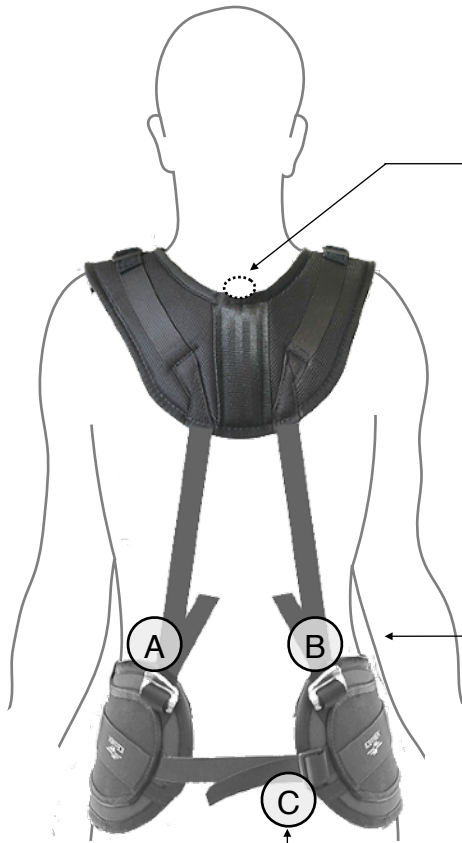


ICETREK OMNI HARNESS FITTING INSTRUCTIONS



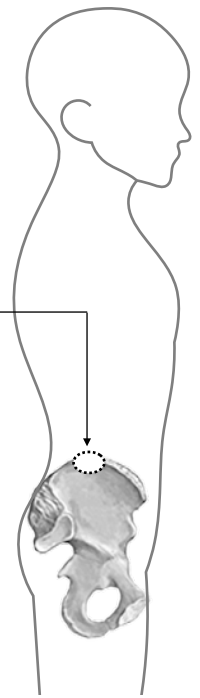
1 Find your C7 vertebra (roll your head forward and find the prominent bone at the base of your neck)

2 Find your Iliac Crest (top of hip bone)

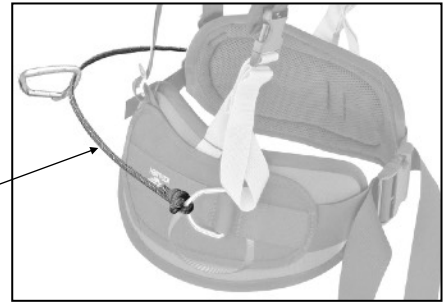
3 Adjust the harness length using Adjusters A and B so that the C7 vertebra sits just above the curve in the shoulder strap and the steel D-rings sit over the Iliac Crest

4 Adjust the waist size using Adjuster C so that the steel D-rings are positioned on the sides of your pelvis when the front strap is tensioned

5 Once the Adjusters are set in the preferred position, use the front shoulder and waist buckles (E) for micro adjustments



- TIPS**
- Alter tension on shoulder straps and waist belt to relieve muscle fatigue.
 - Tie an Equaliser between the tow rings then clip the sled traces in using a carabiner. This equalises the load between the rings, maximising pulling power and reducing stress on your harness and body.
 - If you need to move away from your sled, simply unclip at the equaliser.
 - No need to take Omni off during breaks, wear your warm jacket over the top of your harness.
 - Store Omni inside your sled or tent when camping.



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