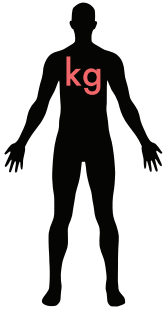




MEASUREMENT GUIDE

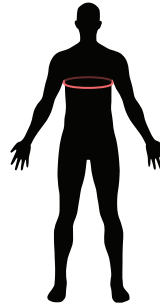
Print this guide to help you while measuring for your wingsuit.
Wear the clothes you are likely to jump in.



Weight

_____ kg

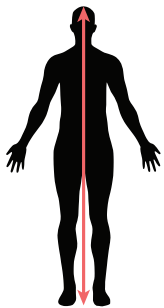
Get on a scale naked.



Chest

_____ cm

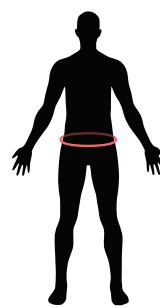
The circumference should be taken with the tape at the nipples. Deep breath in, exhale half way, measure.



Height (NO shoes)

_____ cm

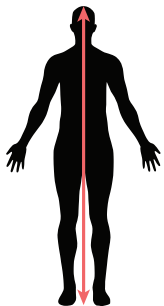
With SHOES OFF, from the top of your head to the bottom of your heel, standing against a wall with feet together.



Waist

_____ cm

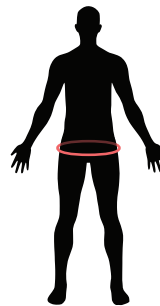
At the belly button. Relaxed posture.



Height (WITH shoes)

_____ cm

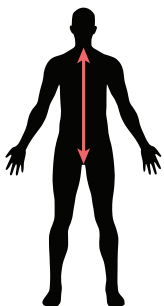
With SHOES ON, from the top of your head to the bottom of your heel, standing against a wall with feet together.



Hips

_____ cm

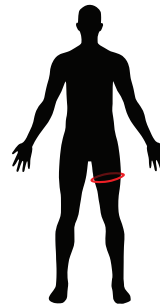
Below the beltline at the widest spot.



Torso

_____ cm

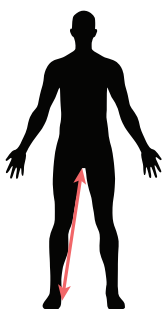
From the base of your neck (from the top of your chest zipper on your current suit) to your squirrel nuts, or where they would be if you had them. Start at the same spot you used for the Inseam.



Leg Circumference

_____ cm

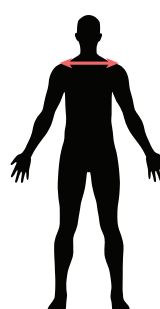
Right around the widest part of your thigh.



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.



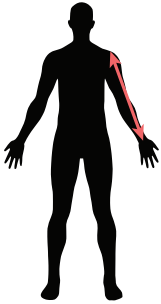
Shoulders

_____ cm

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



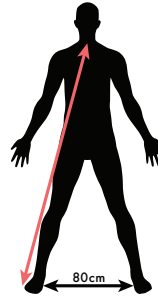
MEASUREMENT GUIDE



Arm

_____ cm

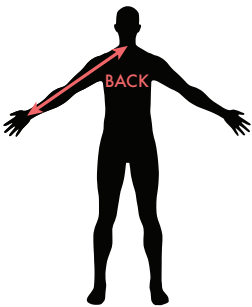
From that shoulder mark, measure down to the wristbone.



Total Suit Height

_____ cm

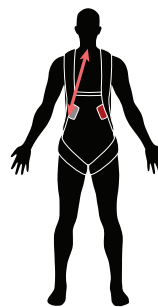
Standing with your feet 80 centimeters apart, measure from the base of your throat to the floor at the outside of your foot, with your SHOES ON.



Wingspan

_____ cm

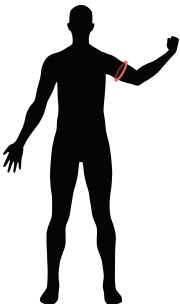
Measure from your cervical spine to the same spot on your wristbone, with your arm at about this angle.



Harness Interface Vertical

_____ cm

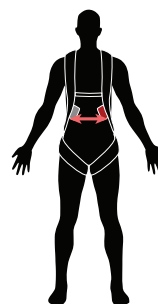
Put on your rig and measure from the base of your throat, to the bottom of your cutaway handle.



Bicep

_____ cm

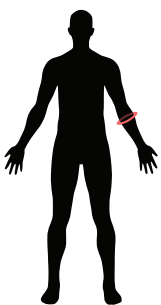
Bend your arm to not quite 90 and give a bit of a flex. We're not trying to go full Popeye, but we want a bit of an angle.



Harness Interface Horizontal

_____ cm

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

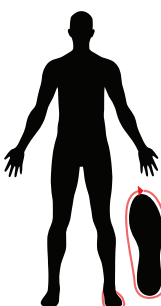


Forearm

_____ 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.