



World's Simplest Pack Harness

Intro & Material:

This harness consists of two parts: a belt and a loop. The belt holds the pack to your body, the loop holds the pack in place.

The belt is made of 1/2" Lastin (also called 'clear elastic'. Available at most fabric and/or upholstery stores). This width gives firm, comfortable security.

The loop is made of 1/4" Lastin. This width provides more stretch and is innocuous enough to be worn all day.

***Lastin is extremely cheap. You can plan on about \$0.40 (forty cents) per yard. Buy extra as you may want to experiment. One source is:

<http://www.therainshed.com/> or use this contact information:

The Rain Shed

707 NW 11th Street, Corvallis, OR 97330

541/753-8900 voice • 541/757-1887 fax

Phone Order: Monday - Saturday 9:30-5:30 (Pacific) ***

Steps:

I Making a Belt

1. Use 1/2" Lastin. You want it below your hips, across the top of your thighs (front), top of your pubic hair and top of your bum crack. This material is slick so use two knots: a square knot that slips, a balloon knot that cinches it. It should be snug enough to stretch comfortably when moving. Remember, blood vessels are our friends.

II Making a Loop

1. Use 1/4" Lastin. Tie one end to the belt at your right hip with a couple of square knots.

2. Hold the other end at your left hip. The loop will look like an un-tucked shirttail hanging down behind you, about halfway between bum and mid-thigh. Test the length of the loop by placing the pack (III, steps 1&2), adjust accordingly, then tie a knot at your left hip with a couple of square knots.

3. The loop knots will slide back and forth along the belt. This is an asset.

III Placing the Pack

1. Hang your pack on the belt: balls behind the belt, shaft hanging over the belt's knot. Position the pack and belt: not so far down it's between your legs, and not so high it's above your pubic hairline.

2. Reach between your legs, grasp the loop and pull the loop between your legs from back (shirttail position) to front. Place the loop over the top of the pack, behind the shaft, above the belt. Release. The loop should run from your right hip, under your butt cheek, between thigh and groin, up behind the pack (and over the belt), back between thigh and groin, under the left butt cheek and to the left hip.

That's it! Your pack is secure. Try bending, sitting, jumping, biking, swimming. Move the hip knots forward or backward to gauge tautness and comfort of the loop. Practice pulling or pushing your pack out of the way to use a Stand To Pee device (no adjustment needed for sitting). The harness will be sitting in the natural creases of your legs, front and back. The only conspicuous place the harness is visible is from hip to hip in back—subtle enough for locker room changing.

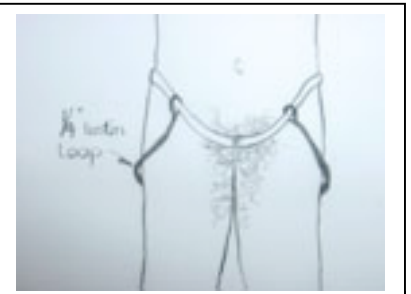
NOTE: Lastin is extremely **elastic** and as such is not a good harness for f**k toys, though the wider stuff is less elastic and may be ok for *gentle* play. But don't say we didn't warn you.



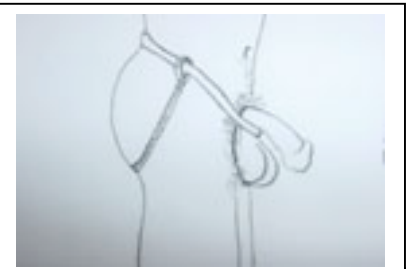
Lastin, clear elastic



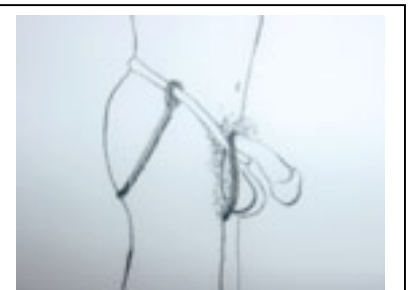
Making the Belt



Making the Loop



Placing the packy



Ta-DAAAA!