

# MALE SIZING VEST INSTRUCTIONS



Male Sizing Vest kits include ten front and ten rear vests. Each vest is a different width. Select the appropriate width sizing vest by utilizing the instructions below. Once a size is determined, submit sizing to [customerservice@gharmorsystems.com](mailto:customerservice@gharmorsystems.com).

**READY IS THE ONLY OPTION.**

**Step 1:** Calculate chest measurement in Box A. Calculate total waist measurement in Box B. Add overlap.

**A CHEST MEASUREMENT**

Measure circumference at widest point of chest. Tape should be level around entire torso. Round up to nearest inch.

\_\_\_\_\_ in.

**B TOTAL WAIST MEASUREMENT**

**B1.** Measure circumference at widest point of the abdomen. Tape should be level around entire torso. Round up to nearest inch. Add desired overlap to measurement to achieve total waist measurement. If difference between chest and waist is more than 4", take average of both measurements, then add overlap.

|                           |              |                             |
|---------------------------|--------------|-----------------------------|
| Overlap Calculation Chart | — Butt Fit   | add 2" to waist measurement |
|                           | — 1" Overlap | add 4" to waist measurement |
|                           | — 2" Overlap | add 6" to waist measurement |

WAIST \_\_\_\_\_ + OVERLAP \_\_\_\_\_ = \_\_\_\_\_ in. TOTAL WAIST

**Step 2:** Use the total waist measurement to determine the front and back panel widths. For example, a total waist measurement of 54 inches would yield a front panel width of 28 and a back panel width of 26. Record panel widths in Size Selection Chart (Box 1 and 3). Select the sizing vest corresponding to the panel widths. (In this example, the sizing vest panels are 2813 front and 2613 back.)

**B2.** Circle front/back panel widths below that most closely add up to total waist. Front panel must be as wide or wider than back panel; front panel always overlaps back panel.

|   |                   |    |    |    |    |    |    |    |    |    |    |
|---|-------------------|----|----|----|----|----|----|----|----|----|----|
| 1 | Front Panel Width | 16 | 18 | 20 | 22 | 24 | 26 | 28 | 30 | 32 | 34 |
| 3 | Back Panel Width  | 16 | 18 | 20 | 22 | 24 | 26 | 28 | 30 | 32 | 34 |

**Step 3:** Officer should be in full uniform and duty belt. Have the officer don the vest, using the shoulder and waist straps to secure the vest for a comfortable fit.

**Step 4:** Locate the front tab located at the bottom of the sizing vest. Pull the tab down to the top of the duty belt. Note the corresponding marking and record the measurement in the Size Selection Chart (Box 2).

**Step 5:** Locate the back tab located at the bottom of the sizing vest. Pull the tab down to the top of the duty belt. Note the corresponding marking and record the measurement in the Size Selection Chart (Box 4).

**Step 6:** Confirm the officer is comfortable with the coverage of the vest size recorded in the Size Selection Chart. Ensure the officer understands the length and overlap of the armor and how it will interact with other equipment. Once a size is determined, submit sizing to [customerservice@gharmorsystems.com](mailto:customerservice@gharmorsystems.com).



**SIZE SELECTION**

|   |                                       |   |                                      |
|---|---------------------------------------|---|--------------------------------------|
|   |                                       |   |                                      |
| 1 FRONT PANEL WIDTH<br>Measurement B2 Front | 2 FRONT PANEL LENGTH<br>Measurement C | 3 BACK PANEL WIDTH<br>Measurement B2 Back | 4 BACK PANEL LENGTH<br>Measurement D |