Turnout Gear
Sizing Charts

Turnout Coat

<table>
<thead>
<tr>
<th>Chest</th>
<th>34</th>
<th>36</th>
<th>38</th>
<th>40</th>
<th>42</th>
<th>44</th>
<th>46</th>
<th>48</th>
<th>50</th>
<th>52</th>
<th>54</th>
<th>56</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sleeve</td>
<td>32.5</td>
<td>33.25</td>
<td>33.75</td>
<td>34.5</td>
<td>35</td>
<td>35.75</td>
<td>36.5</td>
<td>37.25</td>
<td>38</td>
<td>38.75</td>
<td>39.5</td>
<td>40.25</td>
</tr>
</tbody>
</table>

Special sleeve lengths are available in 1” increments. Coat chest available in 2” increments.

Turnout Pant

<table>
<thead>
<tr>
<th>Waist</th>
<th>30</th>
<th>32</th>
<th>34</th>
<th>36</th>
<th>38</th>
<th>40</th>
<th>42</th>
<th>44</th>
<th>46</th>
<th>48</th>
<th>50</th>
<th>52</th>
</tr>
</thead>
</table>

Pant waist and inseams available in 2” increments.

Measuring Instructions

1. **Sleeve**: Begin tape measure at nape of neck...
2. **Follow** the outside contour of arm around elbow to 1” past wrist bone or fatty part of palm.
3. **Chest**: Have Firefighter inhale and hold breath while you measure around the fullest part of the chest, keeping tape under arms and around shoulder blades.
4. **Waist**: Measure around waist, over shirt and slacks at height you normally wear your slacks. Keep one finger between tape and body.
5. **Inseam**: Wearing normal station wear, measure from crotch inner seam to ankle bone or desired length.
6. **Hips (Women only)**: Measure around fullest part of hips.

**Note for Sleeve Measurement**: For unusually long or short arms measure sleeve by holding arm out and forward as shown below; however, sleeve lengths are graded to chest size so measuring is usually not necessary.

**Important Instructions for Pant Waist Measurements**

When using a tape measure
- **If Measuring Close to the Body**: Pant waist *should* be measured as close to the body as possible. Lakeland turnout pants are constructed with a 4” built-in easement at waist, so wearing a lighter weight garment, such as shorts, at the time of measurement will determine a more accurate measurement. *Example: If tape measurement close to body is 46”, a size 46” waist should be ordered.*
- **If Measuring Over Clothing**: Deduct 4” from final measurement. *Example: If tape measurement over clothing is 40”, a size 36” waist turnout pant should be ordered.*
- **When using sizing samples**: The size of each sizing sample pant is clearly displayed on the outside of the pants. Find a pant that fits and order the size indicated on the pant.

Call for special/custom sizing