

Semi-permanent seat harness using 1" wide tubular webbing:

- 1 Tie a firm bowline high on the left thigh with an excess of 12" to 18" on the short end.
- 2 Tie a second bowline high on the right thigh with a 2" to 3" crosspiece separating the leg loops. Turn over and rotate the loops to move the crosspiece high in front.
- 3 Wrap the remaining webbing around the hipbone, just below the crests, passing the end under the crosspiece each time. Tie the ends on the left hip with a squereknot backed up with overhand knots. Secure excess.

