



# HARNES CARE AND INSPECTION GUIDE

Inspect your harness before each use. Arc'teryx recommends a detailed inspection by a competent person at least once every 12 months and after any exceptional event. Always refer to the user manual. If there are any doubts regarding the harness's safety, immediately discontinue use and destroy the harness to prevent further use.

If you have questions about these instructions or need help, please contact our Customer Support team.

## HARNES HISTORY AND LIFESPAN

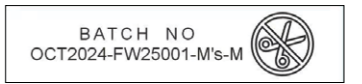
Any harness exhibiting signs of questionable wear or degradation must be immediately removed from service and quarantined.

Once quarantined, the harness should be inspected by a qualified person and either returned to service if deemed safe or permanently retired and destroyed.

The lifespan of a climbing harness depends on several factors, including manufacturer guidelines,

usage frequency, storage conditions, and exposure to environmental stressors.

Locate batch label to verify that the product lifespan has not been exceeded. Please refer to the user manual for label placement and product lifespan.

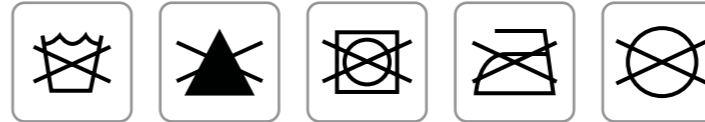


## CLEANING INSTRUCTIONS

Inspect the harness for any visible damage, including but not limited to frayed webbing, worn stitching, or damaged buckles.

Regular cleaning helps preserve the legibility of identification, traceability, and standards markings. It also facilitates visual inspection of stitching and webbing, and removes contaminants like salt, dirt, sand, oil, and chemicals that can degrade materials.

Surface clean only.



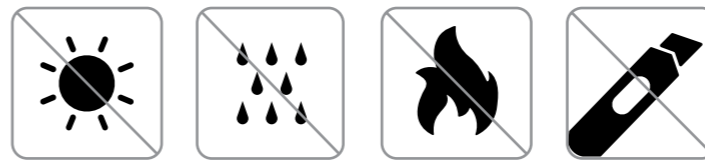
### To Clean

1. Surface clean only.
2. Remove excess dirt by shaking or brushing. Use a soft brush to gently remove stubborn debris.
3. Avoid all other cleaning products—solvents, stain removers, degreasers, etc.
4. Hang to dry, avoid extended exposure to direct sunlight.

Do not use a high-pressure water sprayer.

Modifications or repairs to Arc'teryx products outside of Arc'teryx facilities are prohibited.

## STORAGE AND TRANSIT



Keep the harness away from chemicals, oils, acids, solvents, and battery fumes. Do not store near fuel, cleaning agents, or corrosive materials.

