FEMALE Measurement Fitting Guide

Name:	
Organisation:	
Position:	
Contact No:	
Contact Email:	

Height:	cm / inch	Weight:	
Measured By:		Date:	

PLEASE NOTE FOR US TO DETERMINE THE BEST SIZE VEST FOR YOU IT IS CRUCIAL THAT YOU

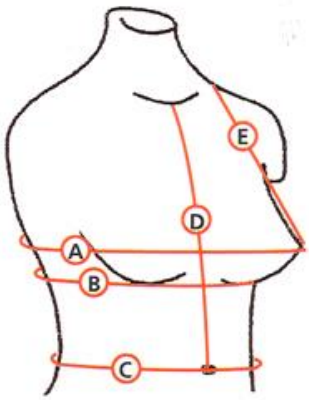
- NOTE BOTH YOUR HEIGHT AND WEIGHT ABOVE.
- USE A CLOTH MEASURING TAPE
- HAVE ANOTHER PERSON DO THE MEASURING TO ENSURE ACCURACY

Please indicate the most likely manner in which your body armour will be worn: Mainly Standing ☐

Mainly Driving ☐

Sizing Details:
We care that you get a vest that fits you correctly. Please help us by taking your measurements as instructed below.
Please use inches and always round up to the nearest inch.

- For Covert Armour please take the measurements worn over a simple base layer.
- For Overt Armour take the measurements wearing the uniform/clothing you are most likely to wear.
- **Side Coverage** - It is ideal to have the front and back panels close to touching at the sides. This provides almost full wraparound coverage, without overlapping which would cause a bulge under your clothing. You may want a small gap to allow more freedom of movement, and ventilation.
- **Front Length** - All vests are designed to cover the vital organs, not the entire torso. It's also important not to get a vest that is too long. If it is too long and it will hit your belt when you sit or bend, and push up into your throat and restrict your breathing.



A = Bust: Measure around the fullest part of your bust, standing up, whilst fully breathing in and holding your breath, measure snugly.
B = Rib Cage: Take this measurement directly under the bust, again standing up and whilst fully breathing in.
C = Stomach: Measure around the waist at navel level. Take the measurement both seated and standing and use the highest value. This measurement is not your trouser/waist size.
D = Sternum to stomach: Find your sternum notch which is the center joint of your collarbone (just below the bottom of your throat). Measure straight down from the center of your chest to your navel while sitting down in a normal relaxed position.
E = Shoulder to bust: Whilst standing, measure from the highest point of the shoulder to the highest point of the bust.

A	Bust	cm / inch
B	Rib Cage	cm / inch
C	Stomach	cm / inch
D	Sternum-stomach length	cm / inch
E	Shoulder-bust	cm / inch