

## Guarantee

Wild Country guarantees the Alpine Shield for 3 years against faults in materials or manufacture. Exclusions from this guarantee: Normal wear and tear, modifications or alterations. Damage resulting from poor care and maintenance, accidents, improper or incorrect usage.

Size: 53 - 61cm / 21 - 24 in

Weight:  
260gms / 9.12oz w/o shield  
420gms / 14.81oz with shield

UIAA 106

EN CE 12492:2000

Wild Country  
Meverill Rd, Tideswell, Derbyshire,  
SK17 8PY. UK. 00 44 (0)1298 871010  
[www.wildcountry.co.uk](http://www.wildcountry.co.uk)



Cover photo: Alex Mesanger

# alpine shield

# User Guide

# The worlds first truly modular climbing helmet...

*The Alpine Shield helmet is the worlds first truly modular climbing helmet and the first to allow a choice of protection levels at the turn of a screw!*

*A high performance EPS inner is complemented by an optional outer shell that attaches quickly and easily to make a stronger, safer unit for harsher conditions.*

**Background** - Wild Country's research into head protection for climbers and mountaineers instantly revealed a major limitation in existing helmet designs. We found plenty of 'bumper' style helmets, that were good for summer use but not necessarily the best choice in a stonefall situation, or lots of heavy winter helmets that stop stones and ice better but that seemed too much for summer. What we didn't find though, was the helmet for the cross season climber - the modern athlete who climbs hard fast and light, on rock *and* alpine - and certainly nothing versatile enough to be used on extreme rock and waterfall ice.

**Concept** - The Alpine Shield project was born to fill this gap and to create the first truly modular helmet which can be easily modified for summer or winter seasons, daily conditions or even mid-route. A helmet that would adjust quickly and easily, with an additional Shield to dramatically improve penetration protection from stone and icefall.....a helmet to provide new levels of safety and versatility.

**Innovation** - The Alpine Shield helmet is a simple, effective and original idea, with extremely positive implications for safety. It is a truly modular design that adopts a 'two-in-one' approach, combining a lightweight in-mould

EPS/Polycarbonate helmet with an unique 'Alpine Shield' cover that can be quickly attached to give enhanced protection. Worn uncovered, this is a best in class, supremely lightweight helmet that's perfect for go anywhere rock climbing. Worn covered, by adding the bonus Alpine Shield polycarb shell - providing much more stone and icefall protection - it goes further than any other helmet of its type can go.

Designed with an optimal fit via Quik-Clik volume adjustment, soft EVA pads and a secure, quick release chin strap, the Alpine Shield will fit under most hoods and wears perfectly. Coming with 4 torch clips, an emergency sticker inside, a storage bag and 3 stylish colour choices nothing has been left out or left to chance.

Simple to switch around and easy to fit and wear, the Alpine Shield is the first helmet with this modular capability – so from hard rock battles to winter workouts, it converts from best in class to a class of its own.

The Alpine Shield's modular ability sets it apart



and makes it the first choice for mixmasters.!

**Features:** Lightweight best in class EPS/Polycarb helmet, Exclusive 'Alpine Shield' polycarb cover - enhanced stonefall protection - with simple 'coin-slot' changeover, Quik-Clik glove friendly adjustable sizing, Adjustable, EVA cushioned, head hugging inner pads, Nexus Acetal quick release chin strap buckle, Smooth 16mm nylon chin strap, 4 Torch grips (acetal – better in low temps), Hood friendly sizing for winter wear, 3 Stylish colour choices, Emergency inner sticker, Free storage bag, One size. CE EN 12492 / UIAA 106 / 3 Sigma rated.

# The Alpine Shield concept: more protection at the turn of a screw...

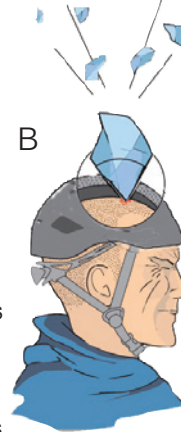
The Alpine Shield has been designed to extend the range of EPS style helmets, to provide improved stone and icefall protection and extend their climbability. To make it clearer how and why the Shield works, and why it's so valuable, it's necessary to understand a bit more about how climbing helmets work...

At present the climbing helmet market splits into two camps: tougher, heavier, 'mountain' helmets on one side and lighter, but less strong, EPS helmets on the other. Expanded PolyStyrene climbing helmets have been around for many years now, are very popular, and have proved themselves for general rock climbing. Mainly worn (and advertised) on the basis of light weight and comfort, EPS helmets are easily identified, as the foam inner (covered by a light 'plastic' shell) sits directly against the head with little gap between this protection and the skull. A relevant point to note is that EPS style helmets were derived from cycle helmets.

