Sizing may vary depending on intended use and loadout configurations.
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INDIVIDUAL'S NAME OR NUMBER: $\qquad$

TORSO SIZE IN INCHES: $\qquad$ (Take measurement 2" above belly button.)
Gear located on the inside of the cummerbund will increase your measurements.
Gear added on the outside of cummerbund will not affect sizing.

SIDE ARMOR (1" EACH X 2 = +2"):
$1\left(+1^{\prime \prime}\right) \quad 2\left(+2^{\prime \prime}\right) \quad \ldots \quad$ NONE $\left(+0^{\prime \prime}\right)$

NUMBER OF RADIOS (+2" EACH):
$1\left(+2^{\prime \prime}\right) \quad 2\left(+4^{\prime \prime}\right) \ldots \quad 3\left(+6^{\prime \prime}\right) \ldots \quad$ NONE (+0") ___

## HEAVY JACKET/DRYSUIT (+2"):

YES (+2") __ NO (+0") __

TOTAL CIRCUMFERENCE: $\qquad$ * (Add ALL inches from above choices)

To select Cummerbund size, ADD Total Circumference to Plate Width using chart on page 2.

## OTHER GEAR/CONSIDERATIONS:

## NOTES:

1. Cummerbunds are sized in the contracted/condensed state to allow for expansion.
2. If you are at the max measurement for a size, size up to allow expansion for breathing.
3. MTH Sizing is specifically for no plates. If you plan to up-armor with the S\&S Armor Harness, refer to your plate width.

## EXAMPLE:

I have a 9.5 " plate with a 38 " torso measurement. I will likely carry 2 side plates and 1 radio on the inside of my cummerbund most of the time ( $38^{\prime \prime}+1^{\prime \prime}+1^{\prime \prime}+2^{\prime \prime}=42^{\prime \prime}$ ). With a $42^{\prime \prime}$ torso circumference measurement, I can choose between a size 6 or a size 7 . A size 6 gives me 4" of additional expansion but will retract down to my 38 " frame if I want to run it slick. A size 7 allows more MOLLE/PALS space on the cummerbund and a maximum expansion to 52 " if I want to max out my loadout.

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## Autn-Fit Cummerhund ${ }^{\text {m }}$ Sizing Chart

Use TOTAL CIRCUMFERENCE from page 1, IN ADDITION TO PLATE WIDTH below, to select appropriate Cummerbund size.

