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# Rough Country 10809A Installation Instructions

High Clearance Front Bumper for 2021-2023 Ford F-150

Part number: 10809A

trailfortress.com/high-clearance-front-bumper-ford-f150-rough-country-10809a

Scan for fitment, price and install help

921080900

ROUGH COUNTRY
SUSPENSION SYSTEMS®

# FORD 2021-22 F-150 Front Bumper

**Thank you for choosing Rough Country for all your vehicle needs.**

Please read instructions before beginning installation. Check the kit hardware against the kit contents shown below. Be sure you have all needed parts and know where they go.
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.
Periodically check all hardware for tightness.

**KIT CONTENTS:**
**Bumper x1**
**Skid Plate x1**
**Mesh Grille x1**
**License Plate Mounting Bracket x1**
**Driver Side LED Light Bracket x1**
**Pass Side LED Light Bracket x1**
**2" Cube Light Kit x1**
**20" Duel Row LED Light x1**
**Rubber Sensor Plugs x6**
**Sensor Retaining Clips x6**
**Sensor Foam Washers x6**
**License Plate Plugs x2**

**TOOLS NEEDED:**
**13mm Wrench or Socket**
**18mm Wrench or Socket**
**19mm Wrench or Socket**
**21mm Wrench or Socket**

**HARDWARE INCLUDED:**
**10809-1**
**12mm Lock Nut x6**
**12mm Lock Washer x12**
**12mm x45mm Hex Bolt x6**
**8 x25mm Hex Bolt x4**
**8 x16mm Hex Bolt x2**
**8mm Hex Nut x4**
**8mm Flat Washer x8**
**8mm Lock Washer x4**
**6mm Lock Nut x2**
**6 x20mm Button Screw x2**
**6mm Flat Washer x4**
**4mm x15mm Tapping Screw x12**
**4mm Allen Wrench**

**10809BOX2**
**5mm Allen Wrench x1**
**8mmLock Washer x4**
**8mm Flat Washer x4**
**8 x 25mm Button Screw x4**
**10mm Lock Washer x2**
**10MM Flat Washer x2**
**10 x25mm Button Screw x2**
**10mm Lock Nut x2**




**Torque Specs:**

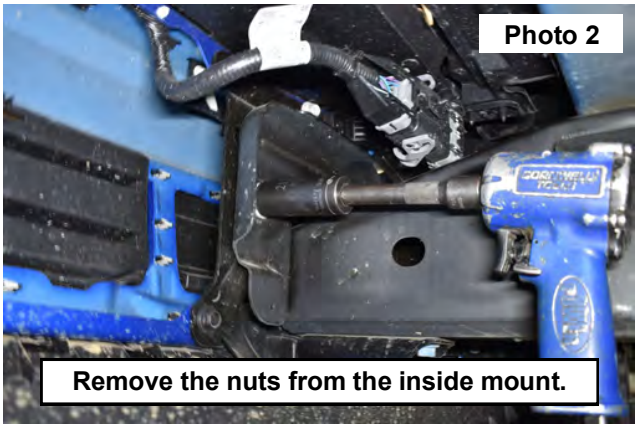
| Size | Grade 5 | Grade 8 | Size | Class 8.8 | Class 10.9 |
|---|---|---|---|---|---|
| 5/16" | 15 ft/lbs | 20ft/lbs | 6MM | 5ft/lbs | 9ft/lbs |
| 3/8" | 30 ft/lbs | 35ft/lbs | 8MM | 18ft/lbs | 23ft/lbs |
| 7/16" | 45 ft/lbs | 60ft/lbs | 10MM | 32ft/lbs | 45ft/lbs |
| 1/2" | 65 ft/lbs | 90ft/lbs | 12MM | 55ft/lbs | 75ft/lbs |
| 9/16" | 95 ft/lbs | 130ft/lbs | 14MM | 85ft/lbs | 120ft/lbs |
| 5/8" | 135ft/lbs | 175ft/lbs | 16MM | 130ft/lbs | 165ft/lbs |
| 3/4" | 185ft/lbs | 280ft/lbs | 18MM | 170ft/lbs | 240ft/lbs |

