

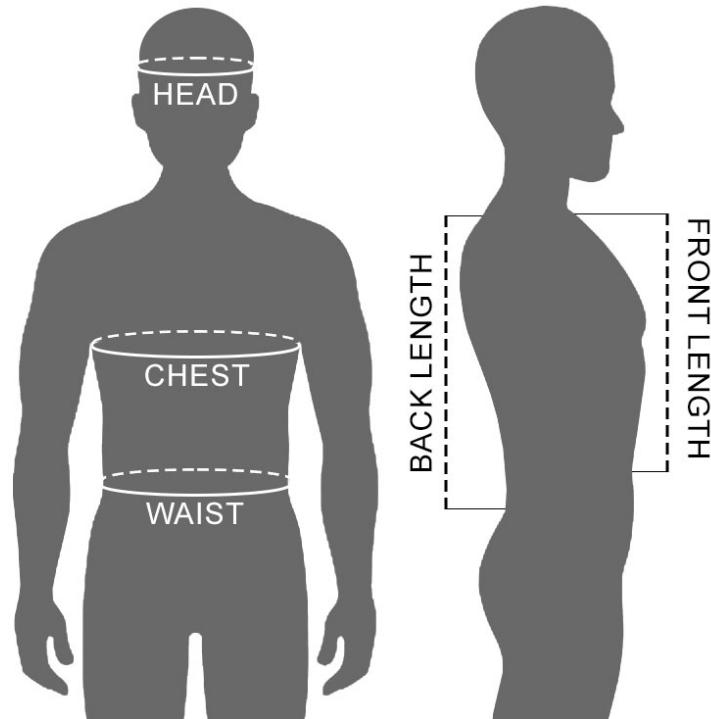
## SIZING GUIDE

### 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
<b>S</b>	34-38 (86-96)	26-30 (66-76)	13 (33)	17 (43)	20.5-21.2 (52-54)
<b>M</b>	38-43 (96-109)	30-34 (76-86)	14 (35)	18 (46)	21.2-23.2 (54-59)
<b>L</b>	43-46 (109-116)	34-38 (86-96)	15 (38)	19 (48)	22.5-24.8 (57-63)
<b>XL</b>	46-48 (116-122)	38-42 (96-107)	16 (40)	20 (51)	24.8-25.2 (63-64)
<b>XXL</b>	48-50 (122-127)	42-46 (107-117)	16.5 (42)	20.5 (52)	
<b>XXXL</b>	50-52 (127-132)	46-50 (117-127)	17 (43)	21 (53)	
<b>XXXXL</b>	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](mailto:sales@vestguard.com) or have your measurements ready and call +44 (0) 1621816614

## SIZING FORM

(MALE AND FEMALE)

Name	
Organisation	
Rank	
Telephone Number	
Email	

	cm	inches
Height		
Largest chest circumference		
Largest waist/ stomach circumference		
Front length (standing) jugular to navel		
Front length (standing) jugular to belt		
Back length (standing) 7 <sup>th</sup> vertebrae to belt		

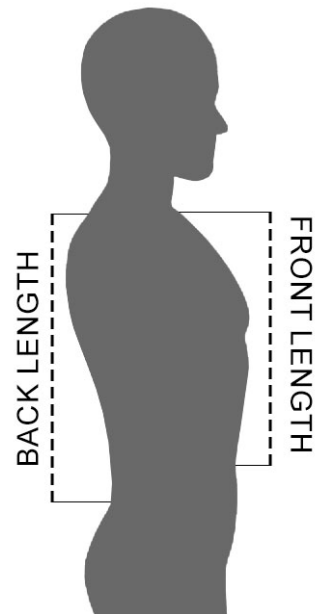
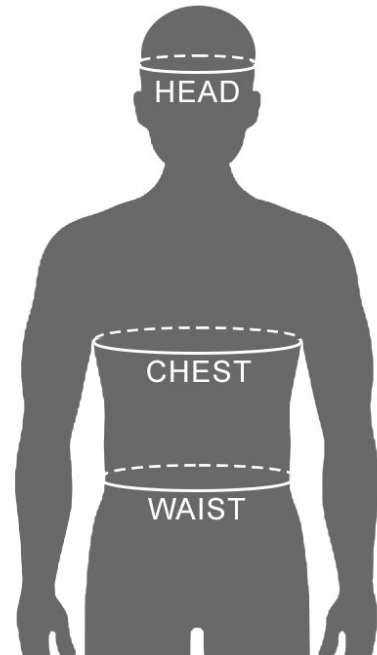
Largest head circumference		
Hand circumference		

Weight	KG
Bra Size	

I declare that the sizes above are correct

Signed	
Dated	

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



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