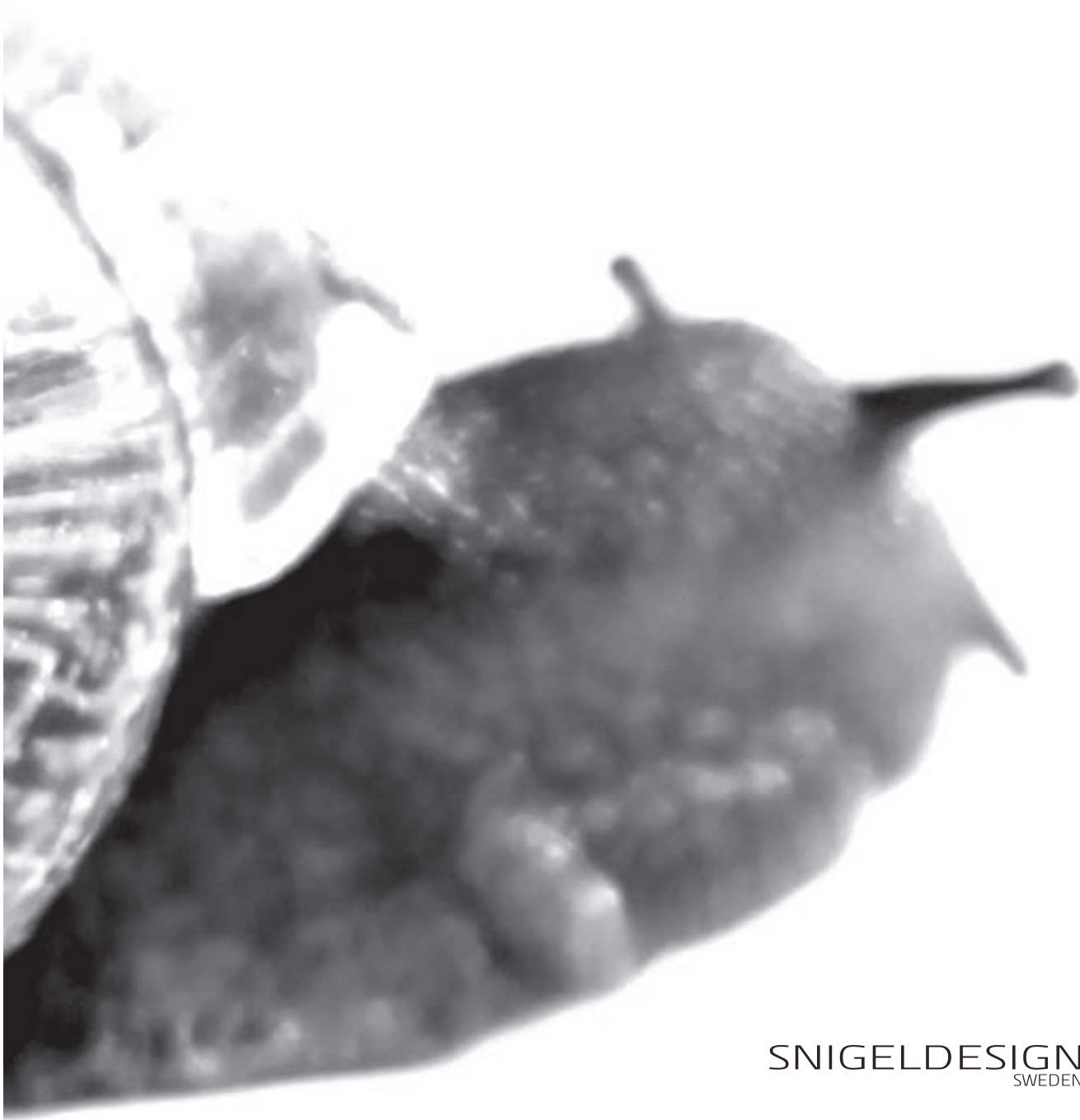


# Plate carrier, Strap-on DF -13

MANUAL



# THE COMPLETE SYSTEM



## What is the complete system?

The strap on system is developed to be an integral part of the soldier's equipment, working together with all other parts that the soldier is carrying.

