

# ROUGH COUNTRY

SUSPENSION SYSTEMS®



## 10790BAG

## 07-13 Chevy 1500 DIY PreRunner Bumper

**Thank you for choosing Rough Country for all of your suspension needs.**

Rough Country recommends that a certified technician install this system. In addition to these instructions, professional knowledge of disassemble/reassembly procedures as well as post installation checks must be known. Attempts to install this system without this knowledge and expertise may jeopardize the integrity and/or operating safety of the vehicle. Please read all the instructions before beginning the installation. Check the kit hardware against the "Kit Contents" list below. If question exist, please call us @1-800-222-7023. We will be happy to answer any questions concerning this product. Check all fasteners for proper torque. Check to ensure for adequate clearance between all components. Check and retighten wheels at 50 miles and again at 500 miles. Periodically check all hardware for tightness. Be sure you have all the needed parts and understand where they go. Also, please review the "Tools Needed" list to be certain you have the necessary tools to complete the installation.

### PRODUCT USE INFORMATION

**⚠ WARNING** As a general rule, the taller a vehicle is the easier it will roll. We strongly recommend that seat belts and shoulder harnesses be worn at all times. Braking performance and capabilities are decreased when significantly larger/heavier tires and wheels are used. Do not add, alter, or fabricate any factory or after-market parts which increase vehicle height over the intended height of the Rough Country product purchased. Rough Country makes no claims regarding lifting devices and excludes any and all implied claims. We will not be responsible for any product that is altered.

### NOTICE TO DEALER AND VEHICLE OWNER

**⚠ NOTICE** Any vehicle equipped with any Rough country product must have the "Warning to Driver" decal installed on the sun visor or dash. The decal is to act as a constant reminder for whoever is operating the vehicle of its unique handling characteristics. **INSTALLING DEALER**—It is your responsibility to install the warning decal and to forward these installation instructions on too the vehicle owner for review and to be kept in the vehicle for its service life.



# 07-13 Chevy 1500 DIY PreRunner Bumper

## TOOLS NEEDED:

Jack  
Safety Stands  
Wheel Chocks  
Marker  
Tape Measure  
Welder  
Grinder  
Sander  
Clamps/Locking Pliers  
Razor Knife  
Wire Strippers/Cutters  
Drill  
3/4" Bit  
Allen Wrench Set (SAE/Metric)  
Metric Wrench/Socket  
10mm  
15mm  
18mm  
19mm  
21mm

## KIT CONTENTS:

Center Skin  
Pass Inner Wing  
Driver Inner Wing  
Pass Middle Wing  
Driver Middle Wing  
Pass Outer Wing  
Drive Outer Wing  
Wing End Cap (2)  
Pass Bottom Wing  
Driver Bottom Wing  
30" Light Bar Mount  
10" Light Bar Mount  
Bumper Support  
Pass Brace  
Driver Brace  
Winch Mount  
Fairlead Mount  
Fairlead Support (2)  
Frame Mount (2)  
Frame Mount Front Plate (2)  
30" Light Trim Ring  
30" Light Grill Block Off Plate  
10" Light Trim Ring (2)  
10" Light Block Off Plate (2)  
Winch Grill Block Off Plate

## HARDWARE INCLUDED:

1/4" Stainless Allen Bolt (24)  
1/4" Stainless Black Allen Bolt (24)  
1/4" Washer (24)  
1/4" Raw Nut (7)  
10mm Allen Bolt (5)  
10mm Nut (3)  
10mm Washer (6)  
12mm Black Allen Bolt (2)  
12mm Flange Nut (8)  
12mm Raw Nut (2)  
12mm Washer (8)  
Bolt Tab (4)  
1/4" Spacer (2)

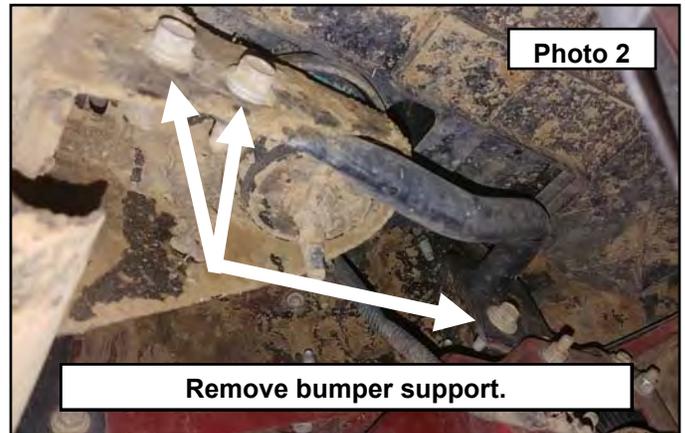
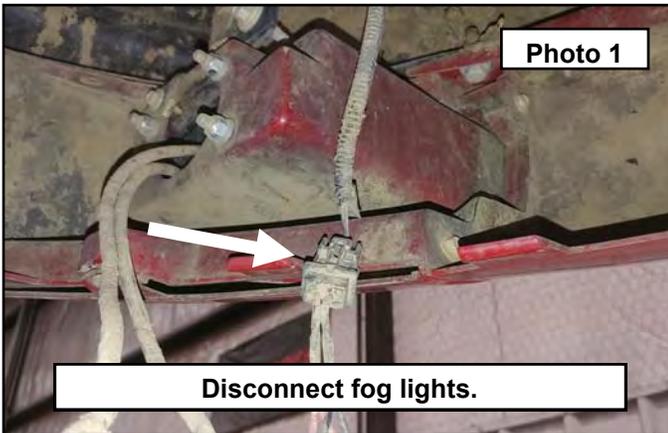
## OPTIONAL ITEMS:

10" Slim Line Light Bar  
Part # (70410BL or 70410)  
30" Single Row Light Bar  
Part # (7030BL or 7030)  
9,500/12,000lb Winch  
Part # (PRO9500S or PRO1200S)  
Extension Cable  
Part # (RS130-1)  
6" Length of 18 Gauge Wire (4)  
(Installer Supplied)  
18 Gauge Butt Connectors (8)  
(Installer Supplied)  
5/16" Self Tapping Screws (4)  
(Installer Supplied)  
5/16" Flat Washers (4)  
(Installer Supplied)  
3 Quart Washer Tank (1)  
(usplastic.com Item number 8818)  
Washer Tank Cap (1)  
(usplastic.com Item number 11489)



