

MALE Measurement Fitting Guide

Personal Details

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

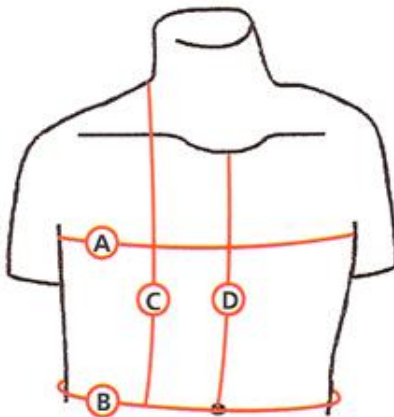
Mainly Driving

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 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	Chest	cm / inch
B	Stomach	cm / inch
C	Shoulder-stomach length	cm / inch
D	Sternum-stomach length	cm / inch

A = Chest: Measure around the chest at nipple height whilst standing up, fully breath in and hold your breath, measure snugly.

B = Stomach: Take this measurement around the waist at navel height. Take the measurement both seated and standing and use the highest value. This measurement is not your trouser/waist size.

C = Shoulder to stomach: Whilst standing, measure from the nape of the neck to the navel.

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 the center of your chest to your navel while sitting down in a normal relaxed position.