



 Attach male part of pinch clip to 1.5m of webbing x2 (I stitched mine but you can use sliders to attach)

 Fit Slider onto webbing. One on each piece. (used to hold webbing on to the back of the plate)





3) Weave webbing through slots in backplate as shown in pictures.



4) Make sure the slider snugs up to the back plate as shown in picture.
(This is how you adjust the harness shoulder strap length)





5) Fit wing and spacers (as supplied by KT) to the G-Box







- 6) This is a picture of the AP back mounted counter lungs before fitting. As you can see the female part of the buckle is already attached to be used with the rest of our harness that we have made already.
- Fit back mounted counter lungs and then the preprepared plate on top.





 This image shows the harness connected at the shoulder with the 2 halves of the pinch clip we attached to the webbing previously.

9) Fit hardware to webbing and size as required.



10) This shows how to weave a buckle





11) Now, resize the harness. As you can see, this is now very tidy and minimalist compared to the original AP harness.

With the spacers in place, the lungs and wing do not interfere with each other at the surface. (Spacers allow your lungs to work) As you can see the harness has a brake on each shoulder and at the waist allowing a back plate to be used with the Inspiration Rebreater (utilising a G-Box in this case) This should also work for other cases including the original AP with a plate. I have found the unit trims much better with this set up. (negating the need for weights in the pockets of the wing)