The trousers and jackets designed so the pockets and ventilation openings are accessible when the plate carrier system is carried.

The plate carrier system is as a modular protective system where different parts can be used depending on the mission, threat level and the climate. It is designed to be comfortable, easy to wear and use, not to restrict your movements and to be as cool as possible.

The plate carrier system will work with your weapon, helmet, radio, wires, ear defenders and other pieces of personal equipment.

Different backpacks and bags for personal and common equipment are designed to be carried at the same time as the plate carrier system. The bags and backpacks are easy to attach and detach and they are as comfortable as possible to carry together with the plate carrier as possible.

The plate carrier is cut high, so you can use the hip belt on the 120L backpack

# THE STRAP ON SYSTEM

## A combination of different parts!

The strap on DF -13 system allows the user to adapt the protection, the carrying capacity to meet the needs while taking weight, heat stress and other problems into account. The different parts can be combined in many different ways depending on the threat, the mission and the environment.



**Ballistic yoke with collar**

**Plate carrier Strap-on DF -13**

**Small ballistic sleeve set -12**

**Ballistic belt -12**

**Ballistic groin protection set -12**



# System variations



2 x Carrier pouch DF-12  
Padded shoulder straps  
Elastic T-Bar set -12  
Long T-Bar set -12



Plate carrier Strap-on DF  
-13



Plate carrier Strap-on DF  
-13  
Carrier pouch DF -12  
Ballistic belt -12



Plate carrier Strap-on DF  
-13  
Carrier pouch DF -12  
40 mm Elastic T-bar  
set-12  
Small ballistic sleeve -12



Plate carrier Strap-on DF  
-13  
Carrier pouch DF -12  
40 mm Elastic T-bar  
set-12  
Ballistic yoke -12



Plate carrier Strap-on DF  
-13  
Carrier pouch DF -12  
Shoulder pad set -12  
40 mm Elastic T-bar  
set-12  
Ballistic groin protection set  
-12 (front only)



Plate carrier Strap-on DF  
-13  
Carrier pouch DF -12  
40 mm Elastic T-bar  
set-12  
Ballistic yoke -12  
Small ballistic sleeve -12



Plate carrier Strap-on DF  
-13  
Carrier pouch DF -12  
Combat belt -12  
40 mm Elastic T-bar set  
-12  
Ballistic groin protection set  
-12 (back only)



Plate carrier Strap-on DF  
-13  
Ballistic yoke -12  
Carrier pouch DF -12  
40 mm Elastic T-bar set  
-12  
Small ballistic sleeve -12  
Ballistic groin protection -12  
(front only)



Plate carrier Strap-on DF  
-13  
Ballistic yoke -12  
Carrier pouch DF -12  
40 mm Elastic T-bar set  
-12  
Small ballistic sleeve -12  
Ballistic belt -12  
Ballistic groin protection -12

# System variations



Plate carrier Strap-on DF  
-13



Plate carrier Strap-on DF  
-13  
Shoulder pad set -12  
Carrier pouch DF -12  
40 mm Elastic T-bar  
set-12



Plate carrier Strap-on DF  
-13  
Carrier pouch DF -12  
40 mm Elastic T-bar  
set-12  
Small ballistic sleeve -12



Plate carrier Strap-on DF  
-13  
Carrier pouch DF -12  
40 mm Elastic T-bar set  
-12  
Ballistic yoke -12  
Small ballistic sleeve -12



Plate carrier Strap-on DF  
-13  
Velcro closure panel set -12



Plate carrier Strap-on DF  
-13  
Carrier pouch DF -12  
40 mm Elastic T-bar set  
-12  
Ballistic yoke -12  
Small ballistic sleeve -12  
Ballistic belt -12  
Ballistic groin protection -12  
(back only) turned to the  
front



Plate carrier Strap-on DF  
-13  
Velcro closure panel set  
-12  
Ballistic yoke -12  
Small ballistic sleeve -12



