# GHgh ARMOR 

Male Sizing Vest kits include ten front and ten rear vests. Each vest is a different width. Select the appropiate width sizing vest by utilizing the instructions below. Once a finished size is determined, submit sizing to customerservice@gharmor.com.

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


## 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 $4^{\prime \prime}$, take average of both measurements, then add overlap.

| Overlap | _ Butt Fit | add 2" to waist measurement |
| ---: | ---: | ---: |
| Calculation | 1" Overlap | add 4" to waist measurement |
| Chart | _ ${ }^{\prime \prime}$ Overlap | add 6" to waist measurement |

WAIST $\qquad$ + OVERLAP $\qquad$ $=$ $\qquad$ in. TOTAL WAIST

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.


Step 3: Officer should be in full uniform and duty belt. Have the officer don the vest, using the shoulder and waist straps to the 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@gharmor.com.


