Get measured up!

**Turnout Sizing Guide**

Use the following measurement guidelines to ensure the best LION turnout gear fit.

**General Measuring Tips:**

Measure **OVER** any clothing that will be worn under your gear. If your measurements fall between two sizes, order the larger size. If possible, also use a LION turnout gear sizing set to double-check your fit. To accurately take turnout measurements, reference the list below.

**NOTE:** Men require measurement points 1 through 4, while women also require measurement point 5.

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**CHEST SIZE (1)** Available only in even sizes
- 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 ankle bone.
- 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).

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Questions about proper gear sizing or LION E-ZGear Rental? Contact our Houston TotalCare Center at 713.644.7400 or visit us online at [www.ezgearrental.com](http://www.ezgearrental.com).