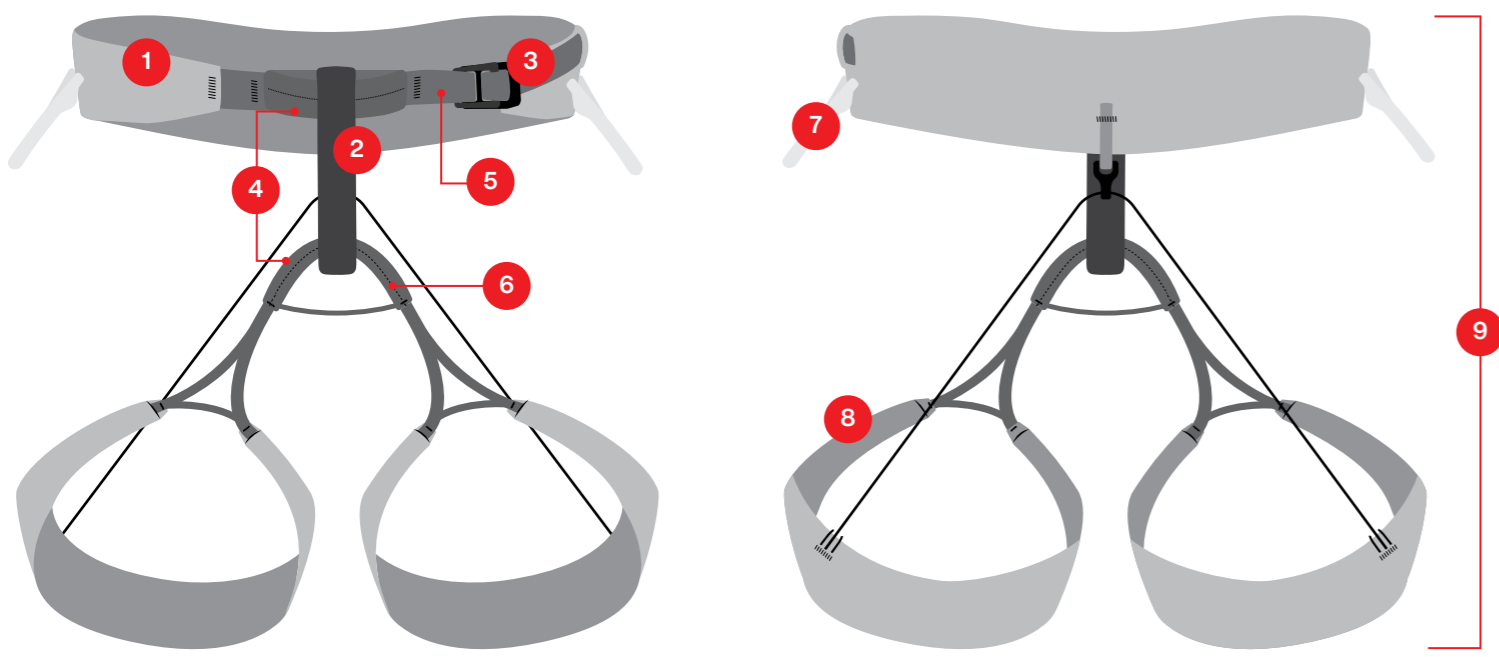
Some components contain Ultra-High Molecular Weight Polyethylene (UHMWPE), which has a lower melting point than nylon and polyester, and a low coefficient of friction.

If there is any doubt about the condition of the equipment, retire it.

### Travel Tips

- When flying, place the harness in your carry-on or a well-ventilated section of your checked luggage.
- Use silica gel packs to absorb moisture in humid conditions.
- Avoid storing gear in airtight containers that may trap humidity.
- Leaving a harness in a car, especially for extended periods, can pose several risks that may compromise its integrity and safety.

When not in use, store the harness in the included stuff sack. Keep it in a cool, dry, and well-ventilated area, away from direct sunlight and UV exposure, which can degrade materials over time. Protect the harness from moisture, especially in humid or salty environments, and avoid extreme temperatures (above 30 °C / below -10 °C).



- 1 Swami
- 2 Belay Loop
- 3 Buckle(s)\*  
*\*Some harness models have leg loop buckles*
- 4 Tie-In Points
- 5 Webbing
- 6 Structural Stitching
- 7 Gear Loops
- 8 Leg Loops
- 9 Fabric Package

## CONDITION ASSESSMENT



### WEAR INDICATORS

Arc'teryx harnesses include wear indicators that become visible when the belay loop / tie-in points are worn beyond safe limits.

- White or orange showing through any part of the belay loop
- Orange showing through any part of the tie-in points



