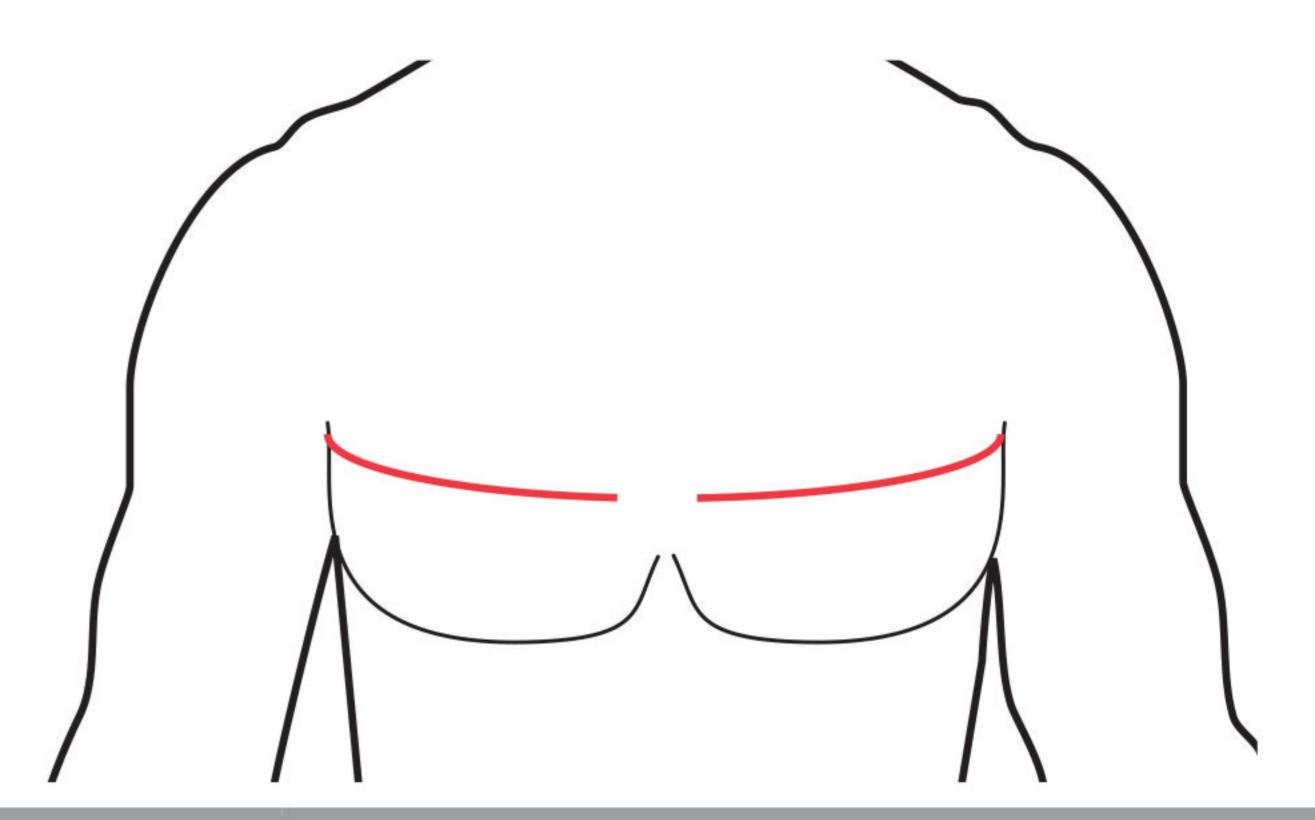
Measure around the middle of the chest with chest expanded



SIZE	MEASUREMENT	
SM	35 1/4-37 1/2"	90-95cm
MED	37 3/4-40 1/4"	96-102cm
LRG	40 1/2-43"	103-109cm
XL	43 1/4-47 1/4"	110-120cm
2XL	47 1/2-51 1/2"	121-131cm

Your Thermal Vent Support should be a snug and comfortable fit. Not too tight, not too loose. If in doubt, try next larger size.