



Trapeze Harness guide

There are three types of Shock Sailing Trapeze Harness

The Original

A nappy harness with no adjustment, comes in our 5 standard sizes.

The Adjustable

Very similar to the nappy harness but adjustable, slightly more flexible fit for different body shapes and allowing you to vary the layers of sailing clothing that you wear to suit the conditions. Comes in our 5 standard sizes.

Sizing for both as follows

To measure yourself, measure the circumference around your hip/bum/thigh region in cm. You should look to find the largest position on your body, it tends to vary across body types, some will find it is their waist, others lower on their thigh and some around their hips.

Measurement in cm	Harness size
85-92	Small
85-92 & Tall	Small Tall
92-98	Medium
98-104	Medium Large
104 -110	Large

Custom Harness

We offer a custom harness service where we build your harness to suit your needs. Please contact us to discuss. Options vary from heavier weight fabrics, custom sizes, strap adjustment systems and more. We have a lot of experience with custom fitting to suit the individual so call for a chat.

Finally all our harnesses can be further adapted using a Shock Harness Back Support. These are padded and stiffened with battens to provide additional back support to the lower and middle back, reducing load required on the shoulder straps and the compression that is caused when the shoulder straps are set too tight.