### Front Installation

1. Park your vehicle on a clean flat surface, engage the parking brake and block the rear tires. Jack the front of the vehicle up and place safety stands at the indicated lift points for the frame in the service manual. Remove the front wheels and set aside.
2. **Save all hardware removed from the vehicle unless otherwise noted.**
3. Open the hood and disconnect the negative terminal on the battery.
4. Under the vehicle, disconnect any auxiliary/fog lights if installed. **Photo 1**
5. Remove the bumper side braces from the frame using a 15mm socket. **Photo 2**



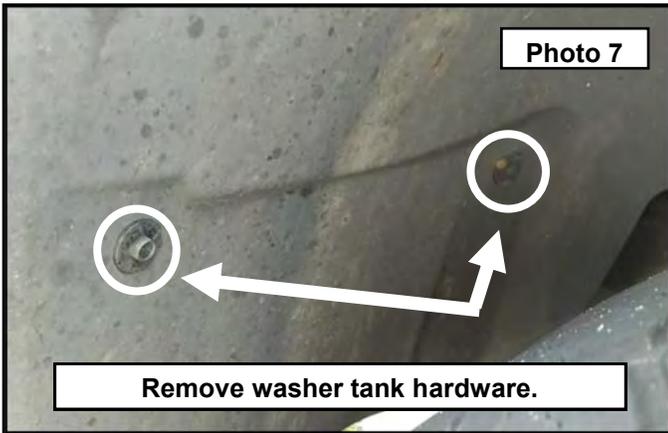
6. Remove the bumper mounting hardware from the frame using a 21mm socket. **Photo 3**
7. Remove the bolt tabs from the frame. Have an assistant help you remove the front bumper by pulling out and away from the vehicle and set aside.
8. Remove the factory tow hooks if installed using a 18mm socket and wrench. **Photo 4**



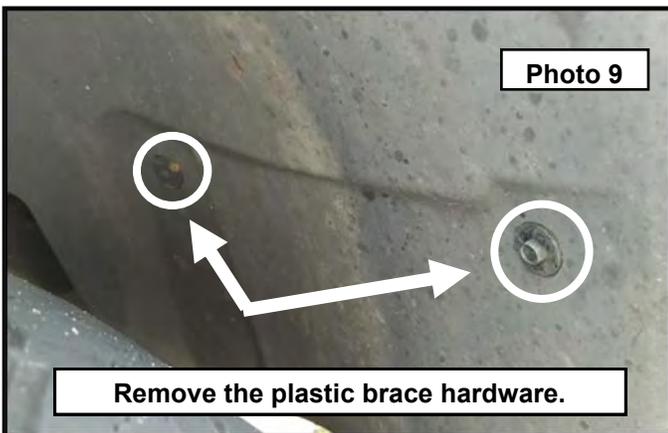
9. Under the hood, remove the 8 spare battery tray bolts on the driver side using a 10mm socket. Remove and set aside. **Photo 5**
10. Remove the washer tank hardware using a 10mm socket. **Photo 6**



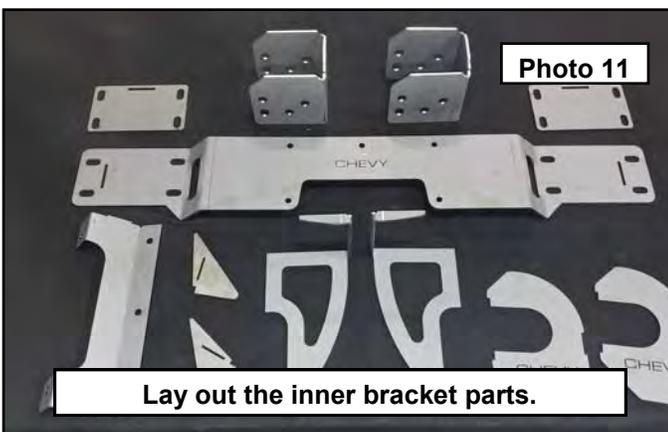
11. In the driver wheel well, remove the washer tank bolt using a 10mm socket and plastic push pin. **Photo 7**
12. Remove the washer tank rubber hose from the hard plastic line. Plug the hose with the bolt removed from the wheel well or drain any fluid into a container. Disconnect the washer tank float and pump electrical connections at the pump and the float sensor. Pull the inner fender line back and feel for the remaining bolt on the side of the washer tank. Remove using a 10mm socket. Remove the washer tank from the vehicle and set aside. **Photo 8**



13. Reinstall the spare battery tray using the factory hardware and 10mm socket. Torque to 5 ft-lbs.
14. In the passenger side wheel well, remove the plastic brace hardware using a 10mm socket. **Photo 9**
15. Pull the liner back to see the bolt holding the plastic brace in place on the core support. Remove using a 10mm socket. Discard the plastic brace and hardware as it will not be reused. This completes the tear down process. **Photo 10**



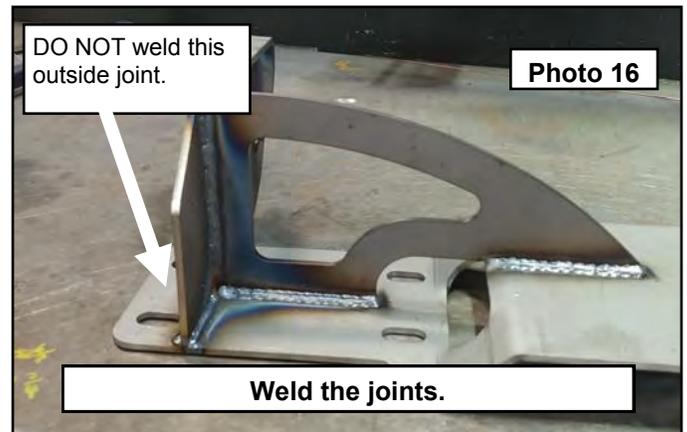
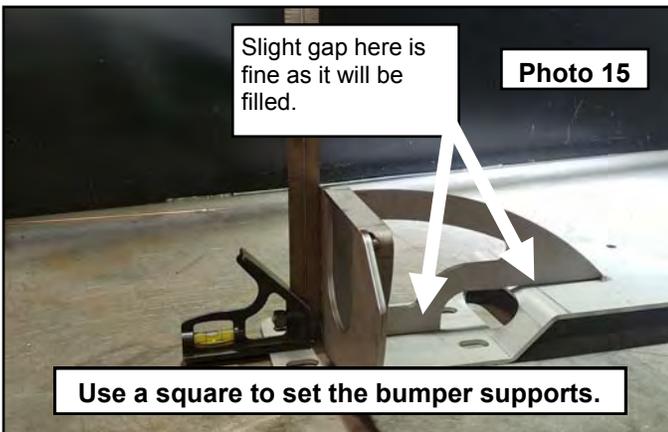
16. The instructions from here on out will be more of a guide and proper welding, clamping and measurements techniques are on the assembler for the assembly of the bumper.
17. Lay out the inner bracket parts. **Photo 11**
18. Lay out the skin parts. **Photo 12**