Safetywise the major attribute of these EPS helmets (known in the trade as 'bumpers') is their ability to stop injury in a fall when the head will bang or 'bump' the rock. What is less known (*although passing the same CE test*) - is why 'bumper' helmets often don't deal with *falling* objects, such as rocks or ice, as well as 'mountain' helmets, a fact which can make them unsuitable for less stable environments. The EPS's difficulty is that it must combat two types of impact that are so different: e.g. a slower 'bump' in a fall contrasts markedly to high velocity narrow radius stone fall. And there's a simple explanation for the difficulty of doing both well - material choice. EPS itself, basically the same material a domestic appliance arrives packed in, is solid if dropped or banged (when crushing can disperse impact) but is much less effective against an errant knifeblade. Yet it's a choice that's



Ordinary EPS



Ordinary EPS

explained by firstly considering the EPS's cycle helmet origins and their need to stop injuries in 'bumper' type road falls and secondly, by the simple desire to keep helmet weight down.

Thus when hit with a sharper falling object (SEE A), the thinner 'shell', EPS material and lack of a gap between the foam and the head can lead to a higher chance of an object 'piercing' the foam and contacting the skull. (SEE B). This 'falling object' problem is countered in 'mountain' helmets, partly by use of a thicker outer shell, but crucially by use of a wider *gap* between the protective material and the head giving more *depth* to absorb impacts. Yet although stronger, 'mountain' helmets often feel heavier, less connected, less comfortable and are less popular for harder rock climbing. So all of the above seems to be leading one way - to the fact that to climb hard in summer and have a safe winter, it seems you have to buy two helmets! *And this is exactly where the Alpine Shield concept comes in - to bridge this obvious gap!*

Uniquely, cleverly and simply the Alpine Shield idea replicates, by placing a light outer shell *above* the EPS inner, the *crucial extra depth* of the mountain helmet - providing *extra stone stopping power* other EPS helmets can't supply. And although damage will still occur from stonefall, (SEE C) the extra resistance of the shell and the overall depth of the helmet gives a *better chance* of avoiding head injury (SEE D). It is this difference, the ability to buy one helmet and to then to choose and alter the level of protection to suit the terrain, that makes the Alpine Shield a true original and a breakthrough for those who like to mix it up.

***Suddenly, a safe switch from hard rock to thin ice is quick, simple and very cost effective!***



With Alpine Shield



With Alpine Shield



# The advantage is clear



Internally vented for summer cooling.

Superlight EPS inner, only 260gms, perfect for hard rock action.

Easy turn coin slotted screws for quick removal of Alpine Shield.

Quik Klik size adjustment, easy to use and solid once adjusted.

Easy slide strap adjusters.

The exclusive Alpine Shield cover detaches or attaches easily and adds the extra protection other models miss.

Nexus acetal clips (hidden) best in low temperatures.

Exclusive, unique, removable Alpine Shield cover.

Acetal plastic torch grips - easy to use and best material for low temps.

The cross season champion comes in three cool colour choices for 2009.

Smooth Nylon webbing gives strength, durability and adjustability.

EPP chin guard, protects against rubbing.



# Helmet Fitting

Like all helmets it is essential that the Alpine Shield is secure on the head before any climbing is commenced. To fit the Alpine Shield effectively for the first time there are three main adjustments that should be made.

The first two of these are on the webbing part of the helmet's cradle and are instrumental in altering the vertical - or top to bottom - fit of the helmet. The third of these, the rear Quik-Click adjustment (see over) finalizes the fit by adjusting the horizontal (front to back) fit.

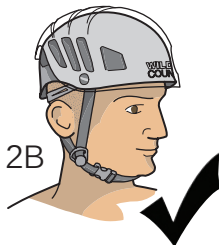
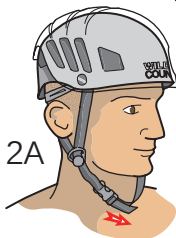
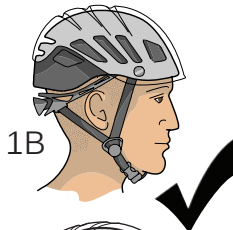
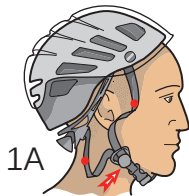
Adjusting the side straps - The two side straps (marked on diagram 1a with red dots) are easily adjusted by the use of the plastic slider marked with the arrow. Simply grip the webbing below the slider as well as the slider and pull the slider up the webbing until both straps are snug. At this point the plastic slider will probably be located just under the ears.

Adjusting the chin straps - Once the side straps have been adjusted for the first time, the chin strap can be clicked together and then tightened by pulling the spare webbing. See diagram 2A.

At this point it is best to quickly check that the side straps that were altered previously are still tight and correctly positioned.

If not, this time with the chin strap done up, simply make the alterations needed by adjusting the slider then re-tightening the chinstrap.

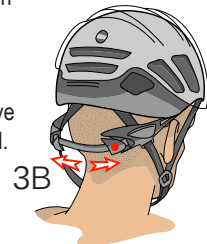
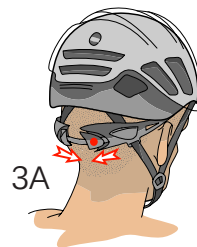
In general once you have adjusted the side straps for your head, then you shouldn't need to alter them - unless of course you are fitting a balaclava or hat.



