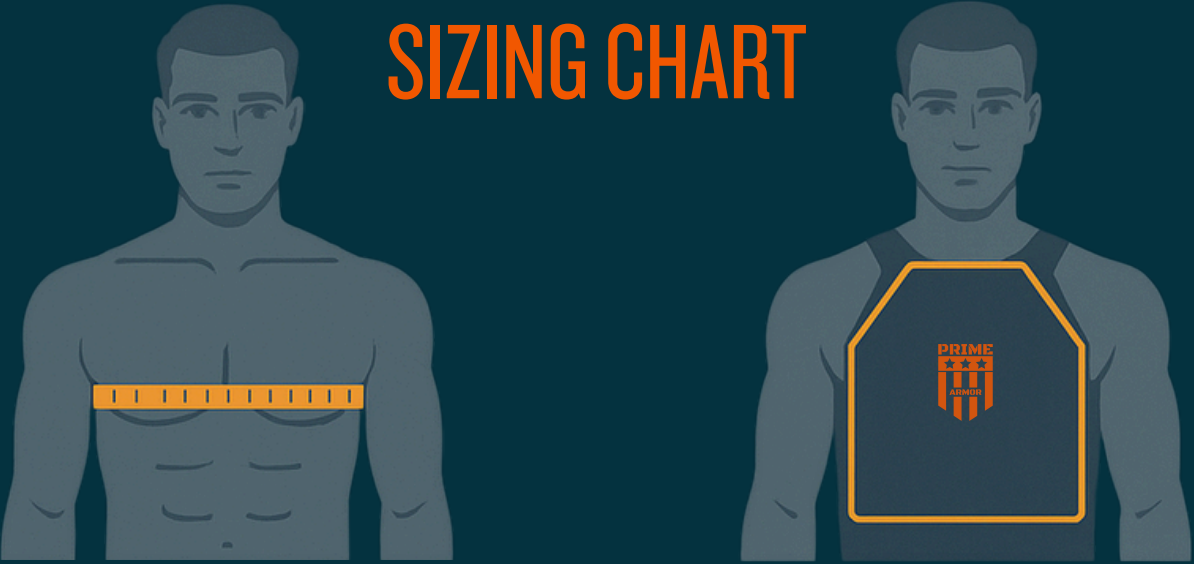




SIZING CHART

How to Select the Right Plate Size

Step 1: Choose Your Plate Size

Measure the distance between your nipples using a soft tape measure while standing relaxed with arms at your sides. Then refer to **Table 1** to find your recommended plate size based on that measurement.

Table 1	Distance Between Nipples		
Recommended Plate Size	9" - 10"	10" - 11"	11"+
	Medium or 10x12	Large	X-Large

Step 2: Choose Your Carrier & Cummerbund Size

Measure your torso circumference (torso size) with a soft tape measure.

Then refer to **Table 2** to select the appropriate carrier size and corresponding plate dimensions for full coverage and fit.

Important: Your plate carrier size directly corresponds to your plate size. Always choose the carrier that matches the size of your ballistic plates for proper fit, coverage, and performance.

	Plate Carrier	Torso Size	Cummerbund
Table 2	Small	25" - 34"	Small
	Medium	35" - 45"	Medium
	Large	46" - 51"	Large
	X-Large	52" - 60"	X-Large
	X-Large	61" - 76"	2X-Large