

✦ How to Measure

First, locate the measurement area on the upper part of your bicep. Using a flexible measuring tape for accuracy, take your measurement by wrapping the tape snugly around the widest part of your bicep, ensuring it is level and not too tight.

Finally, match your measurement to the size chart below.

✦ Sizing Chart

S/M	270mm - 330mm
L/XL	330mm - 380mm

[ADDITIONAL TIPS]

- For the most accurate measurement, have someone assist you.
- If your measurement falls between sizes, choose the larger size for a more comfortable fit.
- Always try on the sleeve to confirm the fit before first use.

[WHY FIT MATTERS]

A properly fitted Ghost Sleeve ensures maximum cut resistance, breathability, and comfort, allowing you to perform at your best in any tactical environment.