



MEASURE the circumference of the shoe.

Wear the same shoes that are worn for skydiving.

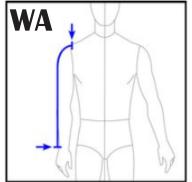
If multiple types of shoes are worn, measure the larger shoe.

The arm length measurement with the arm beside the body, from the

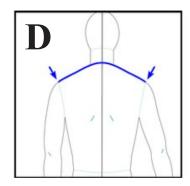
shoulder seam to the wrist. The best reference for this is between the

two prominent bones at the shoulder edges, or if you'll imagine a line

straight up from your armpits to your shoulders, this is the shoulder



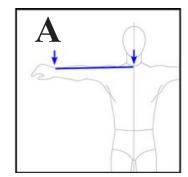
point to measure from down to the wrist.



MEASURING the Shoulder Width

The best reference for this is between the two prominent bones at the shoulder edges or imagine a line straight up from your armpits to your shoulders and measure between those two points (note the dotted lines in the picture).

The shoulder (D), shoulder to elbow (C) and elbow to wrist (B) are continuous measurements. These 3 measurements place the grips in the correct location on the upper arm and define the seam between the upper arm and the spandex forearm.



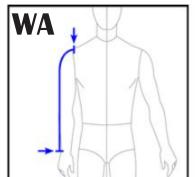
MEASURING the Length of the Entire Arm, Collarbone to Wrist

Measure one arm first, and then compare to the second arm. Use the longer measurement.

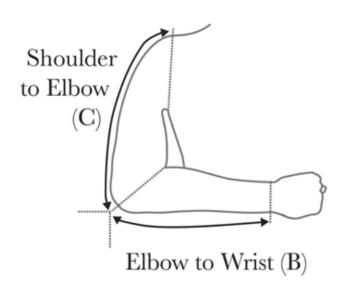
Hold the arm up, perpendicular to the ground, and in line with the shoulder.

Measure from the center of the collarbone to the wrist.

Page 1 Version 2025.1



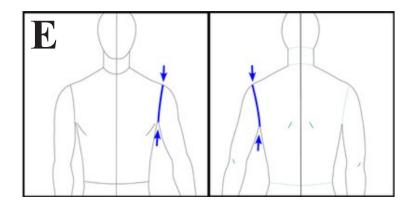




MEASURING the Length of the Upper Arm, Shoulder to Elbow

Mark the end point on the (D) measurement with the your finger, reset the tape and measure down to the center of the elbow with the arm bent in a 90 degree position.

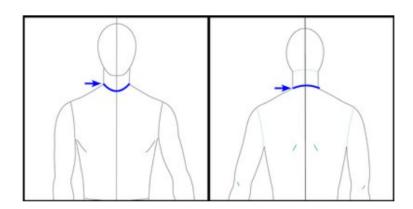
The shoulder (D), shoulder to elbow (C) and elbow to wrist (B) are continuous measurements. These 3 measurements place the grips in the correct location on the upper arm and define the seam between the upper arm and the spandex forearm.



MEASURING the Shoulder Joint Circumference *New

Measure the entire shoulder joint circumference, with the arm lowered and flexed.

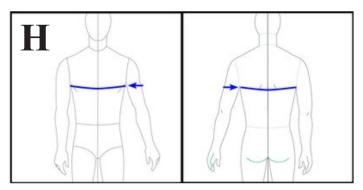
The tape will need to pass under the armpit.



MEASURING the Neck circumference at base

Measure around the base of the neck. At the front of the neck, the tape measure rests at the top of the collarbone, gently snug against the neck.





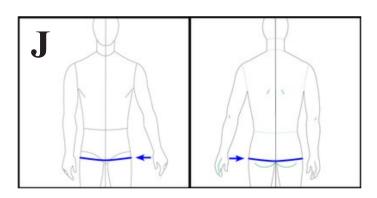
MEASURE the Chest Circumference at Nipple Level

Raise the arms and place the tape measure around the back and underneath the armpits, level with the nipples.

Lower the arms and take equal, measured breaths.

Make sure the tape measure is level.

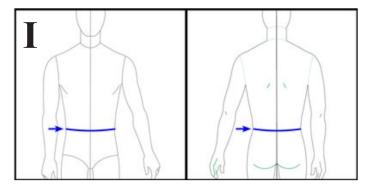
Jumping in cold weather = wear the thick clothing while being measured.



Lower Hip and Buttocks Circumference

Measure the widest part of the hips, don't go past the crotch level.

Check that the measuring tape is parallel to the ground.

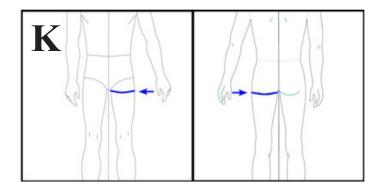


MEASURE the Waist circumference

Narrow waists: measure below the ribs but above the naval.

Wider waists: measure at the widest part of the waist.

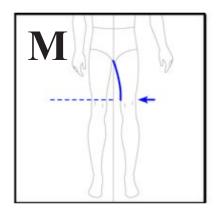
For both, check that the measuring tape is parallel to the ground.



MEASURING the Top of Thigh Circumference

Holding the measuring tape parallel to the ground, measure the circumference of the highest point of the thigh.

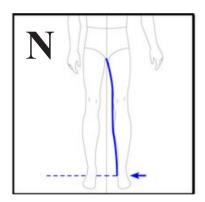




NEW: Press the tape measure against the leg.

Stand with feet hip width apart and shoulders over the hips.

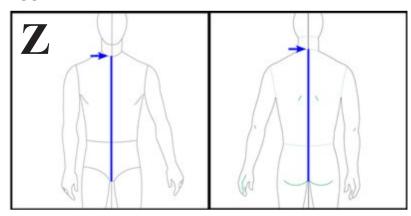
Hold the tape measure against the center of the crotch, where all seams intersect. Measure along the leg to the TOP of the knee.



NEW: Press the tape measure against the leg.

Stand with feet hip width apart, and shoulders over the hips.

Hold the tape measure against the center of the crotch, where all seams intersect. Measure along the leg to the floor, wearing shoes.



NEW: Press the tape measure against the front and back of the torso.

Square shoulders over hips.

Hold the tape measure against the center of the collarbone.

Run the tape down the torso's center line, between the legs (over the crotch), and up the back to the base of the neck.