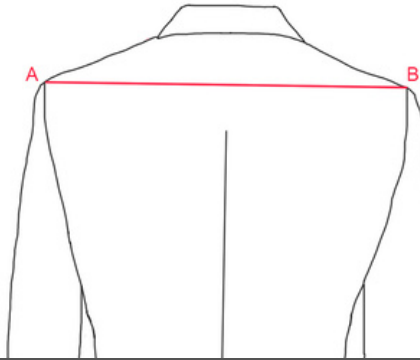
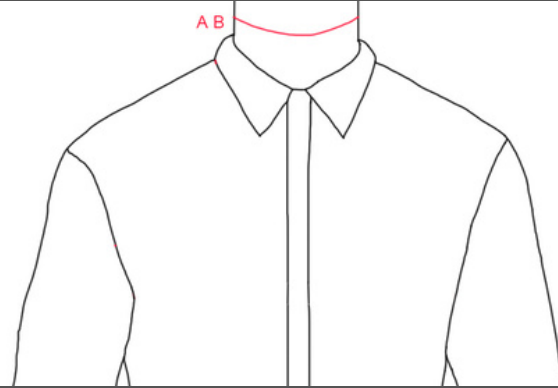


SELF-MEASURING GUIDE



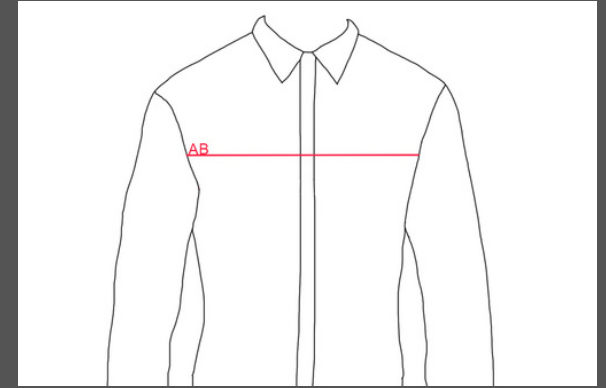
SHOULDER

Apply small pressure to find the bone on each end of the shoulders, and measure from seam to seam



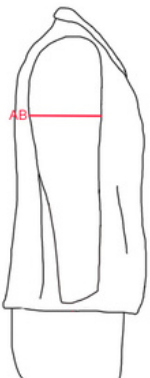
NECK

Measure near the base of your neck. Leave one finger width in between the tape and neck. (depending of preferred tightness)



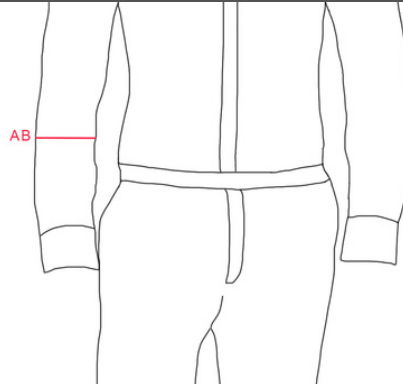
CHEST

Wrap measuring tape all around your chest. Ensure the tape is directly under the armpits and is level.



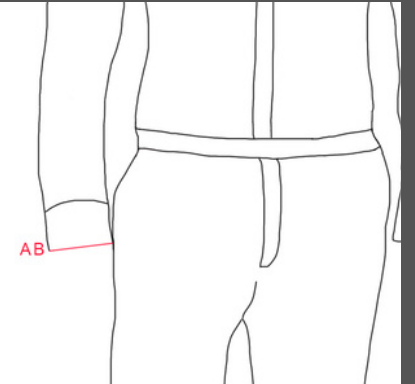
BICEP

Measure around the widest part of your bicep.



FOREARM

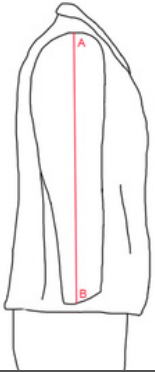
Wrap the measuring tape around the thickest area of your forearm.



WRIST

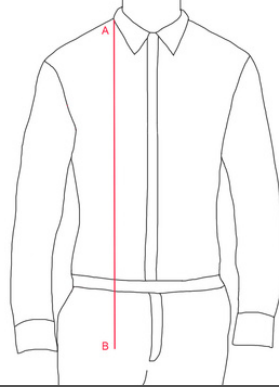
Measure around the wrist (on skin).

SELF-MEASURING GUIDE



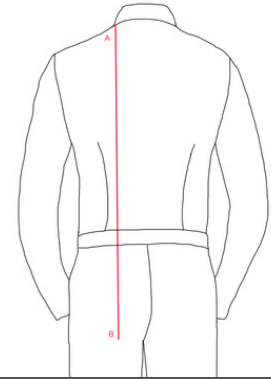
SLEEVE LENGTH

Measure from the 't seam' on the shoulder to the start of your wrist.



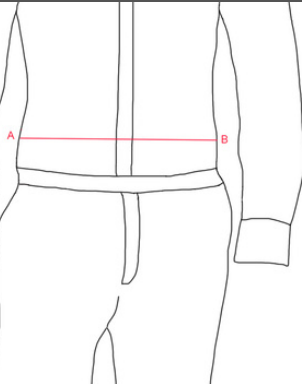
FRONT LENGTH

Measure from top of your traps and straight down to between your first and second thumb knuckle.



