front and back (A to B in photo left) of the harness (if not already done). Detailed photos of how to feed webbing through a slider is found on our site at kgear.com/how-to/

Note that the sternum strap slides up and down vertically for optimum fit.

Step 2 Snap the J-shaped shap-hooks to D-rings found on the front of your waist belt.

Step 3 Attach the back of the harness using the SlikClip® buckle to the single webbing loop on the top center of the belt. Snap this buckle closed, **otherwise the buckle may break.**

Step 4 For optimum comfort, adjust the harness so it is not touching the back of your neck. If necessary, lengthen the front and shorten the back, to accomplish a better fit.

The H344 has two 50mm (2-inch) pig tails. This is for attaching the P069 Hydration Pocket or similar light-weight accessory such as a tripod bag while using the harness as suspenders. Attach the accessory to the long piece of webbing and attach or attach the H160 elastic back to the shorter piece.

The H160 has a double layer of elastic forming a sleeve. The optional H152 Torso Strap can be inserted into this slot.