# Helmet Adjustment - Rear

The rear of the Alpine Shield helmet is simple to adjust with it's Quik-Click adjustment system. Adjusting this part of the cradle alters the helmet front to back gripping the rear of the head and the forehead.

To adjust the Quik-Click first of all find, at the rear of the helmet, the two plastic 'buttons' with thumb shaped cups on their inside - one is marked with a red dot on diagram 3A. To Tighten - simply locate the 'buttons' and gently push them outwards while at the same time pushing the cradle together. A clicking sound will be heard as the buttons move on their ratchet link and the helmet will tighten on the head. To Loosen - simply do the opposite of the above, gently push the buttons and pull the cradle apart.

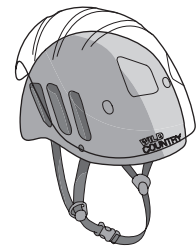
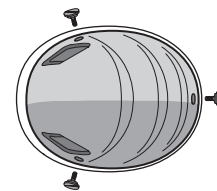


# Alpine Shield removal/fitting

The Alpine Shield is simple to remove and re-attach. It is essential that this is done with due care and attention as the Shield is an integral part of the safety of the helmet. Removal - locate the three screws - see diagram - and using the tool provided (or a coin) carefully unscrew them anti-clockwise until they are free. Carefully store them for future use.

Attachment - This is the reverse of the removal procedure but with two warnings:

1. Be careful when making the initial turns to avoid 'cross-threading' the screws - if the screw 'sticks' simply remove and start again.
  2. Do not overtighten the screws, simply make sure they are finished off firmly. Before use check that the Shield is fully secured and not loose in any of the positions.
- Storage - Once removed please store the Shield in a cool dark away from direct sunlight. Always inspect / clean prior to re-attaching.



## Headtorch Fitting

The Alpine Shield has a very simple but effective system for fitting a headtorch. This system works the same whether the Alpine Shield cover is attached or not.

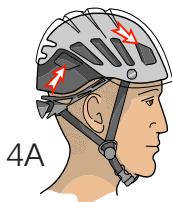
First, locate the 4 flexible plastic flaps, two either side of the helmet - as shown in diagram 4A.

Second, take your headtorch and adjust the headband so that it is tensioned to be a slightly smaller circumference than the size of the helmet at the point of the flaps.

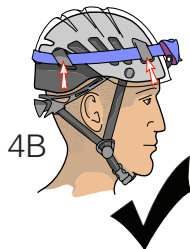
Remember this will be different with or without the Shield.

Third, starting with the two rear flaps, lift the flaps and place the band of the headtorch underneath. Then, after making sure the torch is central on the front of the helmet, raise the front two flaps and slide the headband under those too. See diagram 4B.

Finally give the helmet a quick shake to make sure the torch is securely in place before setting off.



4A



4B

## Helmet Inspection and Cleaning

### Immediately Before Use

Verify before each use that the interior and the exterior of the shell are not cracked or deformed, that the headband attachment system is not damaged and that the chinstrap buckles are working properly.



### Cleaning

First rinse the product in clean, cold water of domestic supply quality. If still soiled rinse in warm water, max 40c with pure soap. Thoroughly rinse and dry naturally in a warm, ventilated room away from direct heat.

### Sea Water

It is essential that this equipment is cleaned as soon as is practical after exposure to seawater or any saline environment e.g. when used on sea cliffs.

## Mountain Safety - general tips from UK Mtn Rescue

Always plan your day before setting out!

Consider the equipment, experience, capabilities and enthusiasm of the party members. Check the weather forecast and local conditions; mountains can be major undertakings. Night encroaches early in winter and the further north you go! Learn first aid. Always try to leave notice of where you are going. Many accidents occur towards the latter part of the day when your energy levels are low. Carry spare food especially hi-energy bars

A map, compass (and the ability to use them), and at least one reliable watch in the party should always be carried. In all conditions, it is wise to carry a whistle, torch, spare batteries and bulbs; but in winter conditions, an ice-axe, crampons and survival bag are essential.

Remember your emergency signals, use six whistle blasts or torch flashes.

It is no disgrace to turn back if you are not certain and a party must be governed by the capabilities of the weakest member.

## Warning

Climbing and mountaineering are hazardous. Even correct selection, maintenance and use of correct equipment cannot eliminate potential for danger, serious injury or death. It is the user's responsibility at all times to ensure the correct and safe use of any equipment supplied by Wild Country, to use it only for the purposes for which it is designed and to practise all proper safety procedures. The manufacturer will not accept responsibility for damage, injury or death resulting from misuse.

## Also available from Wild Country - 360 Helmet

- a full polycarbonate model that offers a great all round, all day, alternative.

