

Ok, I gotta get around to doing a howthefuckididthat on the pack straps I made for the RAID, but in the meantime heres a bit of a rush job photo story on how I made some straight padded harnesses to go on a chest rig x harness style.

Requirements:

- Cordura upper
- 2" hardware
- Padded (1/4" thick foam)
- Airmesh lower
- ~ 17" of padding

Foam: 17" x 2.5" (to allow 1/4" either side of 2" webbing)

Upper: 19" x 4.5" (1/2" allowance for side seams + 1/4" each side for foam thickness, 1" each end extra to fold the ends in when done and allow for some shrinkage)

Lower: 19" x 3.5" (Upper will come down the sides of the foam so only 1/2" each side allowed for the seams)

Yes upper is bigger than the lower so the cordura comes down the sides of the foam:

With the front of the upper and lower pieces facing each other, sew all the way down one side. Snip thread, and go back to the start. Sew another line 1/4" further in. Repeat this step (so one row of single stitch, second row double stitched) Could be overkill but rather be safe:



Now start on the opposite side. You will need to fold the material under in such a way that the edges line up since they are different widths (ignore the pals webbing in the pic, that was a f@#%up). Triple stitch as above:



The result:



Now fold one of the points in and peg (bulldog clips are great!):



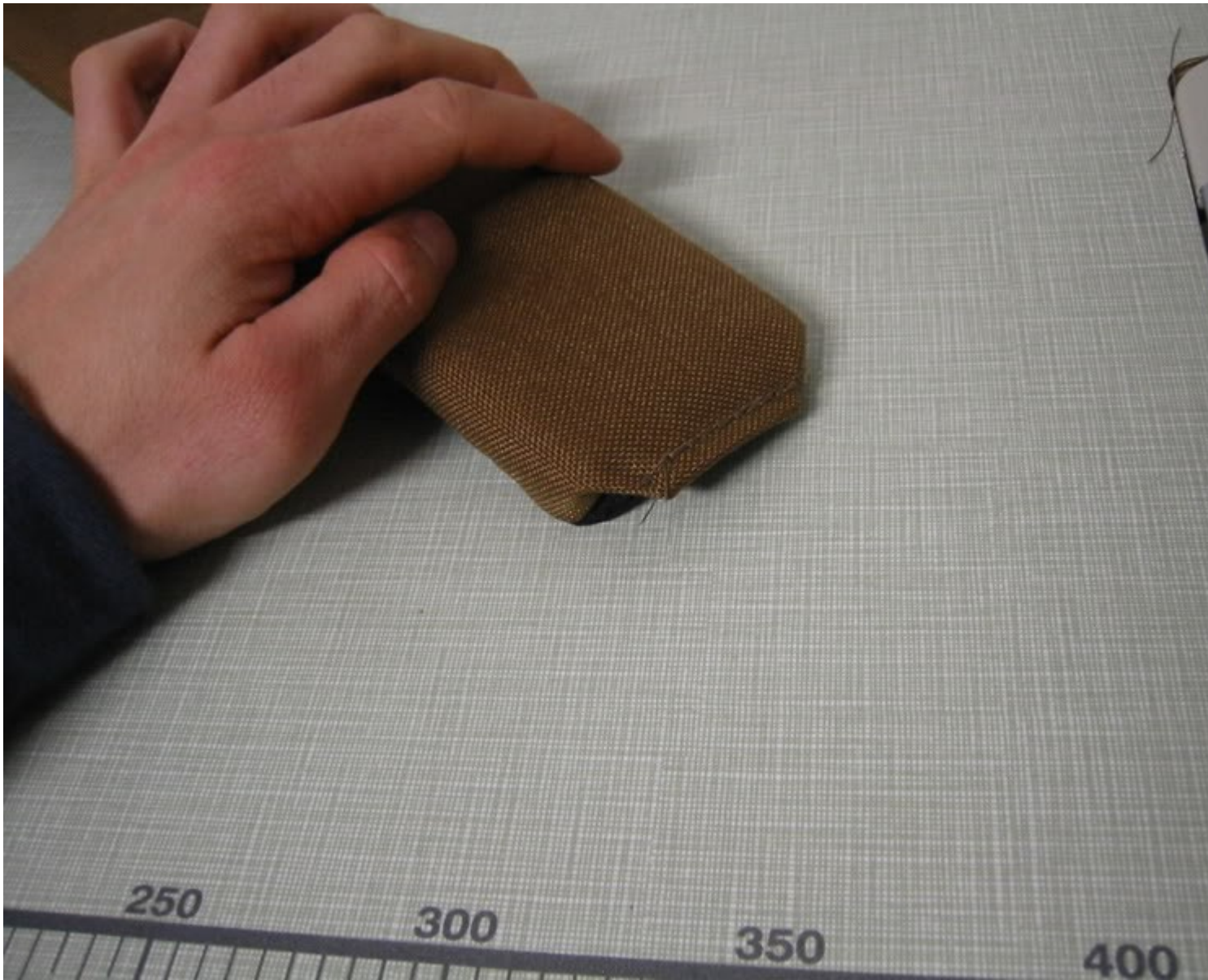
Now the other side:



Hold the end closed, and triple stitch shut. Repeat for the other end:







Now for the webbing and hardware. Here I used 40" of 2" webbing. One end is sewn fixed, the other end is free to adjust with the buckle. Feed the webbing through the buckle and fold enough back to give you room for the machine foot as well as enough webbing doubled up to form a 2" box:



Sew across the end. Turn, then sew all the way down the length of the webbing. I just eyeball the webbing centred on the padding:





Sew across the back end, triple stitch:



Sew back down the other side to the start:



Sew a box stitch to finish off:







Done!

When sewing foam like this I tend to increase the stitch length a bit compared to normal since the machine doesn't seem to feed the material as freely. The extra stitch length tends to make up for this. Your tread tension may also need adjusting.

Hope some of this helps, any other tips or methods feel free to add!