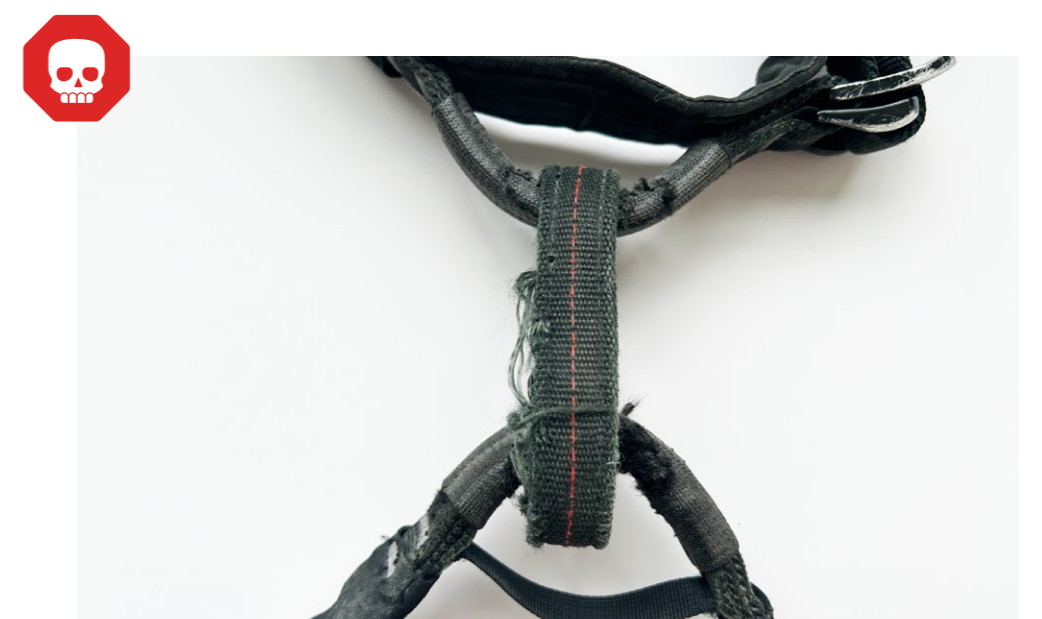
### BELAY LOOP

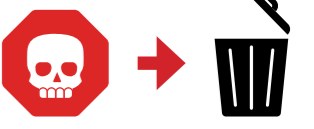
Check for fraying or cuts: Look closely at the entire length of the belay loop for any signs of frayed fibres, cuts, or abrasions.

Run your fingers along the loop: Feel for stiff spots, soft areas, or inconsistencies in the webbing that could indicate internal damage.

Flex the loop: Gently bend and twist the loop to detect hidden damage or delamination.

See 'Wear Indicators' section for further details.





TIE-IN POINTS

Inspect for fuzziness or pilling: This can indicate abrasion from repeated rope movement.

Check for exposed core fibres: If the outer sheath is worn through and inner fibres are visible, the harness should be retired immediately.

See 'Wear Indicators' section for further details.



BUCKLE(S)

Check for cracks, deformation, or corrosion on the metal parts. Look for sharp edges or burrs that could damage webbing.

Ensure the buckle is clean and free of dirt, sand, or debris that could interfere with function.



WEBBING

Examine all exposed webbing for signs of fraying, cuts, loose fibres, nicks, or tears. Inspect for glazing or melting—shiny or hardened areas may indicate heat damage from friction or high-temperature exposure.

Gently bend and twist the webbing; it should feel supple and flexible, not rigid or cracking. If it feels crunchy, stiff, or crumbly, the material may be compromised.

For stitching, inspect all bar tacks and seams where the webbing is sewn. Look for broken, loose, or missing threads, and ensure that all stitching is tight, even, and intact.



STRUCTURAL STITCHING

Structural stitches are clearly differentiated by a contrasting colour. Look closely for broken or frayed threads, as even a few damaged threads in a bar tack or contrasting pattern stitch can reduce strength.

Check for pulled or loose stitching—threads should lie flat and remain tight against the webbing.

Inspect for discoloration, such as fading or staining, which may signal UV degradation or chemical exposure.

Always compare both sides of the harness to ensure symmetry; uneven wear or stitching failure on one side may indicate a structural issue.



SWAMI AND LEG LOOPS

Inspect the swami and leg loops carefully. Focus on high-wear areas such as the inside of leg loops and waistbelt edges. Examine the fabric package for fraying, cuts, abrasions, discoloration, or heat damage. Watch for stiffness, brittleness, soft spots, or thinning that may indicate material degradation or internal wear.

If elastic straps are included, check for loss of stretch, cracks, tears, or detachment from the main loop.

Both the swami and leg loops should maintain their original shape and provide a supportive, comfortable fit during use.

