

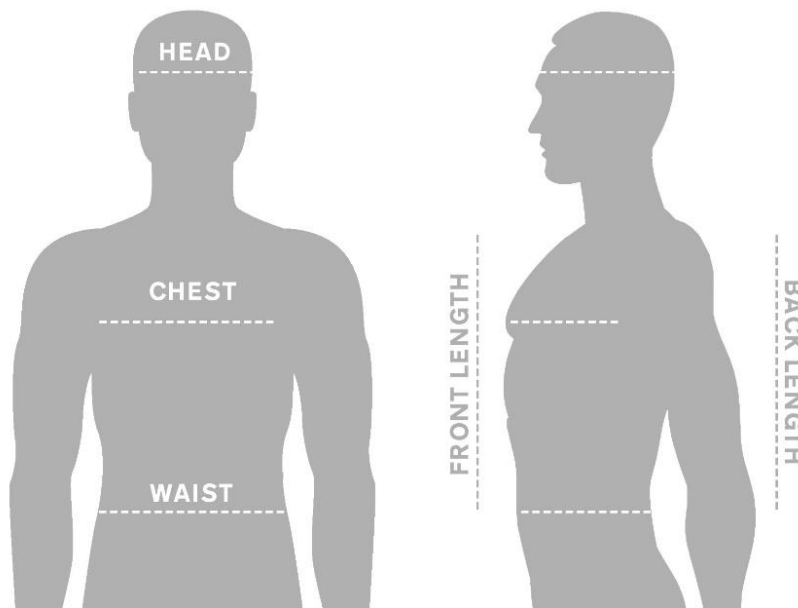
SIZING GUIDE

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.

Ballistic Helmet

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



inches (cm)	Chest	Waist/Stomach	Front Length	Back Length	Head Circumference
S	34-38 (86-96)	26-30 (66-76)	13 (33)	17 (43)	20.5-21.2 (52-54)
M	38-43 (96-109)	30-34 (76-86)	14 (35)	18 (46)	21.2-23.2 (54-59)
L	43-46 (109-116)	34-38 (86-96)	15 (38)	19 (48)	22.5-24.8 (57-59)
XL	46-48 (116-122)	38-42 (96-107)	16 (40)	20 (51)	24.8-25.2 (63-64)
XXL	48-50 (122-127)	42-46 (107-117)	16.5 (42)	20.5 (52)	
XXXL	50-52 (127-132)	46-50 (117-127)	17 (43)	21 (53)	
XXXXL	52-53 (132-135)	50-53 (127-137)	17.5 (44)	21.5 (54)	

For assistance please complete a measurement sheet and email to sales@vestguard.com or have your measurements ready and call +44 (0) 1621816614