**[How to Use a WallTee Harness for Rock Zip Lining](https://www.wikihow.com/Use-a-Harness-for-Rock-Climbing)**

Step 1

**Lay out the harness on the ground or hold it in front of you to ensure that there are no twists in the shoulder or the waist belt.**

Step 2

**Put the Shoulder strap over your head and connect the carabiner to the Seat strap.**  This strap must be snug and should be tighten (until snug) once the rider is in the seated position.

Step 3

**Connect the Waist Strap and tighten until snug.**

Step 4

**Connect hard point carabiners to the trolley lanyards.**

Step 5

**Do a final check that all three carabiners are closed correctly.**