Plate carrier Strap-on DF  
-13  
Carrier pouch DF -12  
Ballistic yoke -12  
Small ballistic sleeve -12  
Ballistic belt -12  
Ballistic groin protection -12




Plate carrier Strap-on DF  
-13  
Velcro closure panel set -12  
Ballistic groin protection  
-12  
Ballistic yoke -12  
Small ballistic sleeve -12



Plate carrier Strap-on DF  
-13  
Velcro closure panel set -12  
Ballistic yoke -12  
Small ballistic sleeve -12  
Ballistic belt -12  
Ballistic groin protection -12





-  Black= 17-00642-01-000
-  Grey= 17-00642-09-000
-  Olive= 17-00642-17-000
-  Multicam= 17-00642-56-000

### Material

Fabric: 100% polyamide PU coated  
Webbing: 100% polyamide or 100% polyester  
Foam: Polyethylene

### Weight

1300 g

## Accessories



26-00280-01-000  
Elastic T-bar set -12

Weight: 60 g



29-00293-56-000  
Carrier pouch DF -12

Weight: 340g



85-00338-56-000  
Small ballistic sleeve set -12

Weight: 340g



85-00418-01-00  
Large ballistic sleeve set -12

Weight: 340g



85-00009-56-000  
Ballistic groin protection set -12

Weight: 340g



85-00337-56-000  
Ballistic yoke-12

Weight: 340g



85-00822-09-000

85-00822-XX-012Small  
85-00822-XX-013Medium  
85-00822-XX-014Large  
85-00822-XX-015XLarge

Weight: (L) 340g



86-00038-56-000  
Ballistic groin protection adapter set -11

Weight: 340g



26-00157-09-000  
Padded yoke -12

Weight: 340g



26-00156-56-000,  
Shoulder pad set -12

Weight: 340g



SSS-11  
Shoulder strap set -11

Weight: 340g



26-00031-09-000  
Back support pillow -11

Weight: 340g



26-00487-09-000  
I-Bar -10

Weight: 340g



13-00116-56-000  
Modular combat belt -12

13-00116-XX-012 Small  
13-00116-XX-013 Medium  
13-00116-XX-014 Large  
13-00116-XX-015 XLarge

Weight: (L) 340g



81-00119-01-000  
Ballistic front/back panel set -11

Weight: 340g



81-00118-01-000  
Ballistic side panel set -11

Weight: 340g



81-00594-01-000  
Ball. ins. Combat belt -12  
Small-XLarge

Weight: 340g

# Features on Plate carrier, Strap-on DF -13



Padded shoulders with cable channels and elastic loops for antennas.  
Foam on the bottom and hard plastic in the top to be as comfortable as possible.

MOLLE webbing on the front, shoulders and sides.

Velcro allows you to attach unit and individual patches.

Zippered admin pouch with inside clear window and compartments in elastic mesh, on the top front.

3 adjustable pouches with removable elastic loop holder for all different 5,56 or 7,62 mm magazines or radios. It is big enough to store one 200 round 5,56 cassette in.

Pockets for ceramic plates or ballistic panels in the front and sides.  
The sides are MOLLE covered and flat to be smooth and cool.

Pull the tightener string to make the Strap-on sit really tight on your body

Webbing to attach the carrier pouch is placed on the back of the yoke.  
The yoke is padded with foam and plastic to be firm but soft= maximum comfort.

The most important part of this system is the way it is tightened on your body when you put it on. You adjust the band in the back once, to make it fit good. Then you tighten the string in the lower front. This is the best placement as you pull down, which is the easiest.  
To take it off, open up the cord lock and push the front of the system up, then take it off.

Velcro patches attaches to the yoke.

Loop to attach the ballistic sleeve in.

Compartment for a compass or weapon cleaning kit.

Compartments for a few light-sticks.

Clean inside to be as comfortable as possible and not to catch in your uniform when you put it on or take it off.