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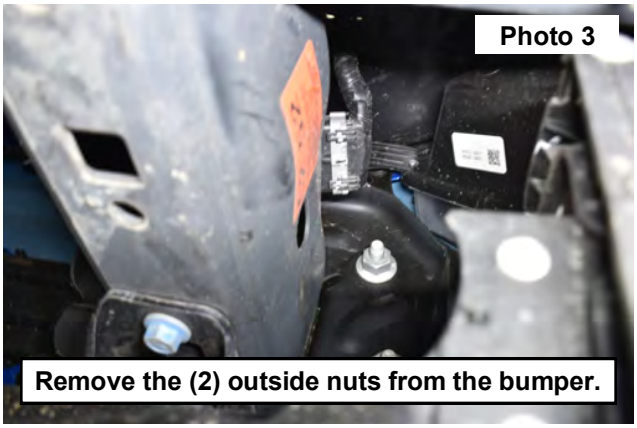
## INSTALLATION INSTRUCTONS

1. Disconnect the fog light wiring harness from the passengers side of the frame. **See Photo 1.**
2. Remove the inside nuts on the frame bracket using a 21mm socket. **See Photo 2.**



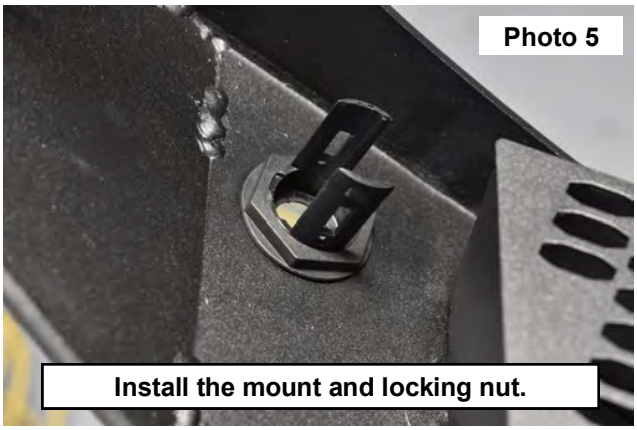

3. Support the bumper. Then remove the (2) outside nuts from the bumper bracket using a 21mm socket. **See Photo 3.**
4. Remove the bumper from the vehicle. **See Photo 4.**

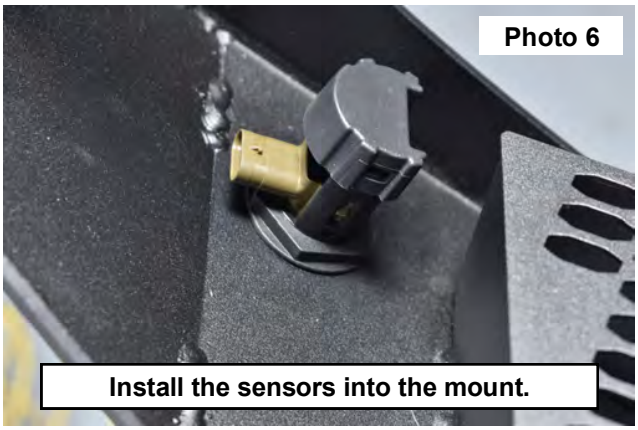






5. If equipped with sensors. Remove the sensors from the OE bumper.
6. Install the mount and locking nut into each sensor hole of the bumper. **See Photo 5.**
7. If equipped with sensors install into the mount and locking clips on top of the sensor. **See Photo 6.**



8. Install the plugs for the sensor mount if no sensor to be installed. **See Photo 7.**
9. Place the mesh grille into the bumper. **See Photo 8.** If installing an LED light bar do so at this time.

