



Turnout Gear Sizing Form

To view an instructional video that explains how to measure yourself, please click the link below. You will need the assistance of another individual for accurate measuring. Not all measurements shown in the video are required on this form. You will need a soft tape measure and this form to complete the measurements. A string and rigid measuring device can be substituted for the soft measuring tape if it is not available. The string is marked at each measurement point with a permanent marker, then laid out on a flat surface, and is measured by a rigid measuring device such as a construction tape measure, or ruler.

<https://youtu.be/qc0vNOUdMZs>

All sizes must be recorded in Inches where applicable

Chest (Overarm)	
Arm	
Waist	
Inseam	
Boot (indicate Men's or Women's)	
Glove (Small, Medium, Large)	

The Canadian Fire Rescue College will do its best to supply students with protective equipment that is as close to the measurements provided as possible. Turnout gear is not being custom made for the students, so some minor sizing differences may be present in the issued turnouts.