

Guarantee

Wild Country guarantees the Rock Lite for 3 years against faults in materials or manufacture.

Exclusions from this guarantee: Normal wear and tear, modifications or alterations. Damage resulting from poor care and maintenance, accidents, improper or incorrect usage.

Size: 53 - 61cm / 21 - 24 in

Weight: 260gms / 9.12oz
(420gms / 14.81oz with shield)

UIAA 106 EN CE 12492:2000

Warning

Climbing and mountaineering are hazardous. Even correct selection, maintenance and use of correct equipment cannot eliminate potential for danger, serious injury or death. It is the user's responsibility at all times to ensure the correct and safe use of any equipment supplied by Wild Country, to use it only for the purposes for which it is designed and to practise all proper safety procedures. The manufacturer will not accept responsibility for damage, injury or death resulting from misuse.

Wild Country

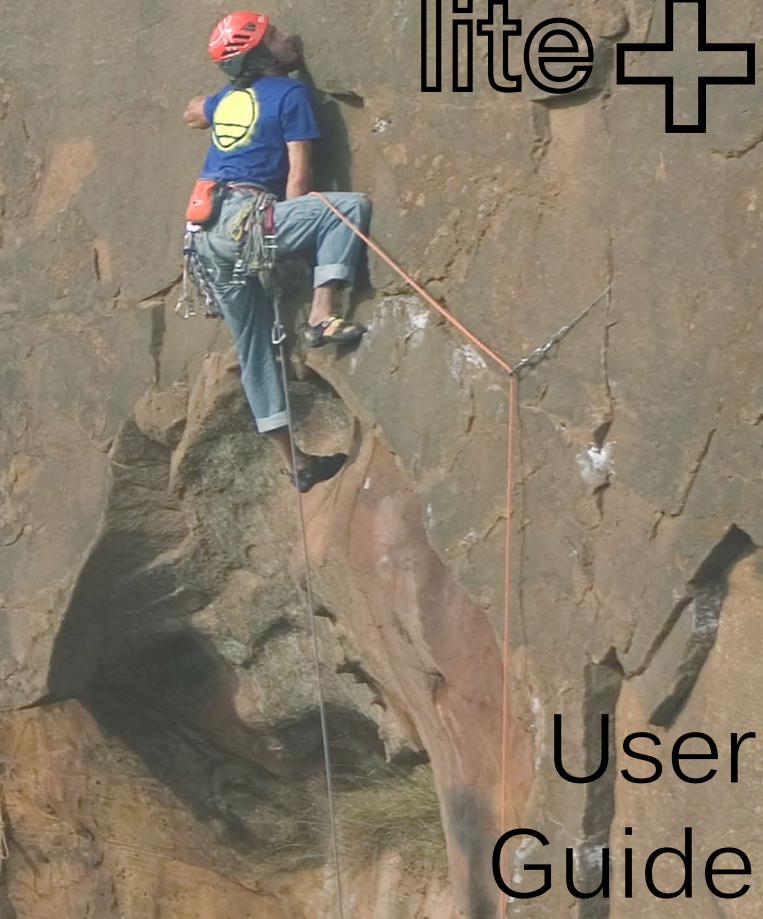
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rock lite+



User Guide

rock lite+

Superlight with style

The essence of the Rock Lite is as a pared down rock climbers helmet that hits the market at an impressively light weight. With a pedigree borne of our research and development from our hot model, the Alpine Shield, the Rock Lite is stylish and strong and aimed at those with a pure rock agenda who want to climb clean and light.

Background - Wild Country's research into head protection for climbers and mountaineers instantly revealed some major limitations in existing helmet designs - limitations which we addressed with the Alpine Shield and 360 models. However, at the behest of our extreme athletes we wanted to create another model, a model that fitted their brief; for a helmet that would go with them on those truly special journeys, on those big days out and for those days when the extreme routes come with extreme risk.

Concept - The Rock Lite was created to target this vision as a nimble and light-weight helmet, that adjusts quickly and easily and that sits snugly on the head and feels more like a beanie than a 'shell'. A helmet that moves with you, not 'on' you and doesn't impede progress whatever the territory, roof crack or slab; while giving perfect visibility and moreover the security of a helmet tested well beyond CE norms.

