



STEP 1



DARK ROOM

GUIDE TO MEASURING WAIST

For best fit we suggest putting on a jockstrap (preferably Dark Room) and place where it feels most comfortable in-between your waist and hip. Standing up take a tape measure and wrap it around following the waistband. Stand straight and don't suck in your stomach. Keep the tape measure taut, but not constricting. It shouldn't be squeezing the sides, just resting.



STEP 2



DARK ROOM

GUIDE TO THONG STRAP

With your jockstrap still on, from the centre of the back, with your measure tape, measure until you reach your gouche until the side (touching the bottom of the front pouch). That length is what we need.