Adjustable bands on the back.  
The bands can be put on in a X or as a H.  
H pulls the yoke to the side, making it less prone to snag, the X is tighter. You adjust it according to your preference.

Channel for cable ties and a row of MOLLE attachment points.

Soft ridges are sewn on the inside to increase comfort and ventilation.

Drop function., so you can release the plates  
The bottom of the pockets can quickly be opened to dump the plates if needed.





# Details



The front pouches are adjustable in height with inside elastic parts and the top MOLLE band. This makes it possible to fit small and large magazines. It is also possible to insert a holder for 9 mm magazines.



The bottom of all pouches are made in heavy mesh to drain out water and still be strong. In the lower edge of the plate carrier a channel with mid front opening for cable ties is placed.



The upper MOLLE band can be adjusted to make the pouch tight.



The magazine holders are specially designed to securely hold HK 417 magazines with slanting bottom.



Top corner openings for radio cables.



Mid section openings for radio cables.



The "wings" have string loops around the sides so other equipment can be attached. On the side of the front elastic loops are sewn where cables can be pulled.



In the front top there is a zipped compartment for admin gear. Inside compartments for pencils, paper and maps. Also holder for a light stick.



The yoke has MOLLE bands on the top. On the outer side there is an elastic string for antennas, cables or a hydration tube.



# Pouches, bags & backpacks



25-00307-09-000  
Dual magazine insert  
-12



25-00308-01-000  
Grenade insert -12



21-00167-56-000  
GP pouch 2 -12.



21-00298-56-000  
GP pouch 3 -12



22-00094-56-000  
Speed magazine  
pouch -12.



21-00309-56-000  
Admin pouch-12.



22-00301-56-000  
Small dump pouch  
-12



21-00349-56-000  
XXS pouch -12.



21-00279-56-000  
Small pouch -12.



22-00302-56-000  
3x grenade pouch  
-12.



22-00519-56-000  
Dump bag -10



28-00431-01-000  
Medium mesh bag  
-12



29-00363-56-000  
All pack -12.



28-00427-56-000  
All bag -12



28-00271-09-000  
Multi- purpose bag  
-12



29-00027-56-000  
25L Specialist  
backpack -11



29-00394-56-000  
30L mission  
backpack -12



-  Black= xx-xxxxx-**01**-000
-  Grey= xx-xxxxx-**09**-000
-  Olive= xx-xxxxx-**17**-000
-  Multicam= xx-xxxxx-**56**-000

# Adjusting the Plate carrier Strap on



Wear only your T-shirt when you do this. The pull strings in the front should have about 5 cm string left from the tightest position when you make this adjustment. Open the Velcro roll closure and unroll the webbing.



Pull out some webbing.



Pull back the buckle.



Hold the buckle and pull the free end of the webbing, making the plate carrier sit tighter. Repeat this operation on the other side. Make the tension even on both sides. When ready, the plate carrier should sit really tight.



Roll up the ends and secure them with the Velcro



To tighten the strap on, pull the folded end of the strap in the back/side forward.



To loosen the strap on, pull the square ring back



To loosen the front, release the cord locks and pull the front up and out. Now you can pull the strap on over your head.



# Permanent attachment of the carrier pouch



Push in the buckles into the carrier pouch.



Pull out the attachment bands on the back of the carrier pouch.



Decide if you will attach the carrier pouch at the top or bottom band.



Start weaving the attachment bands under the selected 25 mm band on the back of the yoke.



Push the attachment band under the first 20 mm band on the back of the carrier pouch.



Push the attachment band under the second 25 mm band on the yoke.



Push the attachment band under the rest of the 20 mm band on the back of the carrier pouch.



The attachment band goes over the last 25 mm band but UNDER the 10 mm, black/blue band. This is very important.



Pull the carrier pouch to make sure that it is securely attached.

# Easy removal attachment of the carrier pouch



Make sure to match the buckles on the Carrier pouch.  
1. Push the I-bar in behind one webbing band on the strap on. Make sure the buckle is facing forward. Place this as far forward as possible on the yoke.



