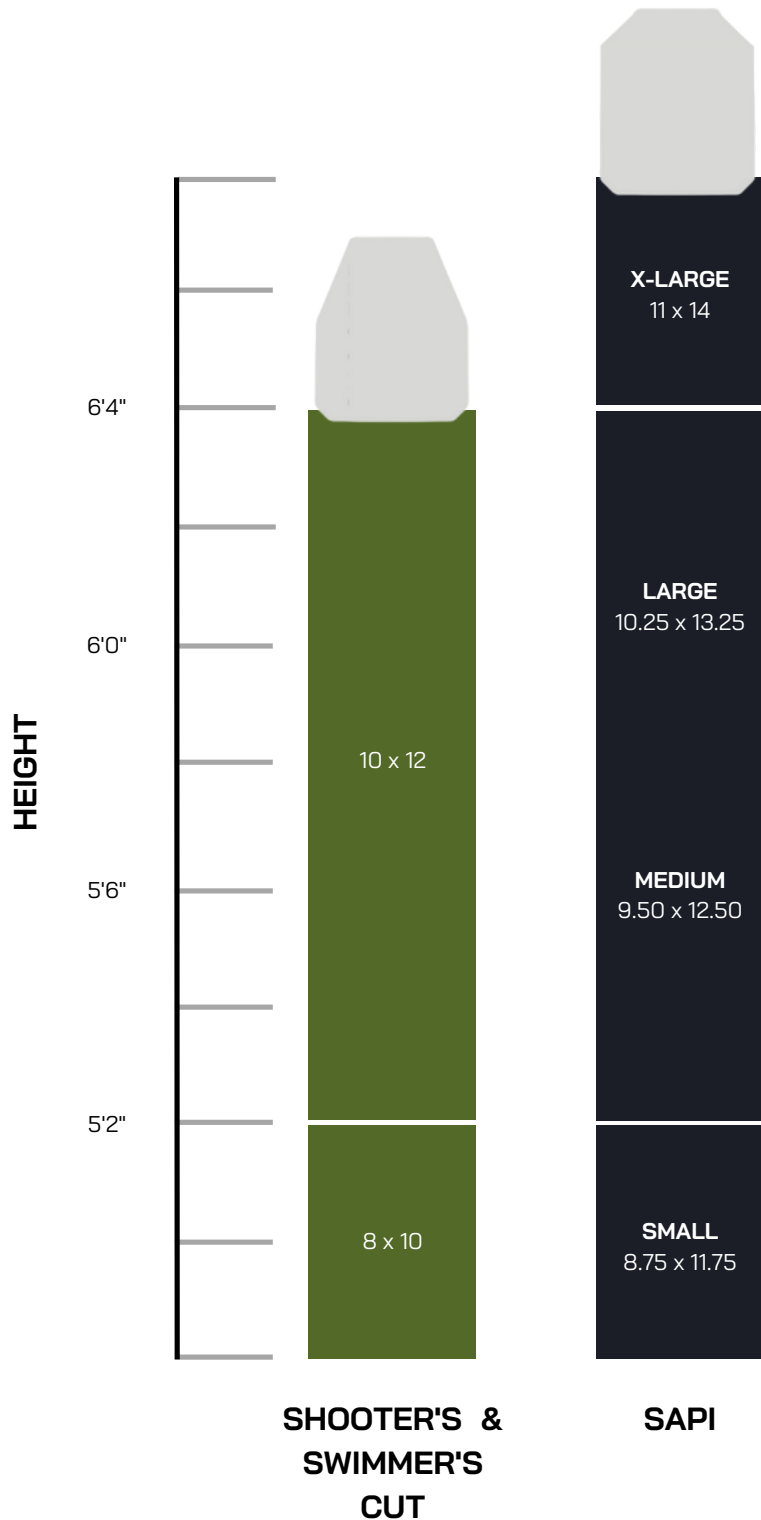


# HARD ARMOR SIZING CHART



## SELF MEASUREMENTS

Measure across your chest from nipple to nipple to get your width. Measure from your **sternum notch** (the top of your sternum) to your **belly button**. Subtract about 2"-3" (51-76 mm) to get the height.

## BACK PLATE

The top edge of the back plate should align with the top edge of the front plate when viewed from the side. The bottom edge of the back plate should be about .75 inches above the service belt. This space prevents the insert from pushing upwards into the neck area when standing.

## SIDE PLATES

Side plates are available in two sizes, 6 x 6" and 6 x 8" for added protection. The side plates protect the vulnerable areas of the abdomen from side shots. If worn high enough in the tactical vest they can also provide side protection for the heart.

