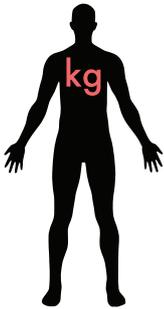




## MEASUREMENT GUIDE

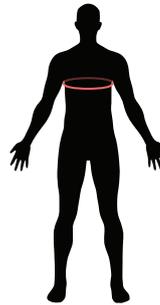
Print this guide to help you while measuring for your wingsuit.  
**Wear the clothes you are likely to jump in.**



### Weight

\_\_\_\_\_ kg

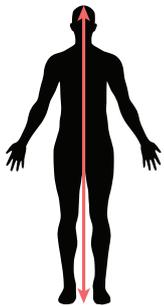
Get on a scale naked.



### Chest

\_\_\_\_\_ cm

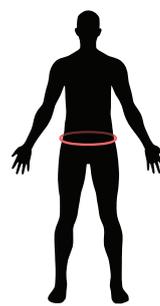
The circumference should be taken with the tape at the nipples. Deep breath in, exhale half way, measure.



### Height (NO shoes)

\_\_\_\_\_ cm

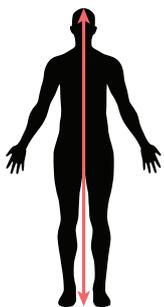
With SHOES OFF, from the top of your head to the bottom of your heel, standing against a wall with feet together.



### Waist

\_\_\_\_\_ cm

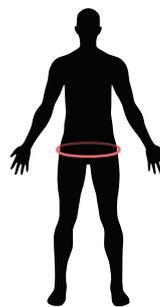
At the belly button. Relaxed posture.



### Height (WITH shoes)

\_\_\_\_\_ cm

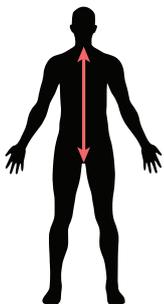
With SHOES ON, from the top of your head to the bottom of your heel, standing against a wall with feet together.



### Hips

\_\_\_\_\_ cm

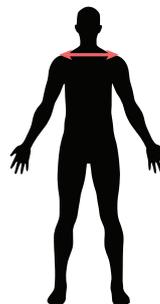
Below the beltline at the widest spot.



### Torso

\_\_\_\_\_ cm

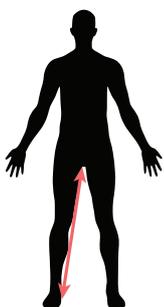
From the base of your neck (from the top of your chest zipper on your current suit) to your squirrel nuts, or where they would be if you had them. Start at the same spot you used for the Inseam.



### Shoulders

\_\_\_\_\_ cm

Measure across where the seams of a perfectly-fitted T-shirt would be, and mark that location on one of the shoulders.



### 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.



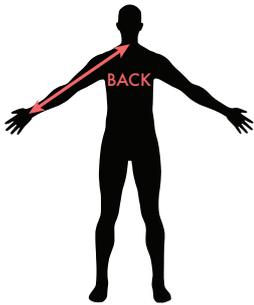
### Arm

\_\_\_\_\_ cm

From that shoulder mark, measure down to the wristbone.



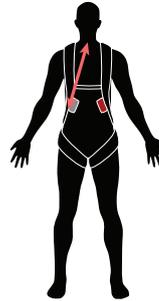
# MEASUREMENT GUIDE



## Wingspan

\_\_\_\_\_ cm

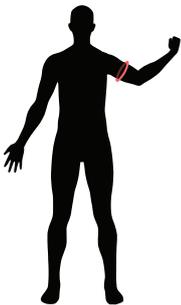
Measure from your cervical spine to the same spot on your wristbone, with your arm at about this angle.



## Harness Interface Vertical

\_\_\_\_\_ cm

Put on your rig and measure from the base of your throat, to the bottom of your cutaway handle.



## Bicep

\_\_\_\_\_ cm

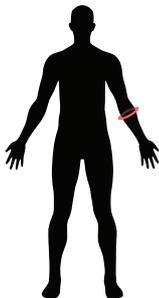
Bend your arm to not quite 90 and give a bit of a flex. We're not trying to go full Popeye, but we want a bit of an angle.



## Harness Interface Horizontal

\_\_\_\_\_ cm

Measure from the bottom of your cutaway handle to the bottom of your reserve handle.



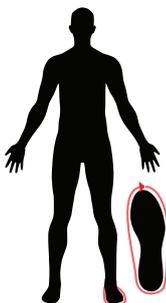
## Forearm

\_\_\_\_\_ cm

Flex hard, and measure the widest point.

## Shoe Size (US)

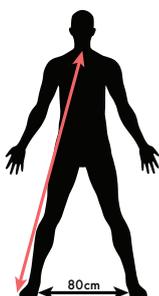
\_\_\_\_\_



## Foot Circumference

\_\_\_\_\_ cm

Measure the circumference of the soles of the shoes or boots that you plan to jump in by placing the measuring tape on the front of the toe, wrap it around your heel and back to the toe.



## Total Suit Height

\_\_\_\_\_ cm

Standing with your feet 80 centimeters apart, measure from the base of your throat to the floor at the outside of your foot, with your SHOES ON.