

1. Measure your Height and Weight. Most vests will have sizes based on your height and weight. Use a tape measure to determine how tall you are. Step on a scale and to get your current weight and write the measurements on a piece of paper.

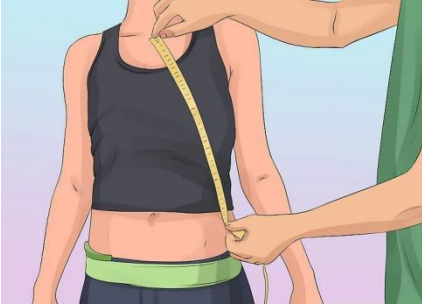


2. Wear the clothes you'll be wearing while measuring yourself. If you are buying a concealed vest, wear a tight fitting t-shirt and pants. If you are wearing a larger, exterior vest, wear the uniform or clothes you'll be wearing and then measure yourself. This will give you a more accurate idea of what vest size you need while you're out in the field. If you're a law enforcement official, remember to wear your utility belt and the gear you'd normally be carrying.



3. Measure your chest. Have someone help when taking measurements. Wrap a tape measure around your chest so that the tape runs under your armpits and across your back. Take the measurement and round it up to the next whole number. Make a note of measurement.

For instance **if your chest measurement was 41.3 cm, you'll want to round up to 43 cm** Relax your muscles and breathe normally while you get measured for your vest.



LENGTH

Measure from your clavicle to your navel while seated. Hold the tape measure up to the center of your clavicle and let the tape hang under your navel. Use this measurement to determine how long your vest should be. Some people make the mistake of getting a vest that hangs down below their hips for extra protection. This is actually bad because it hinders mobility while you wear it.

IMPORTANT NOTE: If you do require the vest to cover to your waist line please ensure you measure to the top of buckle on the belt **while sitting**. **Disclaimer:** Having the vest measured to the waist line may hinder movement or cause discomfort while sitting.

COMMENTS:

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