Futureproof - So while it's obvious the Rock Lite helmet is a secure and very effective model for pure rock climbing it's also a model that has a bit more to it. A clever decision to add in the ability to take Wild Country's exclusive 'Shield' system, (see page 7) adds an extra dimension. Add 'The Shield' (bought separately) and the Rock Lite can become a true winter helmet making it into a choice of helmet

which in many ways 'futureproofs' itself. Worn as bought, uncovered, this is a best in class, supremely lightweight helmet that's perfect for go anywhere rock climbing. But if the range of your climbing expands so can the range of the Rock Lite - just by buying and adding 'The Shield'. So worn covered, by adding 'The Shield' the Rock Lite has much more stone and icefall protection and (like the Alpine Shield) goes further than any other helmet of its type can go. (See overleaf for more info).

Designed with an optimal fit via Quik-Dial volume adjustment, a soft, removable and washable CoolMax EVA pad and a secure, quick release chin strap, the Rock Lite fits and wears perfectly. Coming with 4 torch clips, an emergency sticker inside, a storage bag and 3 stylish colour choices nothing has been left out or left to chance.

Simple, sharp and stylish, for your hardest ascents and those 'big' days out, the Rock Lite performs superbly across all terrain and at all levels. And with the bonus of 'The Shield' capability it's supremely adaptable too.



Rock Lite
Blue



Rock Lite
Red

Features: Lightweight best in class EPS helmet, Quik-Dial glove friendly adjustable sizing, 'CoolMax' EVA cushioned inner pad, Nexus Acetal (better in low temp) quick release chin strap buckle, Screw fittings to take 'The Shield', Smooth 16mm nylon chin strap, 4 Torch grips (acetal - better in low temps), Hood friendly sizing for winter wear, Two stylish colour choices, Emergency inner sticker, Free storage bag, One size. Weight: 260 grams / 9.17oz. Sizing: 53-61cm / 21-24"

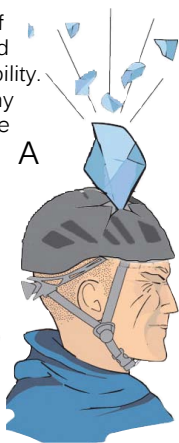
CE EN 12492 / UIAA 106 / 3 Sigma rated.

'The Shield' concept: more protection at the turn of a screw...

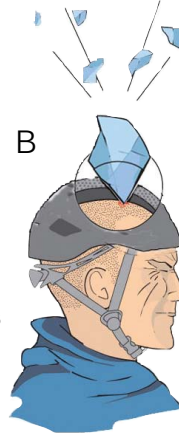
'The Shield' has been designed to extend the range of Wild Country's EPS style helmets. It provides improved stone and icefall protection and extends their climbability. To make 'The Shield' concept clearer and to show why it's so valuable, it's necessary to understand a bit more about how climbing helmets work...

In general the climbing helmet market splits into two camps: tougher, heavier, 'mountain' helmets on one side and lighter, but less strong EPS helmets on the other. Expanded PolyStyrene (EPS) climbing helmets have been around for many years now, are very popular and have proved themselves for general rock climbing. Mainly worn (and advertised) on the basis of light weight and comfort, EPS helmets are easily identified, as the foam inner (covered by a light 'plastic' shell) sits directly against the head with little gap between this protection and the skull. A relevant point to note is that EPS style helmets were derived from cycle helmets.

Safetywise the major attribute of these EPS helmets (known in the trade as 'bumpers') is their ability to stop injury in a fall when the head will bang or 'bump' the rock. What is less known (although passing the same CE test) - is why 'bumper' helmets often don't deal with *falling* objects, such as rocks or ice, as well as 'mountain' helmets, a fact which can make them unsuitable for less stable environments. The EPS's difficulty is that it must combat two types of impact that are so different: e.g. a slower 'bump' in a fall contrasts markedly to high velocity narrow radius stone fall. And there's a simple explanation for the difficulty of doing both well - material choice - EPS itself. Basically the same material a domestic appliance arrives packed in, it is solid if dropped or banged (when crushing can disperse impact) but is much less effective against an errant knifeblade. However, it's a choice



Ordinary EPS



Ordinary EPS

of material that can be explained by firstly, considering the EPS's cycle helmet origins and their effectiveness in stopping injuries in 'bumper' type road falls and secondly, by the simple desire to keep helmet weight down.

