

GUIDE TO SIZING

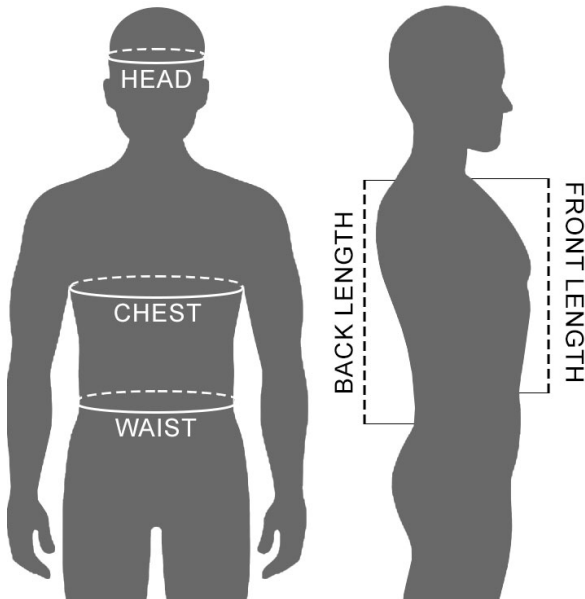
Body Armour

Consider the clothing worn during typical duties. For bulky items, measure whilst wearing to ensure best fit. Body armour is ergonomically designed to sit around the belly button +/- 1 inch. This is the ideal position allowing the body to bend to sit or crouch.

TIP: Please consider the clothing that will be worn during typical duties in your body armour.

Ballistic Helmet

Take the measurement from the forehead extending the tape measure all the way around your head.



SIZING FORM (MALE AND FEMALE)

Name	
Organisation	
Rank	
Telephone Number	
Email	

	cm	inches
Height		
Largest chest circumference		
Inner chest (arms out front, measure between)		
Largest waist/ stomach circumference		
Front length (standing) jugular to navel		
Front length (sitting) jugular to belt		
Back length (standing) 7 th vertebrae to belt		

Weight	kg
Bra Size	

	cm	inches
Largest head circumference		

I declare that the sizes above are correct

Signed	
Dated	

SIZES (Inches)					
	Chest	Waist	Front Length	Back Length	Head
S	34-38	26-30	13	17	20.5-21.2
M	38-43	30-34	14	18	21.2-23.2
L	43-46	34-38	15	19	22.5-24.8
XL	46-48	38-42	16	20	24.8-25.2
XXL	48-50	42-46	16.5	20.5	
XXXL	50-52	46-50	17	21	
XXXXL	52-53	50-53	17.5	21.5	

SIZES (Centimeters)					
	Chest	Waist	Front Length	Back Length	Head
S	86-96	66-76	33	43	52-54
M	96-109	76-86	35	46	54-59
L	109-116	86-96	38	48	57-63
XL	116-122	96-107	40	51	63-64
XXL	122-127	107-117	42	52	
XXXL	127-132	117-127	43	53	
XXXXL	132-135	127-137	44	54	

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