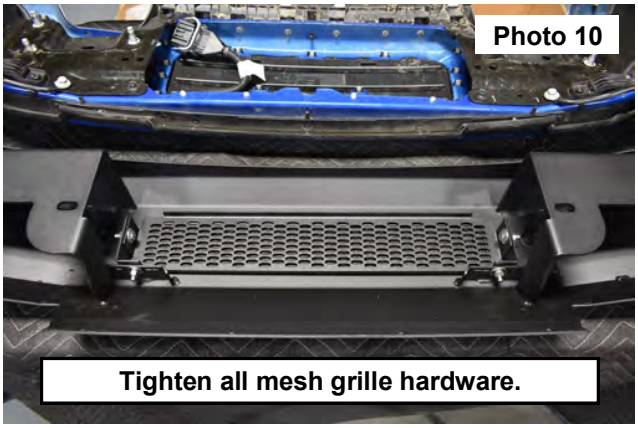




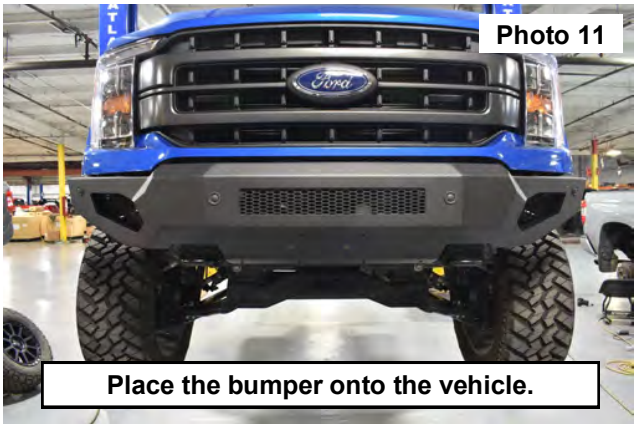


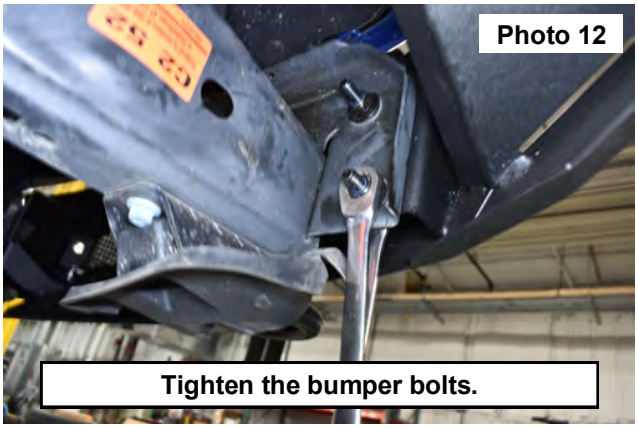
10. Secure the mesh grille using the driver and passenger side brackets and secure the grille using the supplied 8mm Bolts, 8mm Flat Washers and the 8mm Nuts. Tighten using a 13mm wrench and socket. **See Photos 9 and 10.**
11. Install the 2” Cube lights into each end of the bumper.



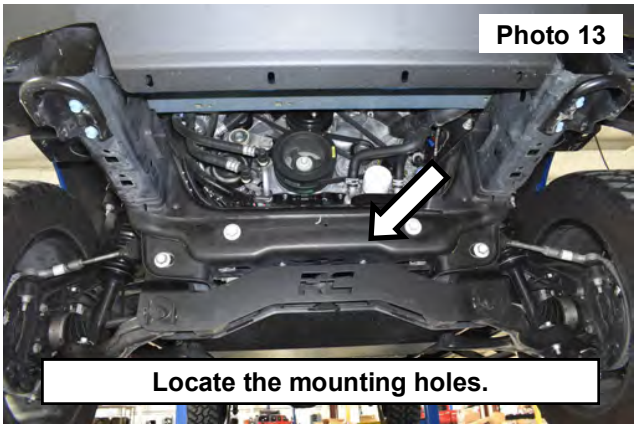



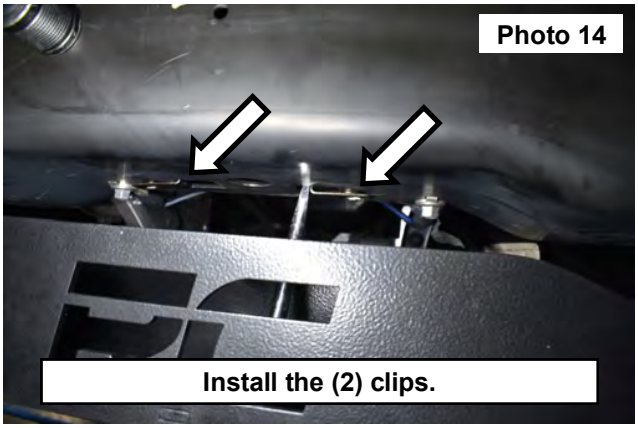

12. Support the bumper and install onto the vehicle using (3) of the supplied 12mm bolts, (6) 12mm flat washers and (3) 12mm nylock nuts on each side of the bumper. Tighten using an 18mm and 19mm wrench. **See Photos 11 and 12.**



