

# Choosing A Climbing Harness

Presented by



Disclaimer: Activities involving the use of this equipment are inherently dangerous. You are responsible for your own actions and decisions. Before using this equipment, you must:

- Read and understand all instructions for use.
- Get specific training in its proper use.
- Become acquainted with its capabilities and limitations.
- Understand and accept the risks.

## Anatomy Of A Climbing Harness

### Waist Belt

Safety component, optimized for movement and comfort

### Waist Belt Buckle

Most have one, some have two

### Gear Loops

Most have four, some have up to six

### Tie-in Points

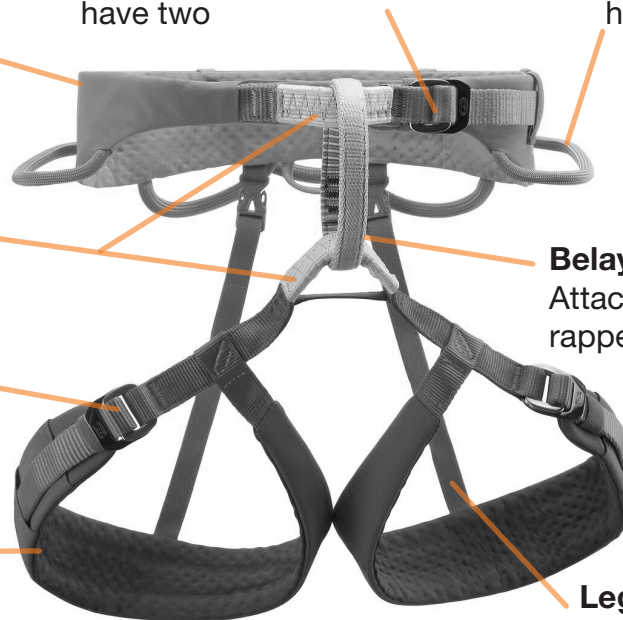
Redundant attachment points for rope

### Leg Loop Buckle

Some have them, some don't

### Leg Loop

Safety component, some are adjustable while others are dynamic or fixed



### Belay Loop

Attachment point for belay/ rappel systems and lanyards

### Leg Loop Elastic Strap

Keep leg loops properly positioned

## Questions To Consider

- **What are your primary uses?** Indoor and sport climbing don't require as many features as multi-pitch, trad, and ice climbing.
- **What temperatures will you be climbing in?** Wearing more layers during cold temps might require a larger size or more adjustability. Wearing less layers in warm temps could demand a more cushioned or breathable construction.
- **How much hanging will you do in it?** Adequate cushioning is ideal when projecting, hanging at belays, and rappelling.

# Sizing & Fitting

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- Choose size based on waist line and upper thigh measurements.
- Waist belt positioned snugly around the waist line.
- Leg loops positioned snugly around upper thigh.
- Belay loop must be centered.
- Ideal if gear loops are also centered.



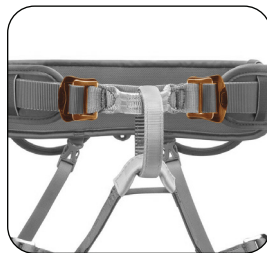
## Special Note:

In a safe environment, move around and hang in the harness from the tie-in points to verify that the harness is comfortable and properly adjusted.

## Features to Consider

### Buckles:

Extra buckles means more adjustability for a growing body or additional layers; waist belts with two buckles are easier to keep centered.



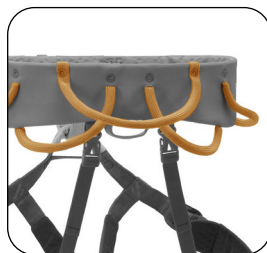
### Detachable leg loop elastics:

Ideal for going to the bathroom while wearing the harness.



### Gear loops:

The number and size are important for multi-pitch and trad climbing; unstructured gear loops are ideal when backpacks are worn.



### Ice clipper slots:

Ideal for ice climbing but not needed when using universal ice clippers.



### Padding:

Hanging and moving comfort can be affected by the type and amount of foam used.

