

⚠ WARNING ⚠

For rock climbing, ice climbing and mountaineering only. Climbing and mountaineering are inherently dangerous activities and you must understand and accept the risks prior to participation. Before using this product, read and understand all instructions and warnings that accompany it and be familiar with the products limitations and capabilities. We recommend that every climber seek out qualified instruction before using this product. (A list of guides and guide services can be obtained through the AMGA, 303-271-0984 or www.amga.com.)

Before Use

- Read the above warning.
- Learn how to correctly put your harness on.
- Learn how to tie into your harness correctly.
- Test the fit by carefully hanging in your harness.

A Harness

Forms the vital link between the climber, their rope, and the rest of the protection chain. Beyond this primary purpose, a harness can provide a place to rack gear and to serve as a belay seat. An understanding of the design, fit, and care of climbing harnesses is crucial to reducing the risks associated with climbing. This harness meets the ASTM Standard Specification for Climbing Harnesses, F1772-99.

Harness Fit

When sizing a harness, ensure that when the harness is properly adjusted, there is at least 3 inches of tail web running through all of the buckles. The harness size with the best fit will have no more than a 3 inch gap between the two ends of the waistbelt padding (figure 1). On the buckle side of the waistbelt, the webbing can run under a strap (figure 2). If the harness needs to be tightened more than the strap allows, then unthread the webbing from it (figure 3). Otherwise run the webbing under the strap for a better fit (figure 2).

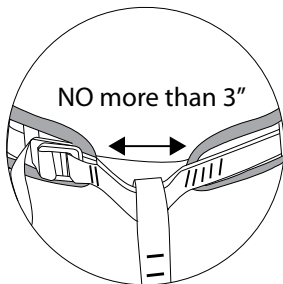


Figure 1

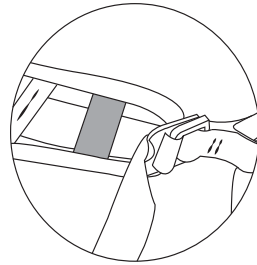


Figure 2

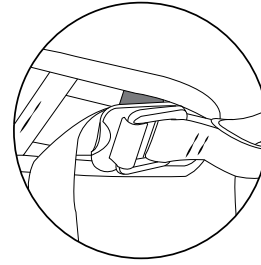


Figure 3

Putting on the Harness

1. Orient the harness with the tie in point directed forward. Step through the waistbelt and the leg loops and pull the harness up. There should be no twist in the leg loop cross piece, and the Misty Mountain label should be on the left leg loop.
2. Tighten the waistbelt until it fits snugly around your waist, above your hipbones. Tighten the leg loop buckles so the leg loops fit snugly but not constricting. At least 3 inches of tail web must extend from all of the buckles (figure 4). Either thread the excess waistbelt web through the tail sleeve, or wrap it around the end of the waistbelt so it is out of the way.
3. The harness should fit snugly and be impossible to pull down. Prior to use, perform a suspension test in a controlled environment to ensure the harness fits correctly and the buckles function properly. A loose harness will be uncomfortable to hang in and could come off in a fall.
4. This harness is equipped with quick adjust buckles. When putting the harness on, ensure the webbing is passed through all of the buckles as shown (figure 4). Always ensure that the buckles are working properly in icy or damp conditions.
5. Use the small plastic buckle located under the haul loop to adjust the leg loop hold up straps to provide the best fit.

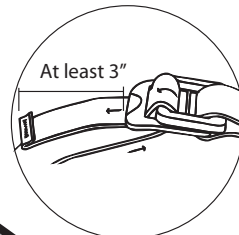


Figure 4

Tying In

Check to see that the waistbelt and leg loops are properly adjusted and the buckles are threaded correctly. Thread the rope through the two tie in points connected by the belay/rappel loop (figure 5). Never tie into the belay/rappel loop, gear loops, or the rear haul loop. **Failure to tie in correctly can result in severe injury or death!**