Thus when hit with a sharper falling object (SEE A), the thin plastic 'shell', EPS material and lack of a gap between the foam and the head can lead to a higher chance of an object 'piercing' the foam and contacting the skull. (SEE B). This 'falling object' problem is countered in 'mountain' helmets, partly by use of a thicker outer shell, but crucially by use of a wider *gap* between the protective material and the head giving a helmet more *depth* to absorb impacts. Yet although stronger, 'mountain' helmets often feel heavier, less connected, less comfortable and are less popular for harder rock climbing. So all of the above seems to be leading one way - to the fact that to climb hard in summer and have a safe winter, it seems you have to buy two helmets! *And this is exactly where 'The Shield' concept comes in - to help bridge this obvious gap!*

Uniquely, cleverly and simply 'The Shield' idea (first seen on our Alpine Shield helmet) replicates, by placing a light outer shell *above* the EPS inner, the *crucial extra depth* of the mountain helmet - providing *extra stone stopping power* other EPS helmets can't supply. And although damage will still occur from stonefall, (SEE C) the extra resistance of the shell and the overall depth of the helmet gives a *better chance* of avoiding head injury (SEE D). It is this difference, the ability to buy one helmet and to then to choose and alter the level of protection to suit the terrain, that makes 'The Shield' concept truly original and a breakthrough for those who like to mix it up.

Suddenly, a safe switch from hard rock to thin ice is quick, simple and very cost effective!



With 'The Shield'



With 'The Shield'

Superlight with style!

rock
lite+

'CoolMax' covered inner pad for precision fit and comfort. (not visible)

Superlight EPS helmet only 260gms, perfect for hard rock action.

Fully vented for exceptional cooling.

Acetal plastic torch grips - easy to use and best material for low temps.

WILD
COUNTRY

Fitted with screw holes to take 'The Shield' our unique, exclusive and removable cover, that adds extra rock and icefall protection.

Easy glide strap adjusters.

Quik Dial size adjustment, easy to use and solid once adjusted.

Smooth nylon webbing gives strength, durability and adjustability.

Nexus acetal clips (hidden) best in low temperatures.

'The Shield'
The exclusive Shield cover attaches easily and adds extra stone & icefall protection other models can miss out on. (available separately).



rock
lite+

Helmet Fitting

Like all helmets it is essential that the Rock Lite is secure on the head before any climbing is commenced. To fit the Rock Lite effectively for the first time there are three main adjustments that should be made.

The first two of these are on the webbing part of the helmet's cradle and are instrumental in altering the vertical - or top to bottom - fit of the helmet. The third of these, the rear Quik-Dial adjustment (see over) finalizes the fit by adjusting the horizontal (front to back) fit.

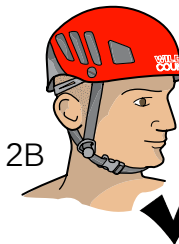
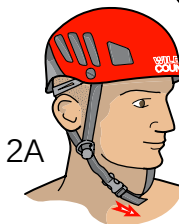
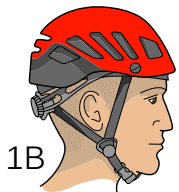
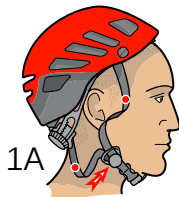
Adjusting the side straps - The two side straps (marked on diagram 1a with red dots) are easily adjusted by the use of the plastic slider marked with the arrow. Simply grip the webbing below the slider as well as the slider and pull the slider up the webbing until both straps are snug. At this point the plastic slider will probably be located just under the ears.

Adjusting the chin straps - Once the side straps have been adjusted for the first time, the chin strap can be clicked together and then tightened by pulling the spare webbing. See diagram 2A.

At this point it is best to quickly check that the side straps that were altered previously are still tight and correctly positioned.

If not, this time with the chin strap done up, simply make the alterations needed by adjusting the slider then re-tightening the chinstrap.

In general once you have adjusted the side straps for your head, then you shouldn't need to alter them - unless of course you are fitting a balaclava or hat.



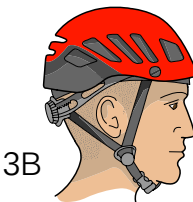
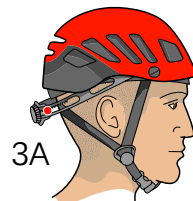
Helmet Adjustment - Rear

The rear of the Rock Lite helmet is simple to adjust with a Quik-Dial adjustment system. Adjusting this part of the cradle alters the helmet front to back gripping the rear of the head and the forehead.

To adjust the Quik-Dial, first of all find, at the rear of the helmet, the round plastic dial marked with a red dot on diagram 3A.

To Tighten - simply locate the 'dial' and gently push and turn it clockwise at the same time. A clicking sound will be heard as the Quik-Dial ratchets and tightens the cradle and the helmet will tighten on the head.

To Loosen - simply do the opposite of the above - so while gently pushing the dial, turn it anti-clockwise and the cradle will open out.



