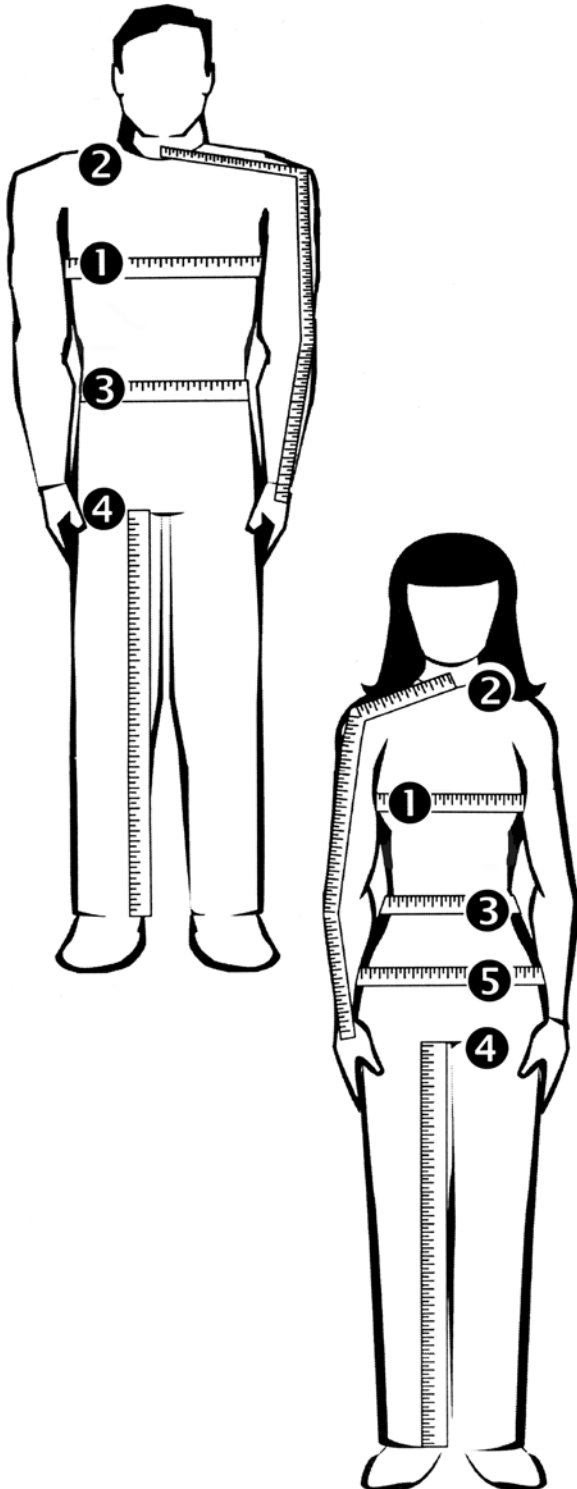


# Measuring Guide for Turnout Gear



Men require four measurements to be properly fitted for Lion Apparel turnout gear. Women require five.

## Chest size (available only in even sizes) — 1

- Have the wearer take a deep breath and fill the lungs before measuring.
- Measure over clothing around the fullest part of the chest with the arms at rest. Round up to closest even size.

## Sleeve length — 2

- Have the wearer hold arm straight down at side.
- Measure from the base of the back of the neck, over the shoulder and down the arm to the top knuckle of the little finger where it joins the hand.

## Waist — 3

- Waist is measured above pants waist or belt, directly over navel, snug. Round up to closest even size.

## Inseam — 4

- Turnout inseams should be shorter than the wearer's "street length" to prevent damage to cuffs and stress at seat seams.
- Measure from the crotch down the inside of the leg to bottom of anklebone.
- Round down to nearest standard inseam length.

## Women's sizing — 5

- Remember to specify coat, sleeve and inseam lengths for women.
- Include a hip measurement to ensure proper fit. Measure around the fullest part of the hip area (usually 7" to 8" below the waist).

## EZ Gear Rental Sizing Notes

Chest \_\_\_\_\_ inches (1)

Sleeve length \_\_\_\_\_ inches (2)

Waist \_\_\_\_\_ inches (3)

Inseam \_\_\_\_\_ inches (4)

\*Hips \_\_\_\_\_ inches (5)

\*Female fire fighters only