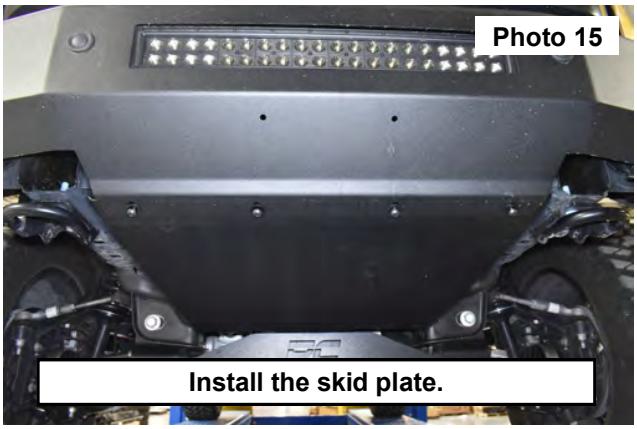



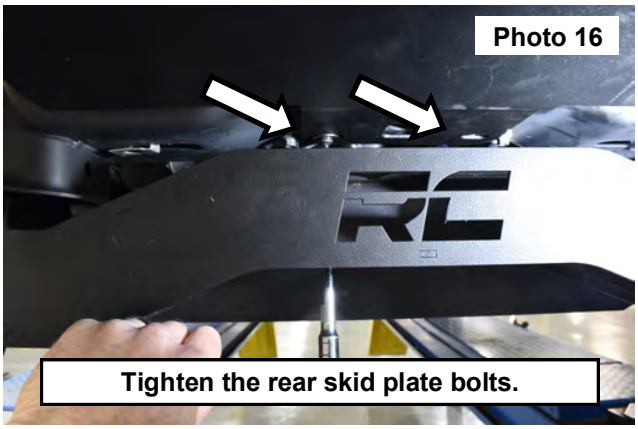
13. Use the supplied 12mm spacer washers if needed in-between the frame mount and the bumper.
14. Locate the mounting holes in the factory frame. **See Photo 13.**



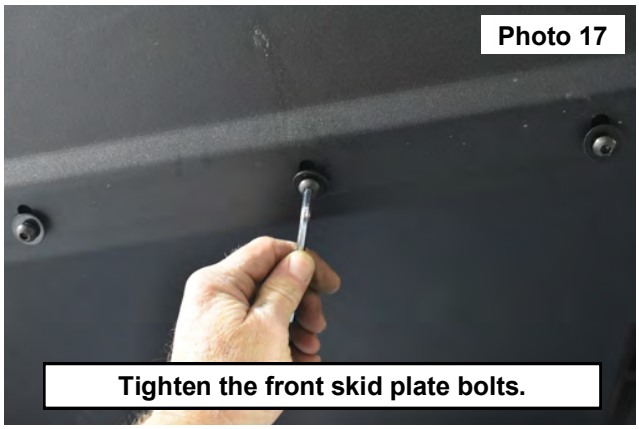



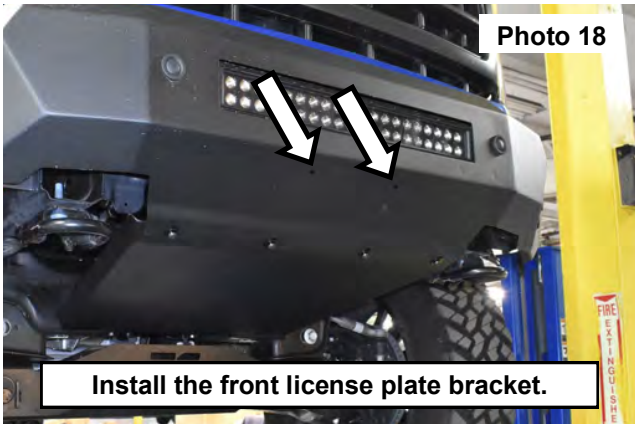

15. Install the nut clips into the frame mount, a pry tool may help the clip into position. **See Photo 14.**
16. Place the skid plate (If a lift crossmember has been installed) in-between the crossmember and the frame mount, then rest the skid plate over the (4) mounting holes in the bumper. **See Photo 15.**
17. Secure the rear mount of the skid plate using (2) of the supplied 8mm button head bolts and (2) 8mm flat washers. Tighten using an 8mm Allen wrench. **See Photo 16.**




18. Secure the front of the skid plate to the bumper using (4) of the supplied 6mm button head bolts and (4) 6mm flat washers. Tighten using a 4mm Allan wrench. **See Photo 17.**
19. Install the front license plate bracket using the supplied mounting bracket and hardware. **See Photo 18.**




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