

# UTRI'S METROCOP VEST TEMPLATE

Original constructed 2021, two constructed with HippieKid 2024

2024

Guidelines - These lines are scaled at 1" (2.54cm) increments

### Notes:

- To print, print using your PDF software as "banner" or "poster". This will include guidelines for assembling entire sheet. Cut out shapes after.
- 5/8" or 1/2" EVA foam work well for these templates. Either can be purchased as floor mats. Harbor Freight Tools in USA is a cheap supplier.
- 1-5, 7, 8, 14, and 15 are cut twice, mirroring on the second cut.
- For 11 and 13, trace the patten, then flip on the arrows. Trace again, cut as one piece.

1. Heat shape EVA plates before applying foam and fabric.
2. After heat shaping, apply an inch or so layer of upholstery foam or batting using glue of your choosing. I am partial to hot glue. Glue the plate to the sheet of padding, then cut it out. (HippieKid)
3. Finally, wrap your fabric of choice over the padding, wrapping around the back of the EVA plate. Pull taut. Glue around back of edges, keeping folds to a minimum. Take your time with this part, it will take a while.
4. To construct, cut strips of fabric approx. 2" wide. Glue these across the inside seams between EVA panels, gluing to one panel and then the adjoining panel, pulling the panels together as you do. Do only two panels at a time. I recommend starting with center chest square, then radiating outwards. It will not be perfect, just get it close.