| * TOTAL | Plate Width |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: |
| CIRCUMFERENCE <br> (see measurement form) | No Plates (MTH only) | 9" Plate | 9.5" Plate | 10" Plate | 11" Plate |
| 30 |  | 5 |  |  |  |
| 31 |  | 5 |  |  |  |
| 32 | 5 | 5 | 5 |  |  |
| 33 | 5 | 5 | 5 |  |  |
| 34 | 5 | 5 (39" max)/6 (45" max) | 5 |  |  |
| 35 | 5 | 5 (39" max)/6 (45" max) | $5\left(40^{\prime \prime} \mathrm{max}\right) / 6\left(46^{\prime \prime} \mathrm{max}\right)$ |  |  |
| 36 | 5 | 5 (39" max)/6 (45" max) | 5 (40" max)/6 (46" max) | 6 |  |
| 37 | 5 | 5 (39" max)/6 (45" max) | 5 (40" max)/6 (46" max) | 6 |  |
| 38 | 5 | 5 (39" max)/6 (45" max) | 5 (40" max)/6 (46" max) | 6 |  |
| 39 | $5\left(422^{\prime \prime}\right.$ max)/6(48""max) | 5 (39" max)/6 (45" max) | 5 (40" max)/6 (46" max) | $6\left(477^{\prime \prime} \mathrm{max}\right) / 7$ ( $53^{\prime \prime} \mathrm{max}$ ) | 6 |
| 40 | $5\left(422^{\prime \prime}\right.$ max)/6(48"max) | 6 | 5 (40" max)/6 (46" max) | $6\left(47^{\prime \prime} \mathrm{max}\right) / 7$ ( $53^{\prime \prime} \mathrm{max}$ ) | 6 |
| 41 | $5\left(422^{\prime \prime 2 x}\right) / 6\left(48{ }^{\prime \prime m a x}\right)$ | 6 | 6 (46" max)/7 ( $52^{\prime \prime}$ max) | $6\left(47^{\prime \prime} \mathrm{max}\right) / 7\left(53^{\prime \prime} \mathrm{max}\right)$ | 6 (49" max)/7 ( $55^{\prime \prime}$ max) |
| 42 | $5\left(422^{\prime \prime 2 x}\right) / 6\left(48{ }^{\prime \prime m a x}\right)$ | 6 | 6 (46" max)/7 ( $52^{\prime \prime}$ max) | $6\left(47^{\prime \prime} \mathrm{max}\right) / 7$ ( $53^{\prime \prime} \mathrm{max}$ ) | 6 (49" max)/7 7 ( $55^{\prime \prime}$ max) |
| 43 | 6 | 6 | $6\left(46^{\prime \prime} \mathrm{max}\right) / 7$ ( $52^{\prime \prime}$ max) | $6\left(47^{\prime \prime} \mathrm{max}\right) / 7$ ( $53^{\prime \prime} \mathrm{max}$ ) | 6 (49" max)/7 ( $55^{\prime \prime \prime}$ max) |
| 44 | $6\left(48^{\prime \prime}\right.$ max) $/ 7$ ( $544^{\text {" max }}$ ) | 6 | $6\left(46^{\prime \prime} \mathrm{max}\right) / 7$ ( $52^{\prime \prime} \mathrm{max}$ ) | 7 (53" max)/8 (59" max) | 6 (49" max)/7 7 (55" max) |
| 45 | $6\left(48^{\prime \prime}\right.$ max) $/ 7$ ( $544^{\prime \prime}$ max) | 6 | $6\left(46^{\prime \prime} \mathrm{max}\right) / 7\left(52^{\prime \prime} \mathrm{max}\right)$ | 7 (53" max)/8(59" max) | 7 (55" max)/8 (61" max) |
| 46 | $6\left(48^{\prime \prime}\right.$ max) $/ 7$ (54" max) |  | $6\left(46^{\prime \prime} \mathrm{max}\right) / 7\left(52^{\prime \prime} \mathrm{max}\right)$ | $7\left(53^{\prime \prime} \mathrm{max}\right) / 8\left(59^{\prime \prime} \mathrm{max}\right)$ | 7 (55" max)/8 (61" max) |
| 47 | $6\left(48^{\prime \prime}\right.$ max) $/ 7$ (54" max) |  | 7 | 7 (53" max)/8(59"max) | 7 (55" max)/8 (61" max) |
| 48 | $6\left(488^{\prime \prime}\right.$ max) $/ 7$ (54" max) |  | 7 | 7 (53" max)/8(59" max) | 7 (55" max)/8 (61" max) |
| 49 | 7 |  | 7 | 7 (53" max)/8 (59"max) | 7 (55" max)/8 (61" max) |
| 50 | 7 |  | 7 | 7 (53" max)/8 (59" max) | 7 (55" max)/8 (61" max) |
| 51 | 7 |  | 7 | 7 (53" max)/8(59" max) | 7 (55" max)/8 (61" max) |
| 52 | 7 |  | 7 | 7 (53" max)/8(59"max) | 7 (55" max)/8 (61" max) |
| 53 | 7 |  |  | 7 (53" max)/8 (59" max) | 7 (55" max)/8 (61" max) |
| 54 | 7 |  |  | 8 | 7 (55" max)/8 (61" max) |
| 55 |  |  |  | 8 | 7 ( $55^{\prime \prime} \mathrm{max}$ )/8 (61" max) |
| 56 |  |  |  | 8 | 8 |
| 57 |  |  |  | 8 | 8 |
| 58 |  |  |  | 8 | 8 |
| 59 |  |  |  | 8 | 8 |
| 60 |  |  |  |  | 8 |
| 61 |  |  |  |  | 8 |

## SIZES AVAILABLE:

5 (39"-42" MAX)
6 (45"-48" MAX)
7 (52"-54" MAX)
8 (59-61" MAX)

IF UNSURE, SAVE THIS FORM AND SEND BACK TO YOUR SALES REPRESENTATIVE AND WE WILL CALCULATE THE BEST SIZE FOR THE INDIVIDUAL.

