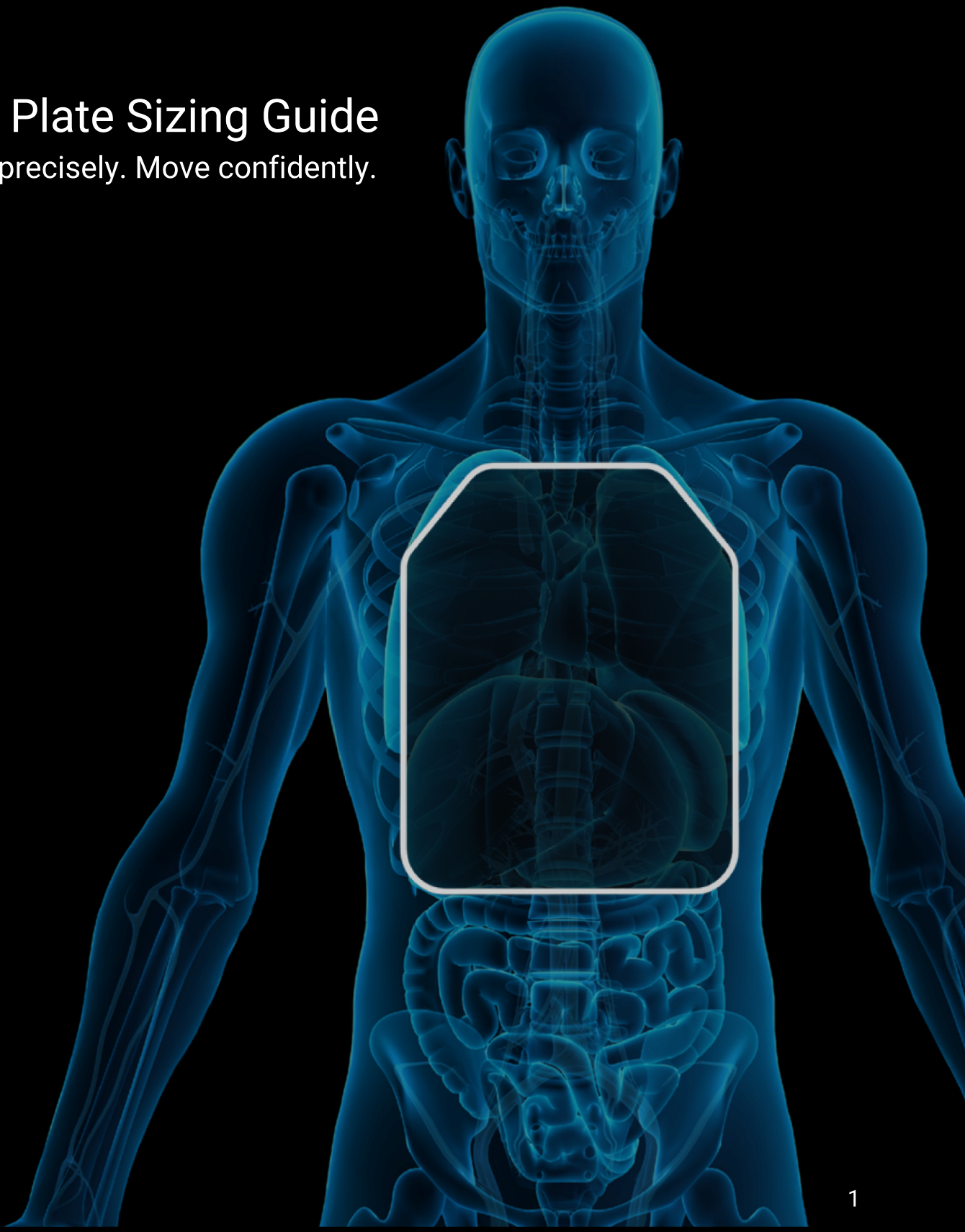
Armor Plate Sizing Guide

Measure precisely. Move confidently.



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⚠ Fit Tips:

- The goal is to protect your vital organs, not cover your entire torso.
- Your plate should sit at the top of your sternum and end just above your navel when worn properly.
- If your measurement falls in an overlap, choose based on mobility vs coverage preference.
- Narrower framed wearers should consider a smaller size if near the minimum end of the vertical size range.

❌ Don't oversize — a plate that is too large can restrict movement and hinder both comfort and proper technique.

❌ Improper fitment can result in lack of coverage and mobility in the shoulders and waist impeding pistol/rifle aiming, chest compressions (CPR), sitting, etc.

Note: Charts and sizes should be used as a guide and may not represent all body types and shapes.

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INSTRUCTIONS

See figure on page 4

Vertical Measurements (white)

- Stand straight and erect
- Measure length from sternal notch to belly button

Horizontal Measurements

(assistance required)

- Extend your arms straight forward with palms together. Elbows locked.
- Measure from the inner edge of one shoulder to the inner edge of the other (not outer deltoid to deltoid).
- Match measurements to plate size in provided tables (page 3).

