

HOW TO DETERMINE YOUR CORRECT VEST SIZE

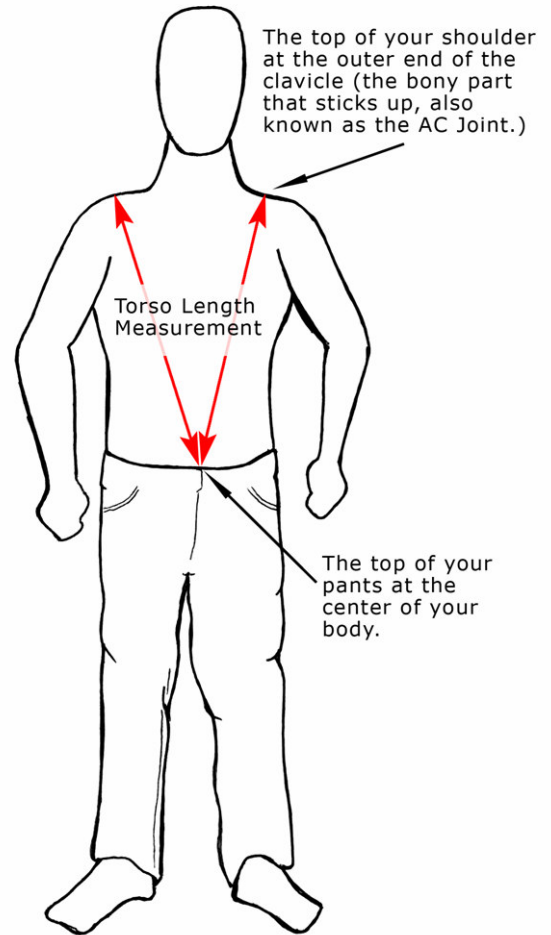
It's important to get the right size vest so it fits you properly and stays in place during all your work & play activities.

To determine your correct size, you need to take a measurement of your Torso Length. Do not use your T-shirt size as your primary guide in selecting your vest size.

Measure from the bony or protruding bump on the top of your shoulder (the end of your clavicle, also known as the AC Joint) to the top of your pants at the center of your body, as shown in the figure below:

Be sure to follow these instructions when making your Torso Length measurement:

1. Have someone else measure you - Attempting to do this by yourself may cause significant errors in the result.
2. Wear the type of pants or shorts that you plan to use with the vest, and wear them at the height that is "normal" for you. For example, you may wear work pants with a belt at a different height than sports shorts with an elastic waistband.
3. Don't suck in your stomach; doing so may result in a Torso Length measurement that is too short, possibly causing you to order a vest that is too small for you.
4. Use either a fabric (tailor's) tape measure or a piece of string that doesn't stretch. Don't use a metal tape measure; doing so may result in a Torso Length measurement that is too long, possibly causing you to order a vest that is too large for you.
5. Take the measurement on both sides of your body to ensure that the location at the top of your pants is centered. If the two measurements are not equal, you may not be standing straight or measuring to the center of your body at the top of your pants. To correct this, either try again or average the two measurements.
6. Don't wear anything thicker than a thin T-shirt when making this measurement. Wearing a thicker shirt may result in a Torso Length measurement that is too long, possibly causing you to order a vest that is too large for you.



Now compare your measurement to the size chart below to determine your size.

Vest Size	Torso Length	Chest	Waist
Small	18" to 20"	30" to 50"	28" to 48"
Medium	20" to 22"	32" to 55"	30" to 52"
Large	22" to 24"	35" to 60"	32" to 57"
Extra-Large	24" to 26"	38" to 66"	34" to 62"

Answers to Some Questions You May Have:

Q. How is the Vest supposed to fit and why is it so important to get the right size?

A. The most important thing is to get the right length vest. The elastic straps on the sides provide a very large range of adjustment to accommodate almost anyone's chest & waist size. Please refer to the size chart above to verify that your measurements fit within the range of adjustment for the size vest you plan to order. If the vest you get is too small, the shirttails won't tuck far enough into your pants. When you raise your arms above your head, they may pull out a little more from your pants. If there is less than 2" of the shirttails tucked in, they could come out easily, allowing the vest to "ride up" higher on your abdomen. Keeping the lowermost elastic straps tighter will help minimize this. If the vest you get is too large, the shirttails will tuck fully into your pants and the bottom end of the zipper on the vest may end up below the top of your pants. If the end of the zipper is more than about 1/2" below the top of your pants, the hose coming from the vest won't make it out and over the top edge of your pants unless you pull the vest further up on your body. When you pull the vest up, you will create some slack in the shoulders of the vest. In other words, the shoulders of the vest will no longer be pulled down tightly over the tops of your shoulders. This will happen naturally (even with the correct size vest) when you raise your arms above your head. With the correct size vest on, the top of your pants should be somewhere in the range shown in the figure below:

Q. My torso length measurement is on the borderline between two sizes. Which one should I get?

A. In general, choosing the larger size may be preferred because you will not lose any cooling by having some slack in the shoulders. But if you prefer that your vest conforms smoothly and tightly over the tops of your shoulders, smaller might be better. Before deciding, first review how you took your torso length measurement to see if any factors like sucking in your stomach or wearing your pants higher than normal may have caused a shorter measurement, or if any factors like wearing a thicker shirt or using a metal tape measure may have caused a larger measurement.

Still can't decide which size is right? Here are two possible solutions:

1. Buy the size you think will fit and try it. Then keep it if it fits or return it and purchase a different size if necessary. **PLEASE DO NOT FLOW WATER THROUGH THE VEST IF YOU THINK YOU MAY NEED TO RETURN IT.**
2. Buy two vests, keep the one that fits best and return the other for a full refund (note: shipping for two costs the same as for one). **PLEASE DO NOT FLOW WATER THROUGH THE VEST YOU PLAN TO RETURN.**

We want you to be happy and get the best performance possible from your Veskimo Personal Cooling System. Selecting the correct size vest is the first (and perhaps most important) step in the process. After you receive your vest, it is recommended that you adjust the elastic straps to obtain the best fit.

See "[Adjusting Your Vest](#)" in the **Cooling Vest User Guide** for details. You can download it from: <http://www.veskimo.com/downloads/Veskimo-Cooling-Vest-User-Guide.pdf>.

