

Many people are not sure about how to choose the correct size of body armor for themselves. A normal bullet proof vest is designed to protect just the wearer's vital organs from attack, not actually their complete torso. As such a bullet proof vest should normally hang to around your navel area, not down to your groin. Often people are surprised when they first try a piece of body armor on, as they expect them to be a lot longer than they are. The image below shows the ideal fit for a bullet proof vest.

	XS	S	M	L	XL	XXL	XXXL
Men's Chest Measurement	30-32"	34-36"	38-40"	42-44"	46-48"	50-52"	54-56"
Viper MOPC							
Defender							modification required
Bellator							
Bellator Small							

Plate carriers are adjustable to fit within the ranges above.



There are two main reasons for body armor only reaching the navel area. The first is mentioned above, where even at that length the wearer's vital organs are all fully protected. Obviously being shot or stabbed in the lower stomach area would not be a pleasant experience, but it would also not be a life threatening one.

The second reason is for comfort and mobility. Modern forms of body armor are amazingly lightweight, and the protective panels they contain very flexible, but even so the wearer will still be aware that they have a bullet proof vest on. If a bullet proof vest is worn to the groin area it can be restrictive when you are bending over, sitting down etc. It should be noted that some people prefer the extra protection offered by a longer piece of body armor, and will chose to wear a vest that reaches to their belt line.

Infidel Body Armor plate carrier sizes range from Small to XXL. Please refer to the chart below when ordering.