Why we adapted this sizing method

Operational functionality of the operator is balanced with coverage.

To achieve this balance, we base our sizing method on skeletal structure rather than external body mass:

- The primary function of anti-ballistic armor is to protect vital organs, not muscle or fat.
- These organs are fixed within the ribcage and do not shift with body composition changes.
- Focusing on skeletal landmarks ensures consistent protection across different body types.
- Oversizing based on external build can impede movement, technique, and weapon handling.

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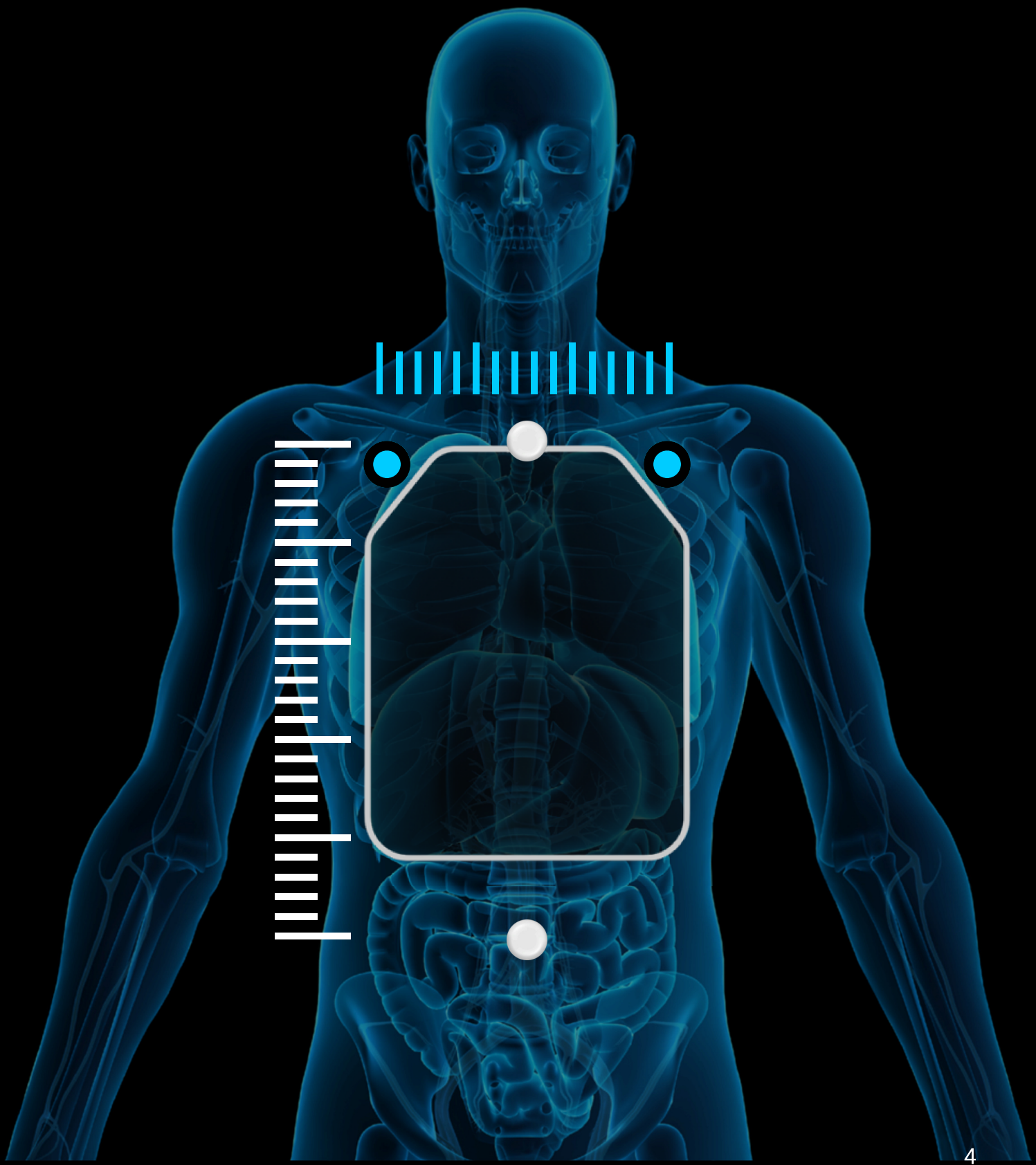

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Vertical Measurement	ESAPI Plate Size/dimensions	Remarks
14.5 – 16.75"	Small / 8.75"x11.75"	For shorter torsos
16.0 – 18.25"	Medium / 9.5"x12.5"	Most common fit
17.75 – 19.5"	Large / 10.25"x 13.25"	For taller users (6'3" +)
19.5+”	X Large / 11"x14"	Rarely needed

Horizontal Measurement	ESAPI Plate Size/dimensions
8.75" – 9.5"	Small / 8.75"x11.75"
9.25" – 11.5"	Medium / 9.5"x12.5"
11.5" – 13"	Large / 10.25"x 13.25"
13+”	X Large / 11"x14"

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