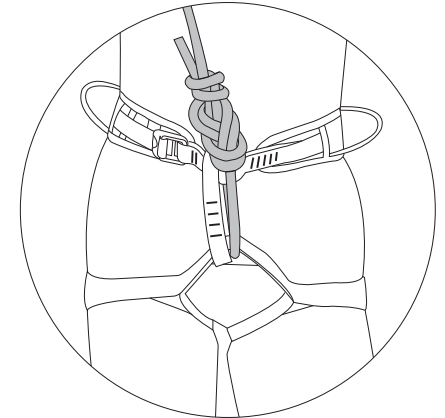


Figure 5

Belaying / Rappelling

When belaying or rappelling, the device should be attached to the belay/rappel loop on the front of the harness using a locking carabiner (figure 6).

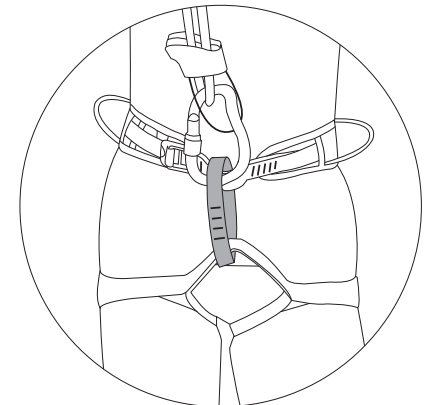


Figure 6

Life Expectancy

Under normal weekend use, the life expectancy of your harness is approximately two to three years. The life expectancy may be longer or shorter depending on how often you use it and the conditions of its use. Some things that will reduce the lifespan of your harness:

- Falls
- Abrasion, cuts, wear
- High heat
- Direct sunlight
- Corrosives

Inspection & Retirement

Before and after each time your harness is used, be sure to inspect it for any damage or unusual wear. It is extremely important that your harness is in good condition every time you use it. A damaged harness must be retired immediately.

Retire your harness immediately if:

- The webbing has any rips or holes.
- The webbing is abraded or any of the threads are torn.
- The webbing is melted, singed, burnt, or stiff.
- Bar tacks are abraded or showing wear.
- One of the buckles is cracked, corroded, has a burr, is bent, or is damaged in any way.
- The webbing has faded from exposure to sunlight.
- The harness has come into contact with battery acid, petroleum products or corrosives of any type.

If a harness has withstood a severe fall but has no visual signs of damage, it may still be ready for retirement. If there are any doubts about a harness's dependability, retire it. Upon retirement, destroy the harness to avoid future use.

A Sustainable Mission

Misty Mountain Threadworks was founded on the belief that it could make the finest climbing harnesses in the world, and that this could be accomplished in a manner that was respectful of all involved - customers, employees, vendor partners and owners alike. Years of experiencing the forests, cliffs and rivers of the Southern Appalachian Range taught us to care for the world in which we work and live. Misty Mountain manages all of its operations responsibly and sustainably. Our products are made in the United States, in our folksy yet state of the art textile facility in the North Carolina mountains. Manufacturing locally means that we provide employment for skilled workers in a shrinking manufacturing economy. Manufacturing locally also cuts down substantially on total freight costs in both dollars and carbon emissions, as our products are not sent via container from the other side of the planet. We further reduce our carbon footprint by reusing corrugated boxes from local retailers and suppliers for all of our outgoing shipments. Product designs and manufacturing processes are optimized to minimize waste and promote recycling. Streamlining all of our processes to conserve energy use is an ongoing project at Misty Mountain.

Misty Mountain is committed to being a responsible corporation, and we thank you for your support. We hope that you find a world of adventure in your climbing, and that you care for the world in a way that shows your commitment to a sustainable environment for all to share.



INNOVATIVE CLIMBING EQUIPMENT

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MADE IN THE U.S.A.

Instructions for use



SONIC

Climbing Harness



The Sonic provides comfort and support for multi-pitch trad routes and with its adjustable leg loops, makes a great ice climbing harness. Features include quick adjust buckles at the waist and legs, 4 big gear loops for ample racking, a full strength haul loop and reinforced tie-in points. The Sonic harness will easily adapt to a wide range of climbing situations and will become a go to harness for all of your vertical adventures.