19. Start with the inner bracket assembly. Locate the winch tray, the bumper supports, and the pass/driver side supports. **Photo 13**
20. Attach the passenger side support to one of the bumper supports as shown. The bumper support has a recess for the side support to "lock" into. Tack weld these pieces together. Repeat the process for the driver side. **Photo 14**



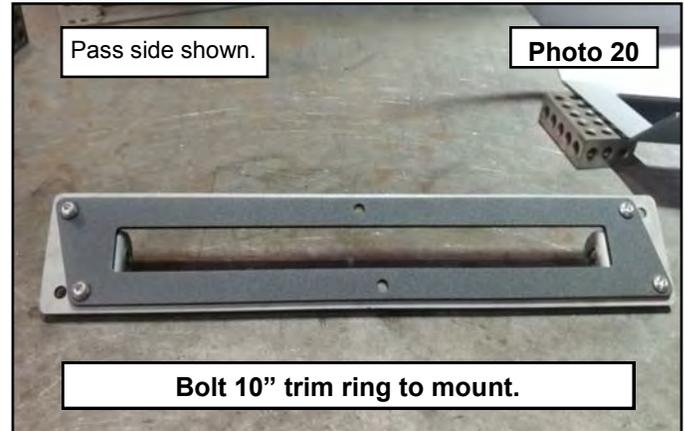
21. Lay the winch tray as shown above. Use the slot on the tray to install the tab of the bumper support. Make sure the bumper support sits flush against the tray. Due to manufacturing tolerances, may need to sand some of the edges to make sure the parts sit square. **Photo 15**
22. Use a square to make the bumper support perpendicular to the tray. You may end up with a small gap between the side support and the tray. The main thing to make sure of is the bumper support sitting flush and perpendicular to the tray. Tack weld the bumper support and the side support into place. Repeat the process for the driver side. Once everything is square, weld the joints as shown. **DO NOT** weld the outer joint of the bumper support and the tray. This can cause interference with the mounting hardware and adjustability of the bumper when done. Set aside to let cool. **Photo 16**



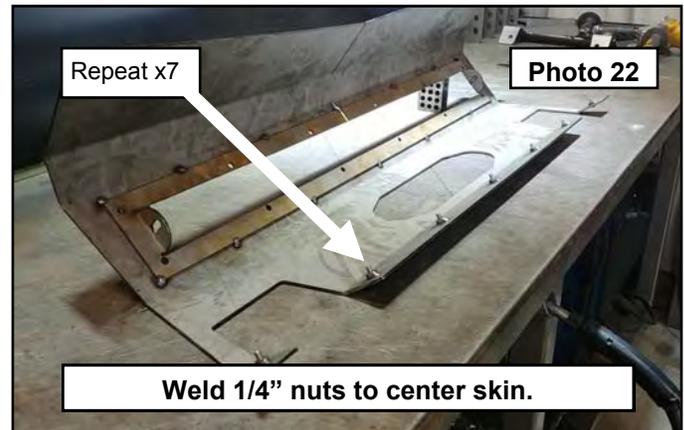
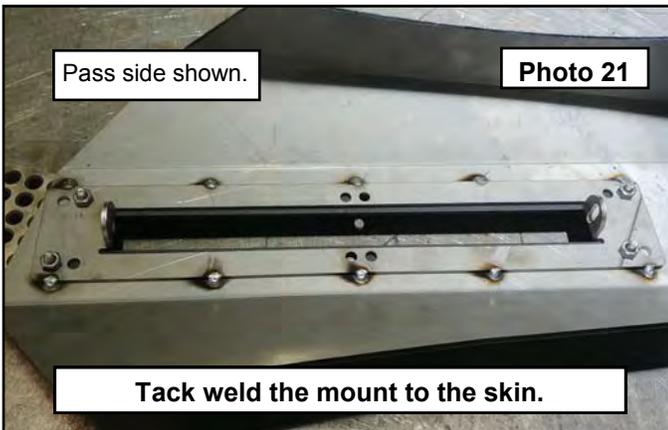
23. Locate the 30" light bar mount, and the trim ring. Bolt the trim ring to the light bar mount using the provided 1/4" bolts, washers and nuts. **Photo 17**
24. Locate the center skin and lay the ends on a couple blocks face down. Make sure that you are not blocking the center opening. **Photo 18**



25. Lay the assembled light bar mount into the hole using the trim ring to center the location of the light bar mount. Once the center is verified, tack weld the light bar to the center skin as shown. DO NOT weld the sides of the light bar mount. **Photo 19**
26. Locate the 10" light bar mount, and the trim ring. Bolt the trim ring to the light bar mount using the provided 1/4" bolts, washers and nuts. You will notice that there are two bolt patterns on this mount. You will be making a left and right hand version, so bolt the trim rings opposite of each other. **Photo 20**



27. Locate the wings with the light bar openings and lay the ends on a couple blocks face down. Make sure that you are not blocking the center opening. Lay the assembled light bar mount into the hole using the trim ring to center the location of the light bar mount. Once the center is verified, tack weld the light bar to the center skin as shown. Remove and set aside the trim rings. **Photo 21**
28. Locate the 1/4" raw nuts. Use one of the provided bolts, install to the lower skid plate holes in the center skin. Tack weld these in place making sure to not get any weld slag onto the threads of the bolt. Repeat for all 7 holes. **Photo 22**

