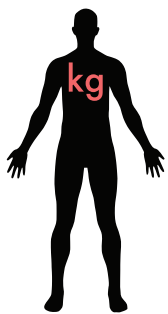




CONTAINERS MEASUREMENT GUIDE

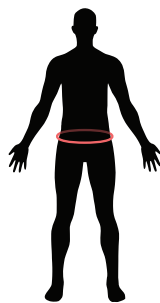
Print this guide to help you while measuring for your SQUIRREL container.

Wear the clothes you are likely to jump in.



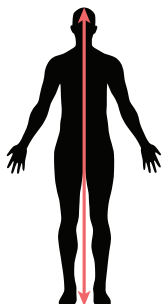
Weight
_____ kg

Get on a scale naked.



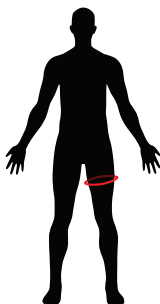
Waist
_____ cm

At the belly button. Relaxed posture.



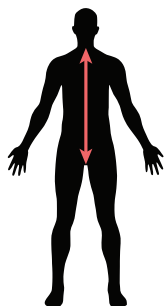
Height (NO shoes) _____ cm
Height (WITH shoes) _____ cm

From the top of your head to the bottom of your heel, standing against a wall with feet together.



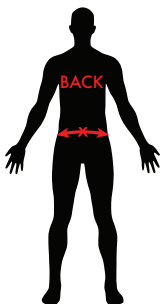
Leg Circumference
_____ cm

Right around the widest part of your thigh.



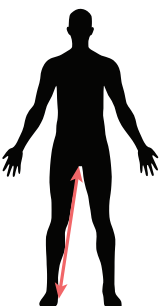
Torso
_____ cm

From the base of your neck (from the top of your chest zipper on your current suit) to your squirrel nuts, or where they would be if you had them. Start at the same spot you used for the Inseam.



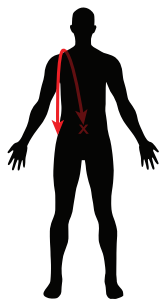
Lateral
_____ cm

Measure from hip-bone to hip-bone, right around the back. Mark your spine where the tape crosses it... and mark your right hip-bone.



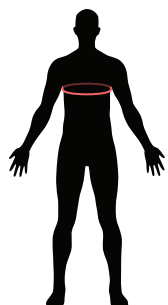
Inseam (WITH Shoes)
_____ cm

Measure from your Squirrel nuts (if you have them) to the floor along the INSIDE of your leg, with your SHOES ON.



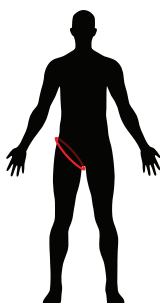
MLW
_____ cm

From that point on your spine where the lateral tape crossed, measure over your right shoulder and down to the mark on your hip-bone.



Chest
_____ cm

The circumference should be taken with the tape at the nipples. Deep breath in, exhale half way, measure.



Leg Strap
_____ cm

From the mark on your hip-bone, measure around your leg through the crotch area... just like your harness leg strap.