

VESTGUARD UK

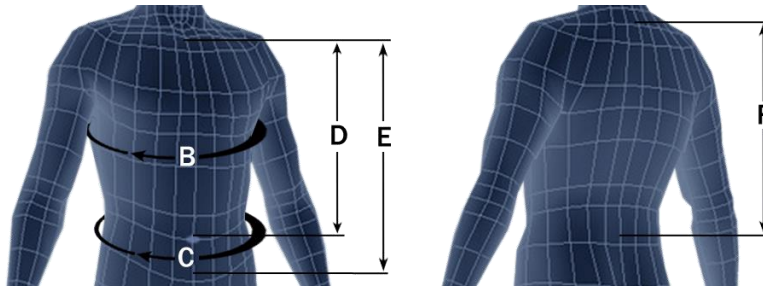
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Sizing Guide

Measuring for Body Armour

(Please consider the clothing that will be worn during typical duties in your body armour)



	Chest (B) Inches (cm)	Waist/stomach (C) Inches (cm)	Front Length (D) Inches (cm)	Back Length (F) Inches (cm)
Small	34-38 (86-96)	26-30 (66-76)	13 (33)	17 (43)
Medium	38-43 (96-109)	30-34 (76-86)	14 (35)	18 (46)
Large	43-46 (109-116)	34-38 (86-96)	15 (38)	19 (48)
XL	46-48 (116-122)	38-42 (96-107)	16 (40)	20 (51)
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)

Measuring for Helmets and Gloves

Helmet – Take measurement from the forehead and extend the tape all the way around your head

Gloves – Using your strongest hand wrap tape between thumb and forefinger and around your whole palm. Make a loose fit

	Minimum Head Circumference (H) Inches (cm)	Hand Circumference Inches (cm)
Small	52-54 (20.5-21.2)	8 (20.3)
Medium	54-59 (21.2-23.2)	9 (22.9)
Large	57-63 (22.5-24.8)	10 (25.4)
XL	63-63 (24.8-25.2)	11 (27.9)
XXL		12 (30.5)

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