



Measurement Text Guide for Generic Size Chart

Note: Wear the clothes, or weight vest that you normally wear under the suit. If you jump in cold climates, this means the thickest close you want to wear under the suit. Wear the shoes you normally wear when skydiving.

(A) ARM

Measure one arm. Start at the base of the throat, at the middle of the collar bone, extend the tape to the wrist. Repeat with other arm and compare measurements. Use the longer measurement.

(D) SHOULDER TIP TO SHOULDER TIP

This measurement is taken from the back. Look for the tip of the shoulder, it will be the most prominent bone at the end of the shoulder. It may help to imagine a line from the armpit straight up to the shoulder. Measure between these lines.

(I) WAIST

Pass the tape measure around the waist, either the largest part of the stomach, or a couple of inches above the belly button. Resist the temptation to suck in your stomach.

(N) FULL INSEAM

Stand with legs straight and about hip width apart. Measure from the deep crotch where the seam of the pants cross. Do not curl/bend tape over at the crotch. Let the tape drop straight down to the floor, between the legs, do not run the tape along the leg. It may help to hold a ruler between the legs, making sure it's parallel with the floor, and measure from the top of the ruler to the floor.

(Z) TORSO

Place the tape measure at the center of the collar bone and let the tape drop to the floor. Pass the tape measure between the legs, making sure the tape is not twisted. Pull the tape against the body, making sure it is not too tight, and run the tape straight up to the back of the neck. Measure to the base of the back of the neck, where the collar of a shirt normally rests. The tape does NOT contact the back curves. Pull up the crotch of your pants/shorts to allow for a proper measurement.

MEASURING VIDEO:

<http://bit.do/measure1>