

Correctly sizing your plate carrier can have a direct impact on your comfort, load carriage capabilities, mobility, and above all, the ability to protect your vital organs.



Most plate bags, regardless of "Plate Cut" (SAPI, Swimmer, Shooter, or Full) will follow the same sizing method shown below. Obtain adequate torso measurements, and follow the sizing guide.

### SIZING GUIDE

- Battle Tac M2 // No Sizing Required // One Size Fits Most
- High Capacity // Plate Bags Only // No Sizing required // One Size Fits Most
- S.C.A.R. // Plate Bags & Internal Cummerbund // No Sizing Required // One Size Fits Most

Our "External" cummerbunds have a total of nine inches of adjustment that can be expanded out from the minimum setting. It is good practice to find a cummerbund that falls in-between your stomach size. This will allow you to tighten up the carrier in case of weight loss, or expand it out when adding Soft Body Armour or additional layers underneath your plate carrier system.

#### SCAR YOKE

Yoke Size	Chest Circumference
Small	38" - 41"
Medium	42" - 46"
Large	47" - 51"
X-Large	52" - 56"

#### EXTERNAL CUMMERBUND

PALS	SKELETAL	LOW-PRO	Stomach - Min // Max
Small	Small	Small	29" - 38"
Medium	Medium	Medium	35" - 44"
Large	Large	Large	41" - 50"
X-Large	X-Large	X-Large	53" - 62"