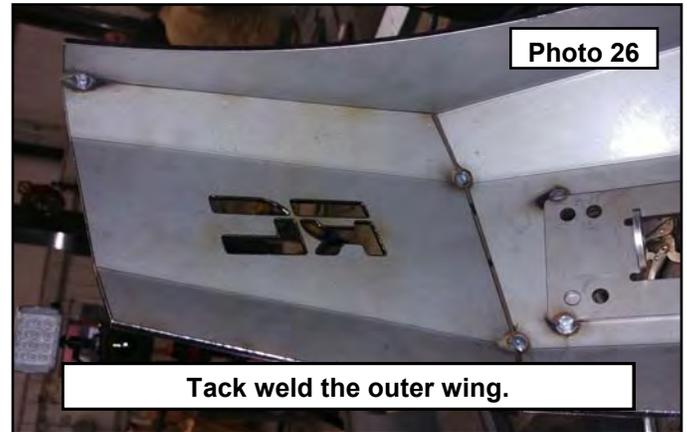


29. Install the inner bracket assembly into the skin as shown. Make sure to center the inner bracket assembly to the center skin. Once this has been verified, tack weld the bumper supports and the winch tray to the center skin. **Photo 23**
30. Locate the inner wings. With the center skin laying face down, hold the inner wing in place. Line up all the bend lines. You will want to leave about a .030" gap between the parts. Use of clamps may be necessary to make the skin line up in places. Once all has been verified, tack weld the inner wing strong enough that it will hold. Repeat the process for the opposite side for all of the wing assembly. **Photo 24**



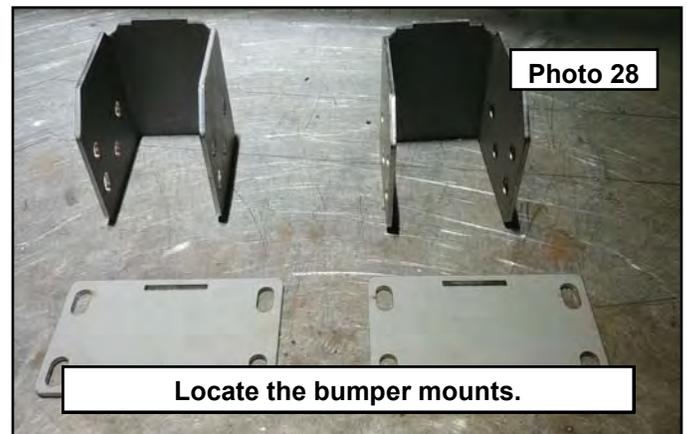
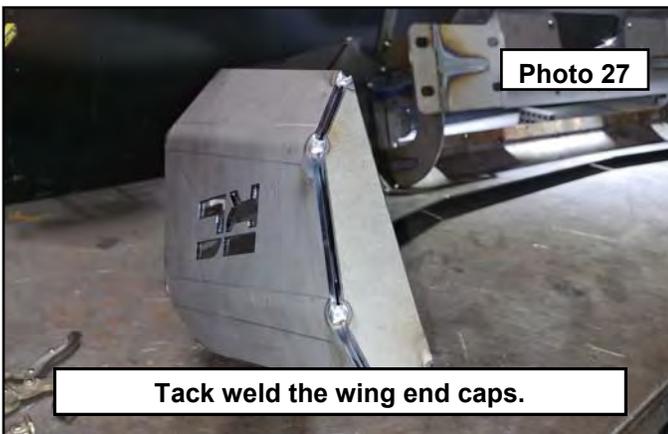
31. Tack weld the middle wings to the inner wings. **Photo 25**

32. Repeat the process with the outer wings to the middle wings. **Photo 26**



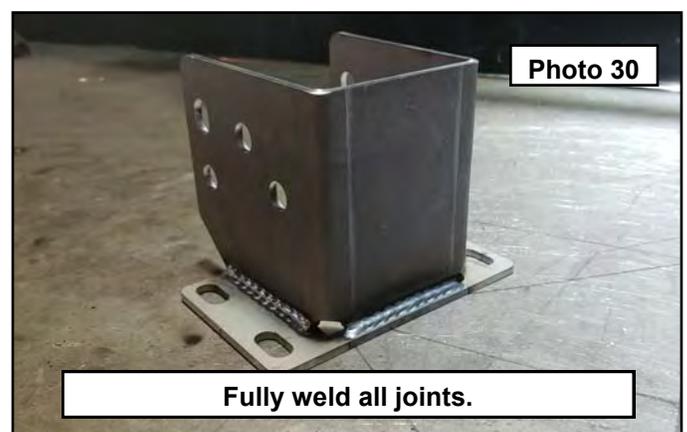
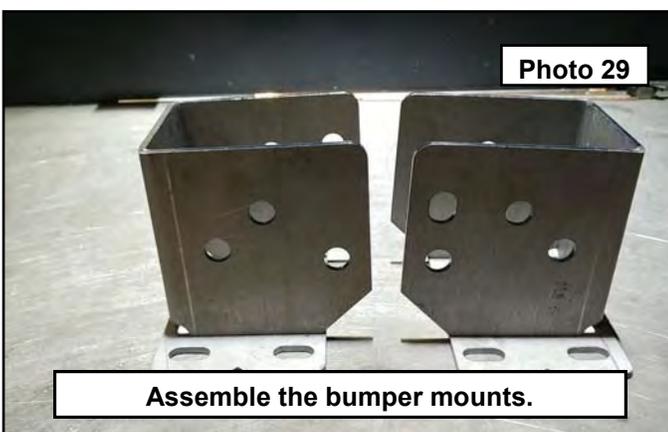
33. Tack weld the wing end caps to the outer wings. **Photo 27**

34. Locate the bumper frame mounts and the bumper front plates. **Photo 28**

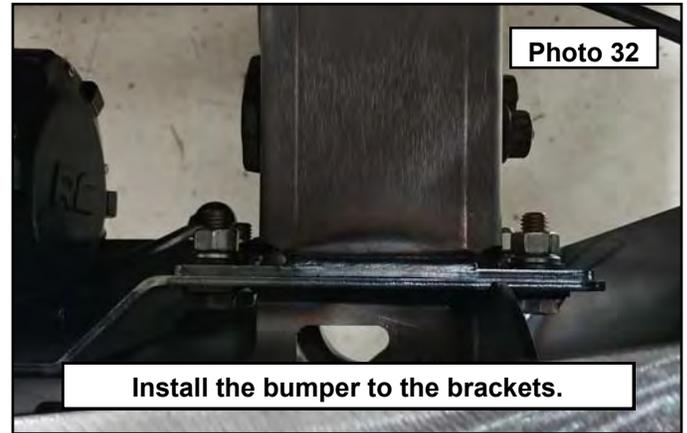
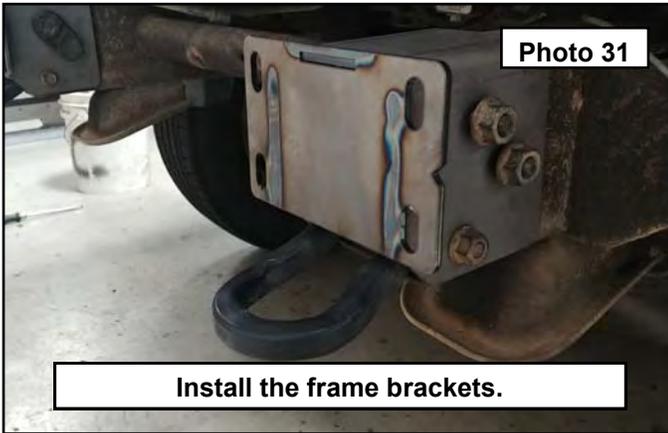


