

Chest Rig Mistakes

A guide on common chest rig mistakes and how to fix them

1. Overloading Pouches

Too much weight = shoulder fatigue and slower reloads.

Only carry what you can reach with both hands.



2. Poor Weight Balance

Heavy gear on one side throws off your draw.

Distribute mags evenly across the front.



3. Messy Cords/Tubes

Snag hazards are common.

Route comms and hydration lines under shoulder straps.



4. Wrong Ride Height

Rig too low or too high = poor access.

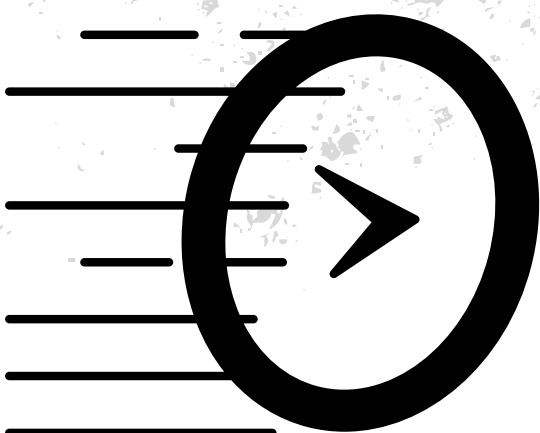
Keep mags just below your sternum.



5. No Quick-Release

Can't ditch your rig fast = safety issue.

Use quick-release buckles



6. No IFAK Access

Can't reach it, can't use it when you need to.

Keep IFAK accessible for both hands



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