2. Pull the band through the forward slot in the buckle. The buckle now faces back on the strap on.



3. Push the band through the back slot on the buckle.



4. Secure the Velcro so it is closed. Pull the buckle to make sure it is securely attached.



Place the carrier pouch on the back of the plate carrier.



Put the male and female buckles together. Close them.



Close the 40 mm buckles on the waist belt.



Tighten the elastic band. Normally you have to tighten it quite a lot. Push the surplus band in under the elastic band.



Ready to be used. Pull it in all directions to make sure it is securely connected.



# Front pouch adjustment



The front pouches are adjustable in height with inside elastic parts and the top MOLLE band. This makes it possible to fit small and large magazines. It is also possible to insert a holder for 9 mm magazines.



The inside of the front pouch is covered with loop Velcro. On this, different walls or holders can be attached.



There are 2 different heights of walls delivered with the plate carrier. One set for big magazine and one for thinner.



The top MOLLE band can be adjusted in length so the pouch will sit as tight as you want it. Keep it like this to make the pouch thick.



Pouch adjusted thick.



Keep like this to make the pouch thin.



Pouch adjusted thin.



The dual holder insert can be attached inside the pouch.



Pistol or SMG magazine can be carried in the dual holder insert.

# Putting it on



Grab the back of the yoke and keep it together with the carrier pouch.



Keep your grip of the yoke/carrier pouch top and pull it down over your head. Make sure your arms comes in so all the different bands will land in the correct position when the plate carrier is on.



Wriggle so the plate carrier comes down.



Make sure the yoke has not flipped up. If it has, push it down again.



Move the plate carrier around so it sits well.



Pull the waist band tight.



While moving your shoulders, pull the cords to the sides tight. If the vest is not tight enough, when the cords are pulled Max, tighten the vest on the back, with the 25 mm webbing.



Hold the buckle and pull the free end of the webbing, making the plate carrier sit tighter. Repeat this operation on the other side. Make the tension even on both sides. When ready, the plate carrier should sit really tight.



Roll up the ends and secure them with the Velcro



# Various instructions

## Attaching the 26-00031-00-000 Back support pillow -11



Pull the bands through the slots on the Back support pillow.



Pull the bands through the slots on the Carrier pouch



Fold down and go through the last slot on the Carrier pouch and back, up.

## Attaching the 85-00822-00-000 Ballistic back -14



Attach the I-bar to the back of the yoke. Make sure to match the buckles on the ballistic back.



Attach the buckles on the yoke to the ballistic back.

## Attaching the 86-00038-00-000 Ballistic groin protection adapter set -11



When you push the adapter bands through the attachment bands on the strap on, it is easiest to fold the Velcro part



This is what it should look like, when the adapter is put on.



Put on the crotch protection, align it to the middle and close the Velcro.



Ready. Pull it, to make sure it is securely attached.

# Using the strap on with bags and backpacks



All pack -12 attached to the back.



25L Specialist backpack -11 and the All bag -12 attached to the yoke and back.



30L mission backpack -12 attached to the yoke.



Flap and one side pocket of the 120L Backpack system -12 attached to the back.



120L Backpack system -12 carry outside a complete Strap-on DF -13 system



28-00427-56-000  
All bag -12



29-00363-56-000  
All pack -12.



28-00271-09-000  
Multi-purpose bag -12



29-00027-56-000  
25L Specialist backpack -11



29-00394-56-000  
30L mission backpack -12



29-00430-56-000  
120L Backpack system -12



Available and comfortable  
The backpack has a system which makes it possible to attach it to the Strap on or any other equipment vest. It eliminates the need for double shoulder straps.



A hanging bag or the bottom of the backpack can be attached to two T-bars that are attached to the side/front on the strap on.



Put the padded shoulder straps behind the back pillow on the backpack. Pull out the attachment straps on the backpack.



1. Open the waist band. Then open the side release buckle on one shoulder.



2. Swing the back to the other shoulder.



3. Swing it over your head.



4. Pull it forward.



5. Now you can access the backpack, even when it is still attached to one shoulder.