

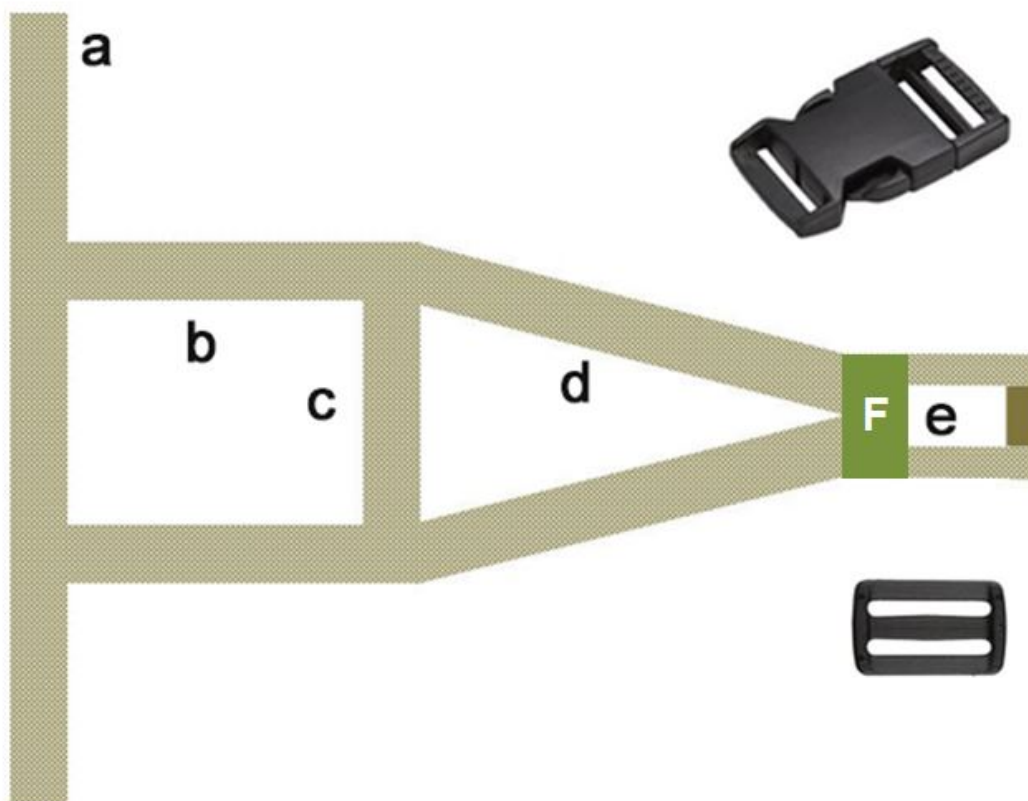
The design mainly utilises 50mm webbing, which together with plastic side buckles and trigrildes is readily available online. The belt (a) can be purchased ready made. They are made for various trades as a utility belt, though I make my own, with adjustment. I use plain olive webbing. The image below is a somewhat basic depiction. Mine is hand sewn but is surprisingly simple and quick to make. It has also proven to be strong after years of service. This basic design now settled and the result of trial and error over time.

It is easy to see where additional proprietary plastic components could be introduced to make the harness more adjustable to suit different people. Mine is for a male of average height with a BMI frame less than 24. People with different anatomy may need to review the design to suit their needs. The harness must be adjustable to accommodate heavy winter clothing as well.

Dimensions:

- a – Recommended 1m of webbing to allow for folds on plastic components and clothing.
- b – 280mm
- c – 170mm
- d – 380mm
- e – 70mm

Do not forget to allow 50mm extra each end to allow for overlaps on webbing. The loop around (e) is one continuous piece of 25mm webbing. That dark area is wrapped and sewn 50mm webbing used as a sacrificial piece, if the toe of the collar ring (page 2) should wear that part with repeated use. I have never needed to replace mine as the toe of the collar ring on my lens is rounded and smooth.





The extra layer of 50mm webbing (F) has been added more recently. My latest heavier combination rig (not shown) complete weighs in at a hefty 3.3kg and the toe of the collar ring slips into the gap between the original harness and the new piece of 50mm webbing.

More comfortable when in lighter clothing as the harness itself serves as a layer of padding.

Nothing to stop anyone adding a purpose made pad if needed, attached with Velcro.

The triangular portion of the harness fits over the head and the toe of the collar ring indicated by the arrow, hooks behind the harness loop (sacrificial piece) or behind F.

The camera strap still essential as belt and braces, in case you bend down when wearing the harness. The strap also steadies the lens in position at the front of the torso.

No strain at any time on the neck, which is what people always complain about to me when they see me carrying a large and heavy combination rig. At first they may not understand how I can walk carrying such a heavy combination rig.

I also detach from the loop and sit the lens collar on the monopod using the tripod quick release mount as shown (right), which I have permanently fitted to the lens shoe.



I still leave the camera strap around my neck as an extended monopod will easily tip over even when spiked. Then I am ready for a target of opportunity that is known to be about but not yet seen. Far less tiring and safer.

A number of people have asked me about this harness and where they can obtain one, hence this document. I can say that without this harness some of my most treasured shots would not have been obtained.