Headtorch Fitting

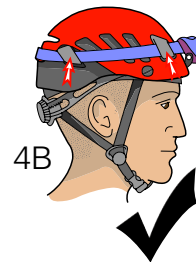
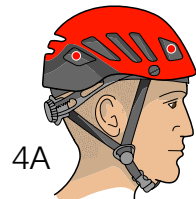
The Rock Lite has a very simple and effective system for fitting a headtorch. This system works the same whether 'The Shield' cover is attached or not.

First, locate the 4 flexible plastic flaps, two either side of the helmet - shown with red dots on diagram 4A.

Second, take your headtorch and adjust the headband so that it is tensioned to be a slightly smaller circumference than the size of the helmet at the point of the flaps.

Remember this will be different with or without 'The Shield'. Third, starting with the two rear flaps, lift the flaps and place the band of the headtorch underneath. Then, after making sure the torch is central on the front of the helmet, raise the front two flaps and slide the headband under those too. See diagram 4B.

Finally give the helmet a quick shake to make sure the torch is securely in place before setting off.



'The Shield' - removal/fitting

'The Shield' is simple to remove and re-attach. It is essential that this is done with due care and attention as when used 'The Shield' is an integral part of the safety of the helmet.

Removal - locate the three screws - see diagram 5A - and using the tool provided (or a coin) carefully unscrew them anti-clockwise until they are free. Carefully store them and 'The Shield' for future use.

Attachment - This is the reverse of the removal procedure but with two warnings:

1. Be careful when making the initial turns to avoid 'cross-threading' the screws - if the screw 'sticks' simply remove and start again.
2. Do not overtighten the screws, simply make sure they are finished off firmly. Before use check that 'The Shield' is fully secured and not loose in any of the positions.

NOTE: 'The Shield' does not come with the Rock Lite helmet and must be purchased separately.

Helmet Inspection and Cleaning

Immediately Before Use

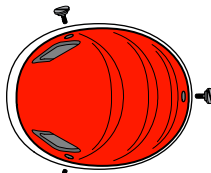
Inspection - Verify before each use that the interior and the exterior of the shell are not cracked or deformed, that the headband attachment system is not damaged and that the chinstrap buckles are working properly.

Sea Water -

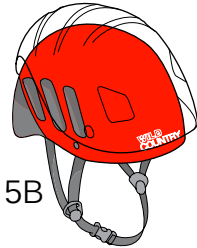
It is essential that this equipment is cleaned as soon as is practical after exposure to seawater or any saline environment e.g. when used on sea cliffs.

Cleaning (includes cleaning 'The Shield') -

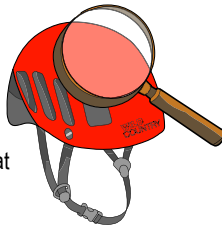
First rinse the product in clean, cold water of domestic supply quality. If still soiled rinse in warm water, max 40c with pure soap. Thoroughly rinse and dry naturally in a warm, ventilated room away from direct heat.



5A



5B



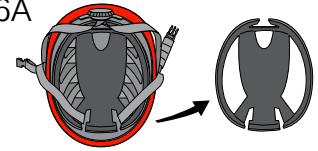
CoolMax Inner pad - removal and cleaning - 6A

the inner pad supplied with the Rock Lite helmet is easily removed for cleaning.

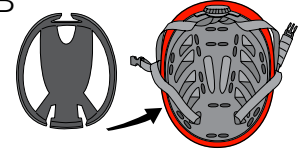
Removal - 6A - Gently pull the pad away from the helmet inner.

Replacement - 6B - Locate the pad correctly in the helmet and firmly press into place on all the velcro patches.

Washing - The pad can be machine washed or handwashed at 30c. Thoroughly rinse and dry naturally in a warm room away from direct heat.



6B



Mountain Safety - general tips from UK Mtn Rescue

Always plan your day before setting out! Consider the equipment, experience, capabilities and enthusiasm of the party members. Check the weather forecast and local conditions; mountains can be major undertakings. Night encroaches early in winter and the further north you go! Learn first aid. Always try to leave notice of where you are going.

Many accidents occur towards the latter part of the day when your energy levels are low. Carry spare food especially hi-energy bars. A map, compass (and the ability to use them), and at least one reliable watch in the party should always be carried. In all conditions, it is wise to carry a whistle, torch, spare batteries and bulbs; but in winter conditions, an ice-axe, crampons and survival bag are essential. Remember your emergency signals, use six whistle blasts or torch flashes. It is no disgrace to turn back if you are not certain and a party must be governed by the capabilities of the weakest member.

Also available from Wild Country:

360 Helmet - a polycarbonate model that offers a great all round, all day, alternative. Comes in three colours and two sizes.



Alpine Shield - the first truly modular rock climbing helmet offers a choice of protection whether you're on rock or ice or both!

