CUSTOM SUIT
MEASUREMENT GUIDE

Racing suit
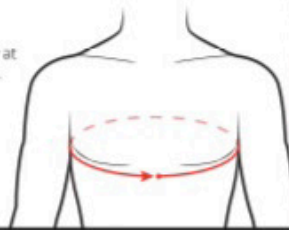# How to measure chart

Name _____ **Height (cm)** _____ **Weight (kg)** _____

☐ Single Layer ☐ Double Layers ☐ Triple Layers, Arm D ring Yes/ No, Back Stretch Panel Yes/No

Shiny Nomex /Non Shiny Nomex, Nescar Boot Leg/Knitted Cuff Boot Leg, **Male/Female**

A. CHEST/THORAX

Measure around chest under armpit, roughly at nipple height, keep arms down by your sides.

CM: [ ]

B. WAIST CIRCUMFERENCE

Run tape measure around your waist horizontally, keep arms at your sides. Use the natural waistline just below the belly button height as pictured.
Use a 2nd tape to measure back length (M) & External leg (H) whilst the waist tape is still in place
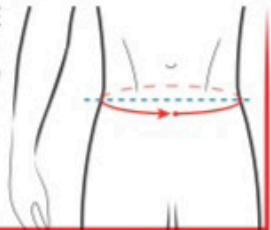
CM: [ ]
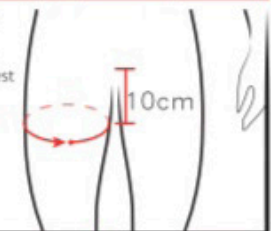
C. PELVIS CIRCUMFERENCE

Run tape measure around your pelvis at the widest point, around 18-20cm under your waist point. Keep your arm by your sides.
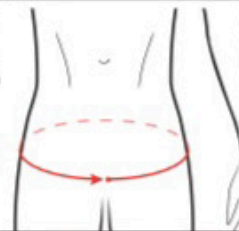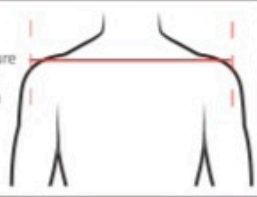
CM: [ ]

D. THIGH CIRCUMFERENCE

Run tape measure around your thigh horizontally, keep arms at your sides. Measure around the widest part around 10cm below the crotch.

10cm

CM: [ ]

E. SHOULDER WIDTH

With your arms at your sides, run the tape measure from bone to bone across the widest part of your shoulders. Keep the tape taut in order to obtain a ccurate measurement.

CM: [ ]

F. SLEEVE LENGTH

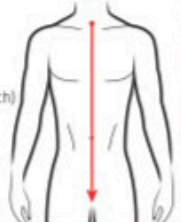Measure from the shoulder bone down to your wrist bone with your arm slightly bent.

CM: [ ]

G. FRONTAL LENGTH/RISE

Hold the tape in the notch of neck and measure down to the reference stitch of the underwear. (reference stitch is where the front and back join in the seam under your crotch) Always keep the tape under tension in a vertical position.
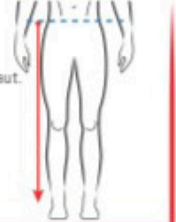***CRUCIAL MEASUREMENT***

CM: [ ]
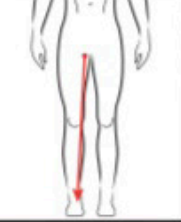
H. EXTERNAL LEG LENGTH

Measure from the **reference waist point (see B)** down to the top of your external ankle bone vertically keeping the tape taut.
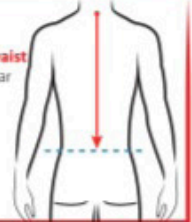
CM: [ ]

L. INSIDE LEG LENGTH

Run tape vertically from crotch to the top of your internal ankle bone.
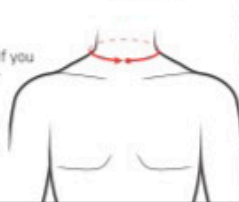
CM: [ ]

M. BACK LENGTH

Run the tape from the lower neck vertebra to the **reference waist point (see B)** the lower neck vertebra is around where the collar seam of your shirt would be.

CM: [ ]

N. NECK CIRCUMFERENCE

Run the tape around your neck and close the circle, if you want a little more room here please add 1cm to your actual measurement.

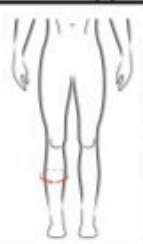CM: [ ]

O. BICEP CIRCUMFERENCE

Measure around the widest point of the biceps, if you have a large difference between relaxed and tensed biceps please indicate both measurements.

CM: [ ]

P. CALF CIRCUMFERENCE

Run the tape around your calf want a little more room here please add 1cm to your actual measurement.

CM: [ ]

FOR BEST RESULTS, WEAR CLOSE FITTING UNDERWEAR/BASE LAYERS TO REDUCE ERRORS