35. Lay the front plate on a clean flat surface. Install the bumper frame mount into the slot of the bumper plate. Square the mount to the plate and tack weld together. **Photo 29**

36. Fully weld the bumper mounts together. **Photo 30**



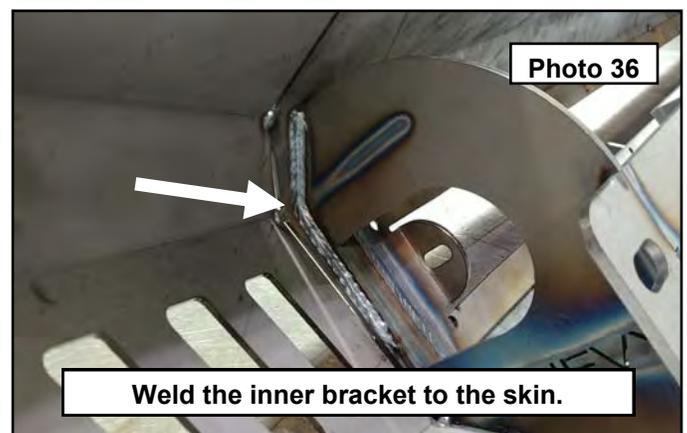
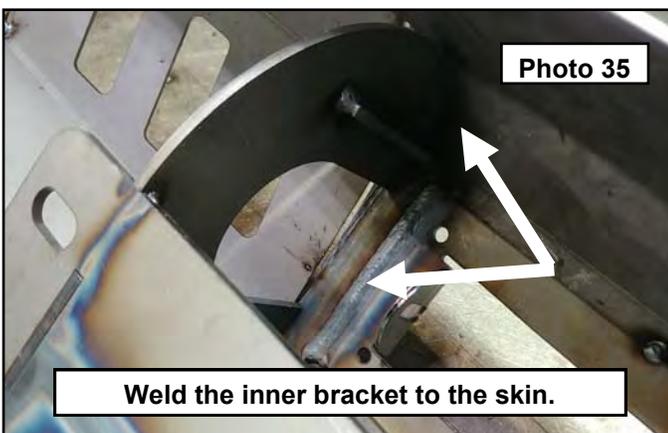
37. Once parts are cooled off, install the bumper mounts to frame using the factory hardware. DO NOT tighten at this time.
38. Have an assistant help install the bumper to the vehicle using the provided bolt tabs and nuts.



39. Adjust the bumper so that the center skin is centered with the grill and is level. Do not worry about the wings at this time. Just make sure the center skin is correct. Tighten the mounting hardware once all is level and centered. **Photo 33**
40. Check the wings to make sure everything is looking good for gaps and width against the body. If the wing looks twisted, this can be fixed when the last piece of the wing is tacked in place.
41. Locate the bottom wing skins. Have your assistant twist the wing if necessary to hold the appropriate gap.
42. Tack weld the lower wing to the center skin and inner wing once the gaps are good. This piece adds the rigidity to the wing and keeps everything square. Repeat the process for the other side. **Photo 34**



43. Once you are satisfied with the fit, remove the bumper. Fully weld the inner brace assembly to the center skin at all points that the parts touch. **Photo 35, 36**



44. Fully weld the skin seams. Use a suitable grinder/sander and flap disc, sand all the joints smooth for a finished look. **Photo 37**

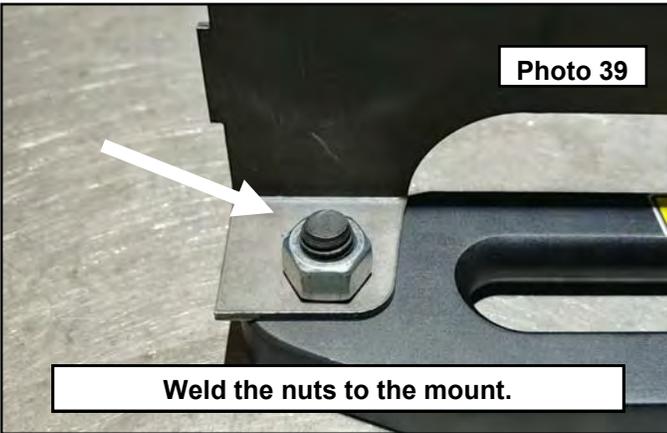
**Photo 37**

45. Locate the fairlead mount and side plates. This is used whether or not you are installing a winch as it also holds the block off grill. **Photo 38**



46. Locate the 12mm raw nuts and the Allen bolts. Install to the fairlead mount. Weld the nuts in place. Remove the bolts. **Photo 39**

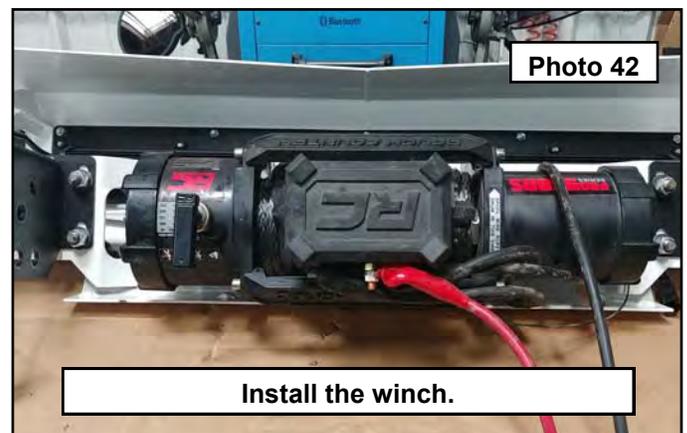
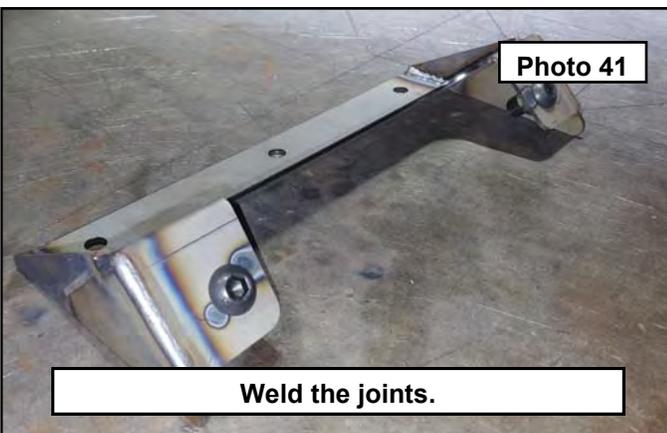
47. Install the side plates as shown. **Photo 40**