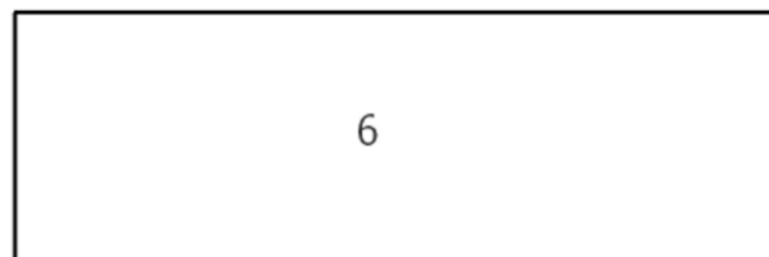
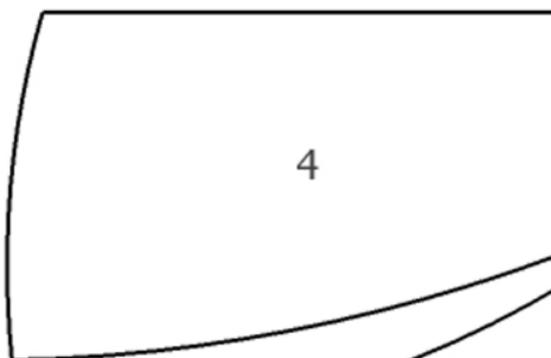
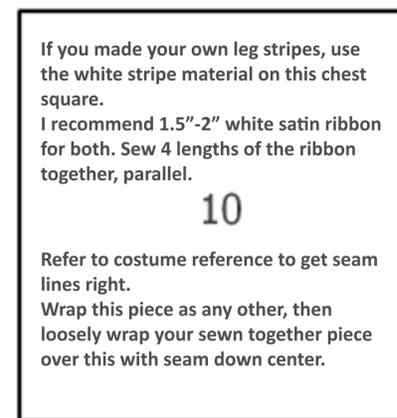
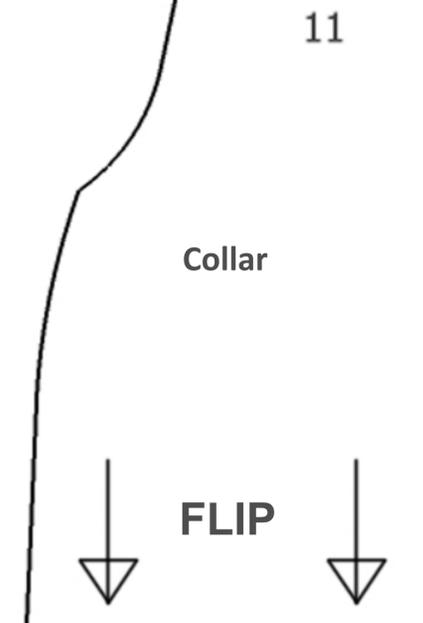
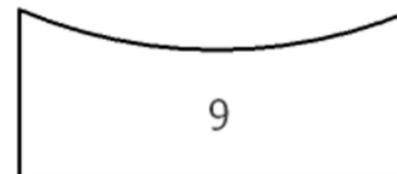
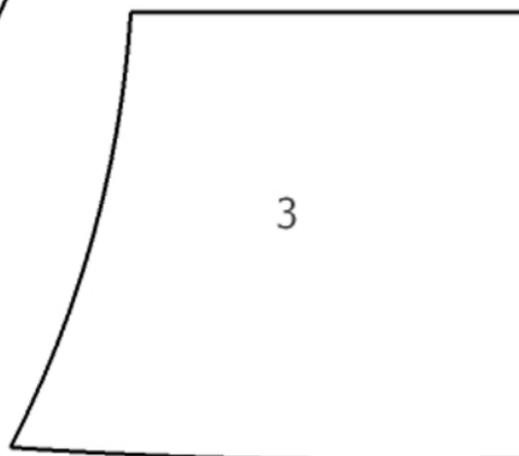
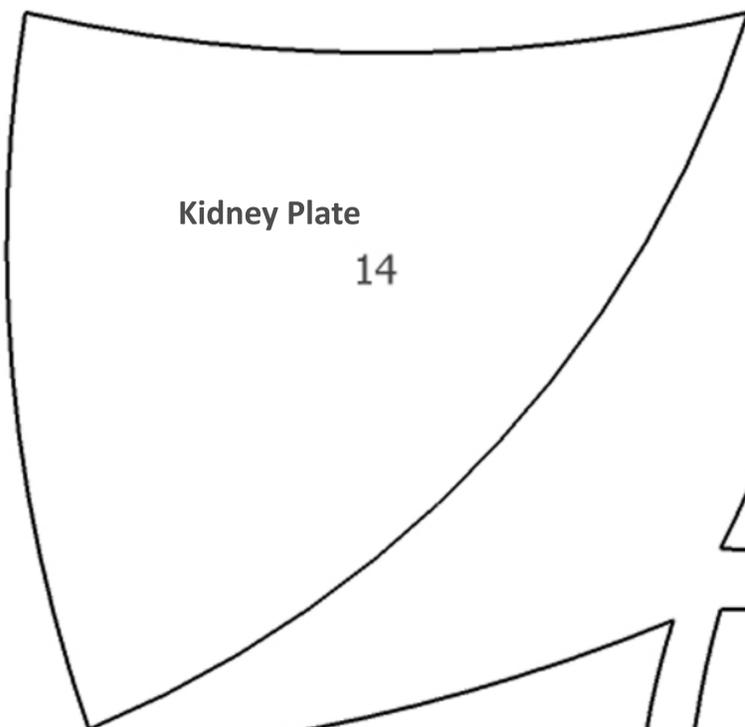
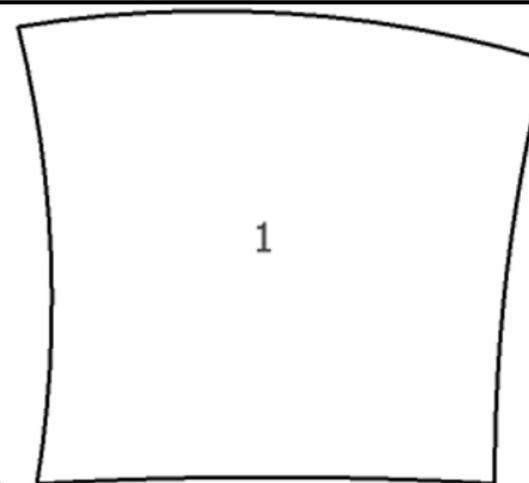
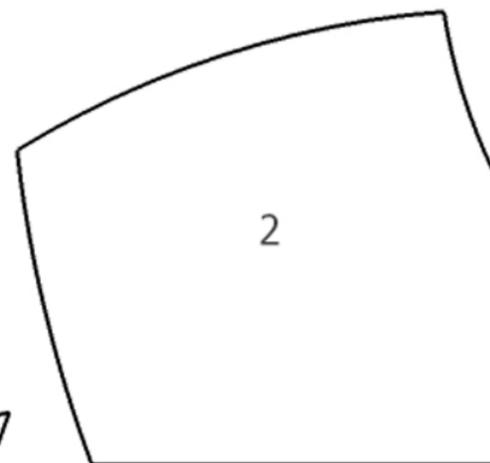
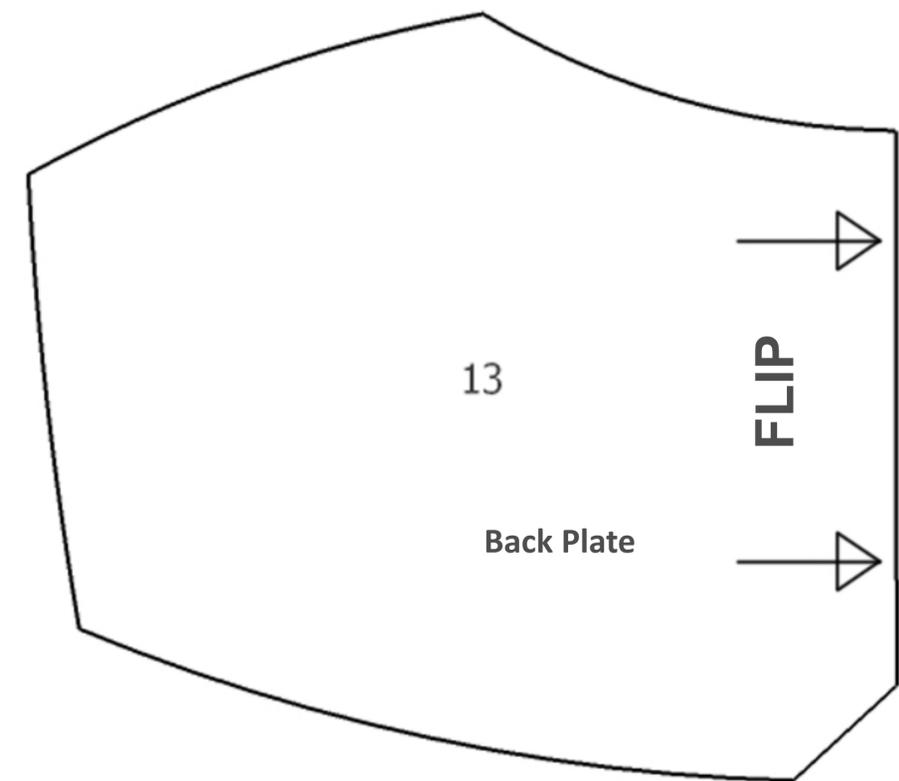
### SIZING:

This template is sized for approximately 6' tall (182cm), 170 lb male. It is for a roughly 40" chest. The chest can be expanded or contracted by lengthening or shortening pieces 5 and 15 where indicated.

### Details:

For game accuracy, insert two 1" lengths of nylon webbing, roughly 4" long, between parts 4 and 6. Use reference as a guide. These lengths of webbing should have one triglide each and be tapered at the end.

A parachute clip joining parts 15 and 14 ensures the vest is easy to don and doff. A clip on both sides is recommended, however you can get away with elastic on one side and a clip on the other.



Have fun, take progress pics, and post when you're finished!