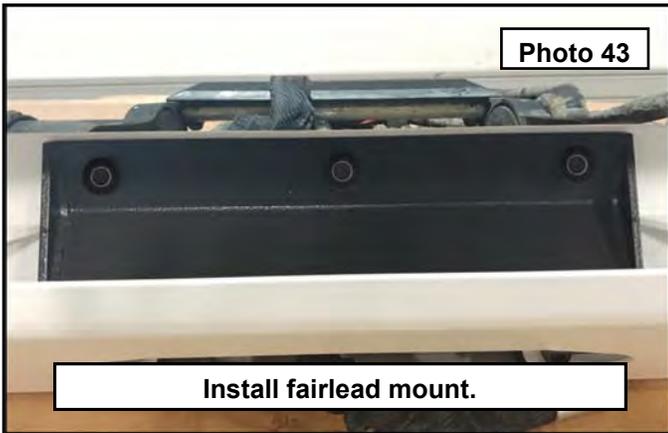
48. Weld the corner joints. **Photo 41**

49. Have the bumper and pieces coated in your preferred choice of color paint, powder coat or bed/body armor lining.

50. If you are installing a Rough Country 95,00 or 12,000 lb winch with synthetic rope, install the provided square nuts that came in the hardware bag with the winch into the base of the winch. Have an assistant hold the winch up to the bumper while you install the provided 10mm button head bolts into the base of the winch. You will find that you have to access the lower holes through the front fairlead opening and the upper holes through the light bar opening. Make sure to route the winch cable through the hole in the front of the bumper. Once all are started, torque the lower bolts to 30 ft-lbs. **Photo 42**



51. Remove the upper button head bolts, and install the winch fairlead. Install the remaining 10mm button head bolt (with the head facing the winch), washers, and nut. Torque all to 30 ft-lbs. **Photo 43**
52. Install the light trim rings to the mounts using the 1/4" Allen button head bolts, stainless washer (for the nut side) and nuts provided if you have purchased the lighting options. If you did not purchase the lighting options, then you will use the block off plates on the outer wings and center grill cover. You have a choice of black stainless or silver stainless button head bolts for this purpose. **Photo 44**



53. If installing any of the lighting options, use the hardware provided in the light boxes. Snug the light hardware down enough to hold the lights tightly in place. Install any necessary washers or spacers needed to make the lights fit. This bumper is designed around the Rough Country 30" single row led light bar, and 10" slim line led light bars in black or chrome series. **Photo 45, 46**



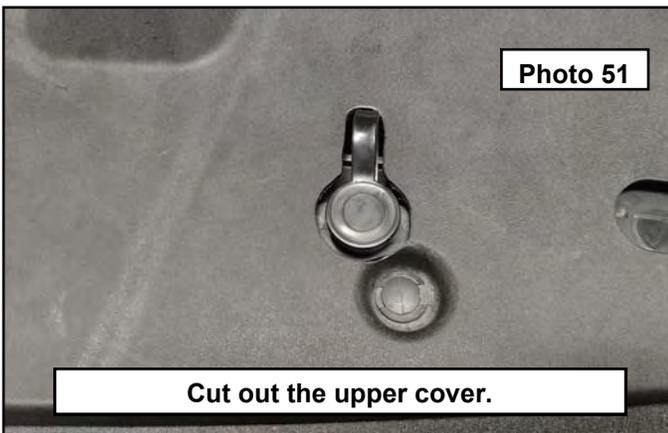
54. You can also use the center grill option with a light. **Photo 47**
55. Using an assistant, install the bumper to the vehicle as done in the test fitting steps. Adjust until all gaps are good. Torque the bumper mounts to 95 ft-lbs and the tow hook to 50 ft-lbs. **Photo 48**



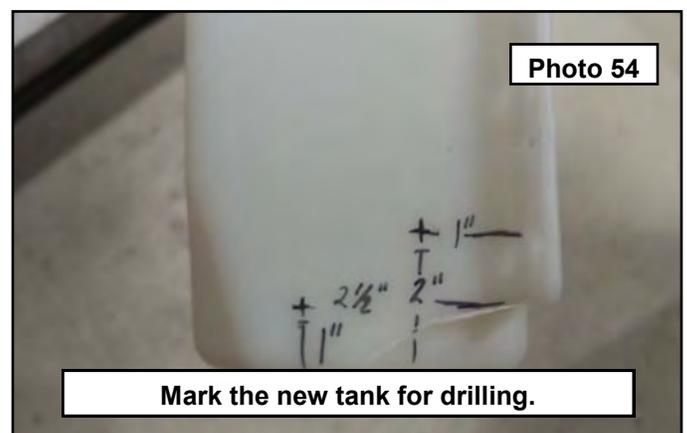
56. Install the winch fairlead using the provided 12mm button head bolts from the bumper hardware bag. Torque to 30 ft-lbs. If you are not using a winch, install the winch block off grill using the 12mm button head bolts and 1/4" thick spacers. Line up until all the gaps are even and torque the bolts to 5 ft-lbs.
57. If you installed a winch and/or lights, run the electrical accordingly.
58. If you purchased the winch control extension cable, a good place to mount this is on the grill shell under the hood. Access this area by removing the core support cover plastic rivets and set aside.
59. Make a template using the extension base. **Photo 49**
60. Drill out the holes and bolt to the grill shell. Run the cable to the winch control box. **Photo 50**



61. Place the core support cover back into place. Mark the location of the extension base. Use a rotary tool to make a hole in the cover for the extension to pass through. **Photo 51**
62. Mark the wheel liners even with the bumper. Use a razor knife taking extreme caution, trim the liners across for a clean finished look. Tuck the liner behind the bumper end caps. **Photo 52**

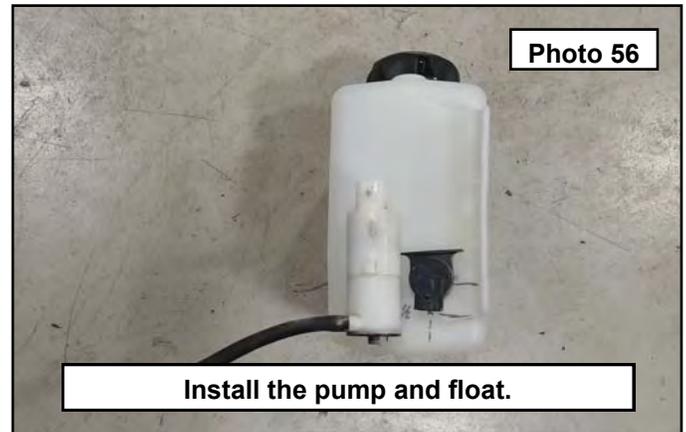
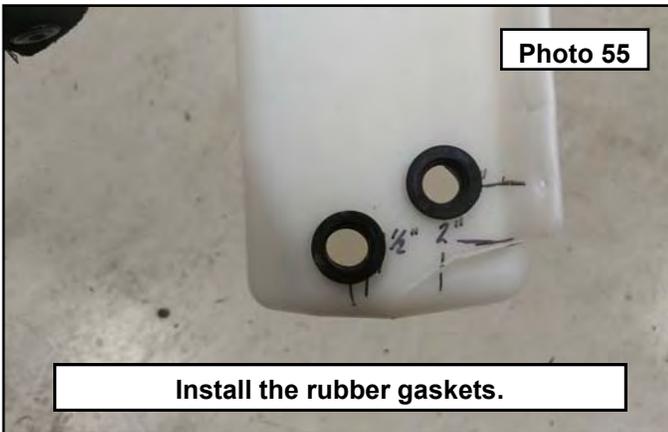


63. If you have purchased the recommended washer tank, follow these steps to swap over the pump and float assemblies. Remove the pump and float from the original washer tank by gently twisting and pulling out of the tank. These are only held in by the rubber gasket. **Photo 53**
64. Make a measurement on the side of the new tank 1" up from the bottom and 2.25" from the side. Drill out a 3/4" hole at this point for the factory pump. Make a measurement on the front of the tank for the float 2" up from the bottom and 1" from the side for the float. **Photo 54**



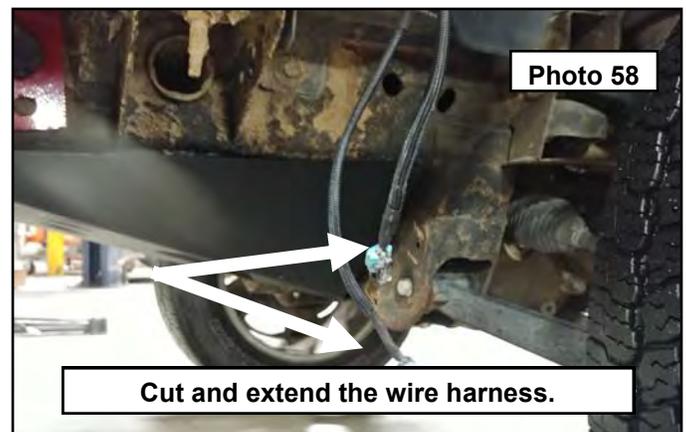
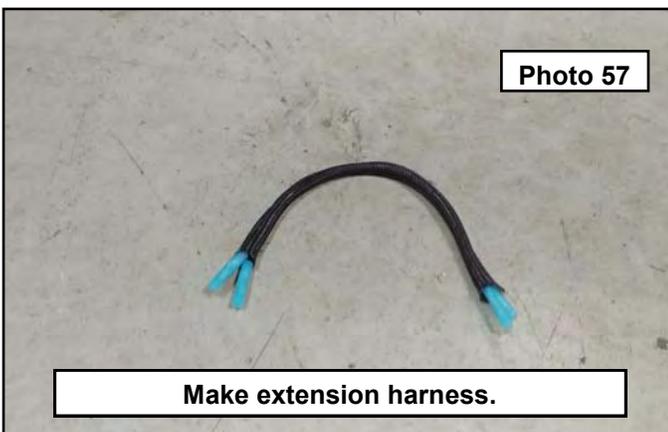
65. Install the factory rubber gaskets to the new tank. **Photo 55**

66. Install the pump and the float. Make sure they are both fully seated in the gaskets. **Photo 56**



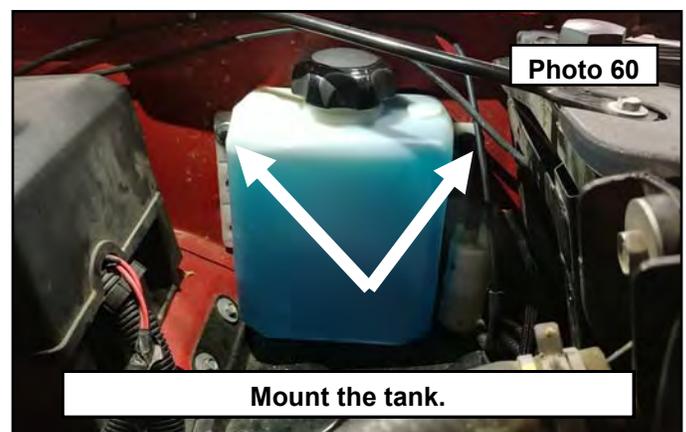
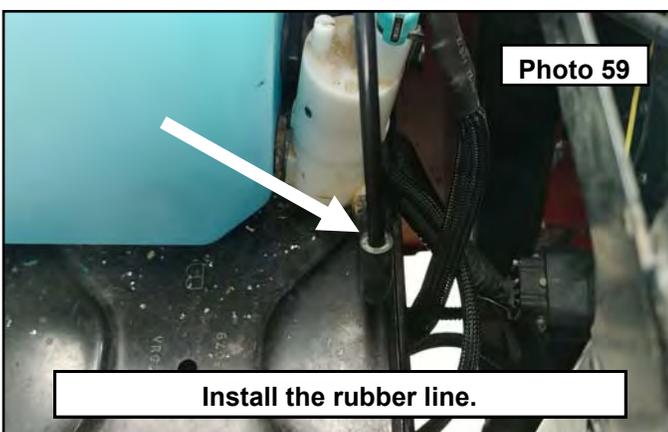
67. Cut 4 pieces of 18 gauge wire 6" long. Add butt connectors to the ends of each wire. **Photo 57**

68. Make sure the battery is disconnected, cut the wire harness for the pump and the float. Strip the wires and install the 6" length of wire making sure to match the original harness colors on both ends. Repeat this for the remaining three wires. Route the extended wire harness to the inside of the engine bay and connect the pump and float electrical connectors. **Photo 58**

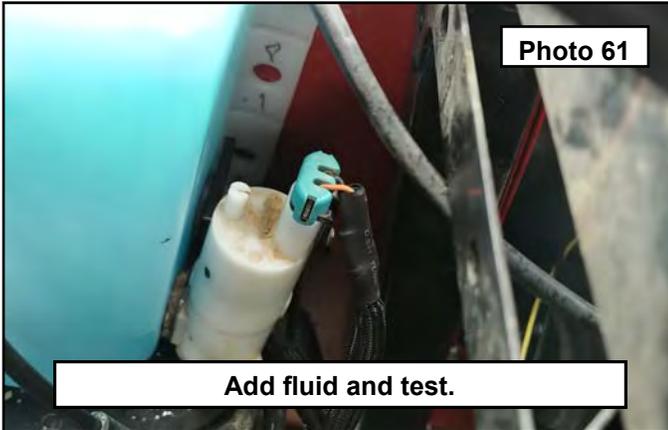


69. Route the washer tank hard line to the pump. Cut the line and install to the rubber line on the pump. **Photo 60**

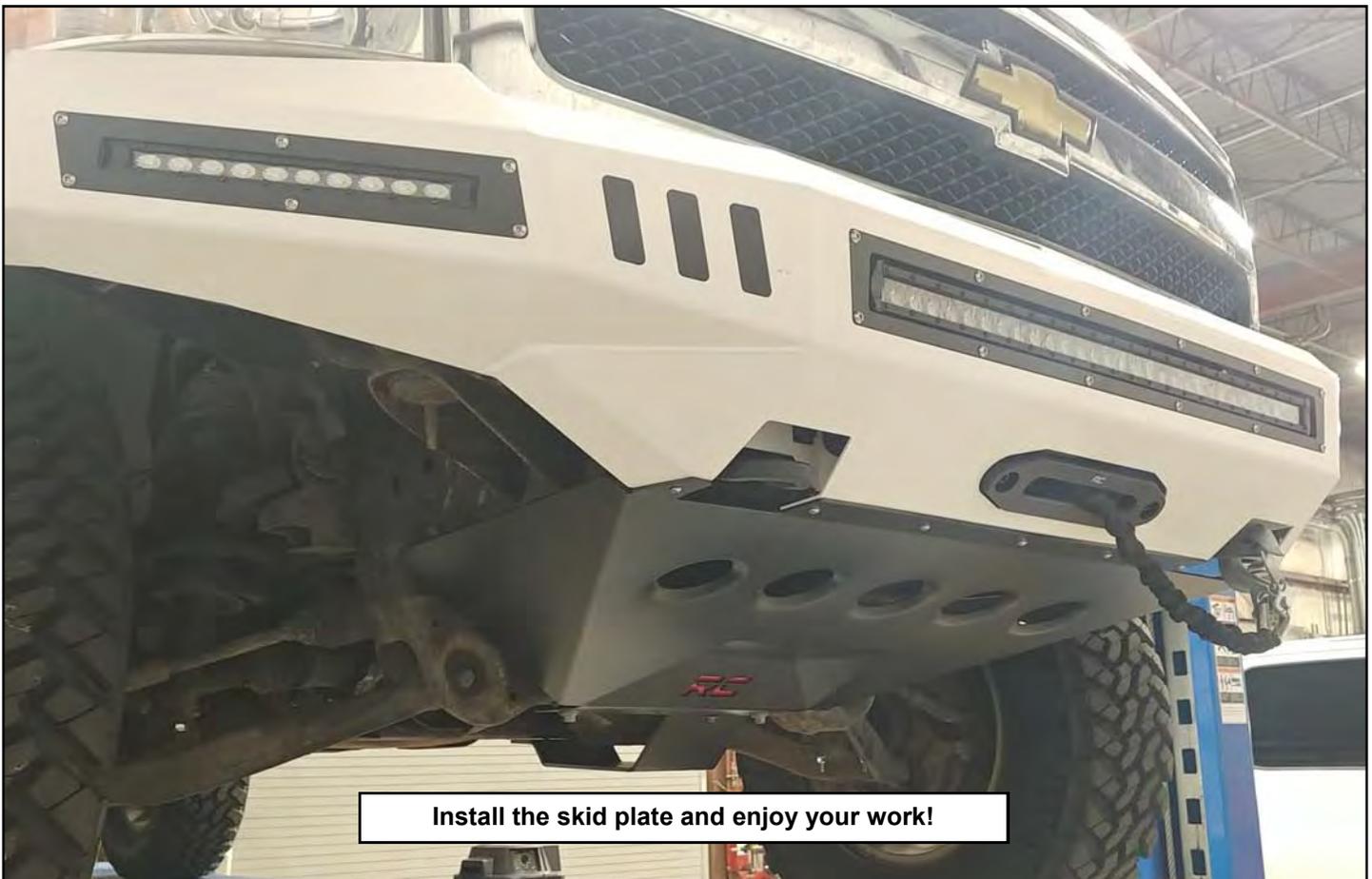
70. Mount the tank into the vehicle fender well using some 5/16" self tapping bolts. **Photo 59**



71. Reconnect the battery and test all electrical components for proper operation. **Photo 61**
72. For a finished look on the frame, the lower frame horns can be removed. This is also necessary if you purchased the optional lower skid plate designed for the bumper. Use a suitable cutting device, trim the frame horns off flush with the frame. (Plasma cutter shown.) Grind any burrs and paint using a quality rust preventative paint or under liner. **Photo 62**



73. Install the skid plate using the provided hardware from the skid plate box. Start the 1/4" stainless hardware first, and once all are started, then install the 10mm bolts in the frame location. Take a step back and admire/enjoy all the work you have put into your new DIY bumper.



By purchasing any item sold by Rough Country, LLC, the buyer expressly warrants that he/she is in compliance with all applicable , State, and Local laws and regulations regarding the purchase, ownership, and use of the item. It shall be the buyers responsibility to comply with all Federal, State and Local laws governing the sales of any items listed, illustrated or sold. The buyer expressly agrees to indemnify and hold harmless Rough Country, LLC for all claims resulting directly or indirectly from the purchase, ownership, or use of the items.