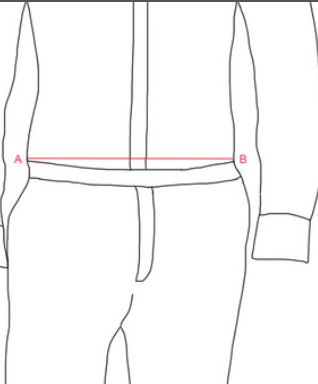
BACK LENGTH

Measure from top of your traps down to desired length. Typically within 0.5cm of your front length.



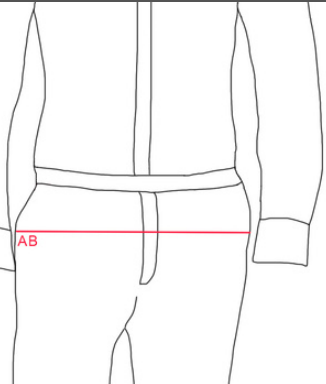
MID WAIST

Measure around your waist area from your belly button. Ensure the tape is level.



WAIST

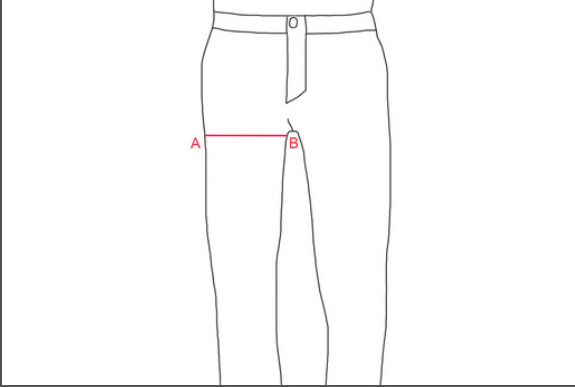
Measure around your waist, on or slightly above where you usually wear your pants. Adjust to your preferred tightness.



HIP

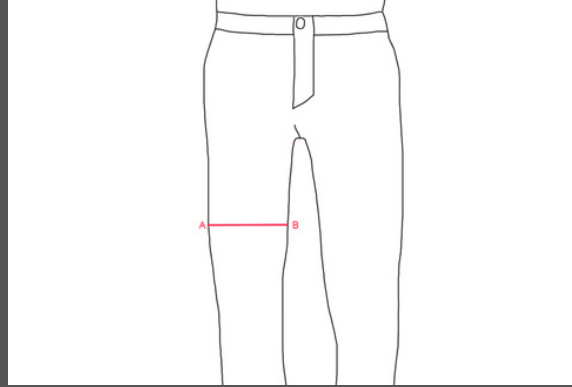
Place your feet together and measure around the widest part of your hips. Ensure the tape is straight and level.

SELF-MEASURING GUIDE



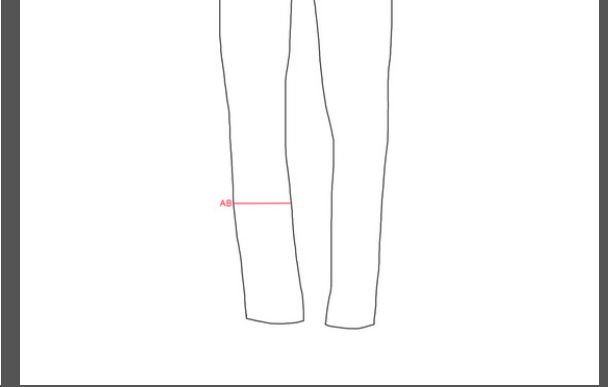
UPPER THIGH

Measure around the thickest part of your upper thigh. Typically below the groin area.



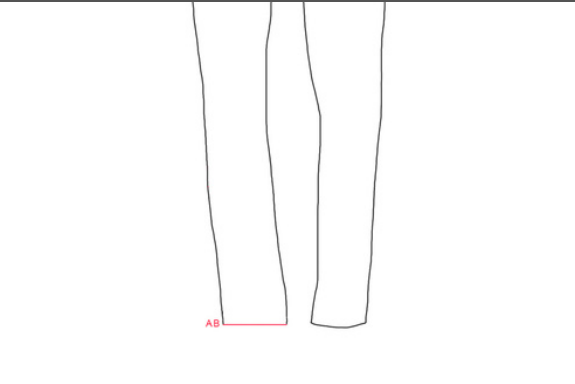
MIDDLE THIGH

Measure around the middle of your thigh. Typically found 10cm above your knee cap.



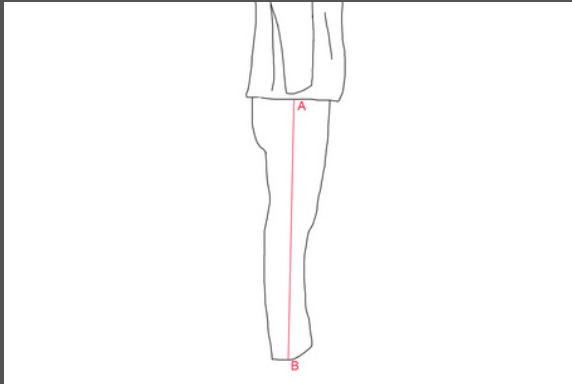
CALF

Measure around the widest part of your calf.



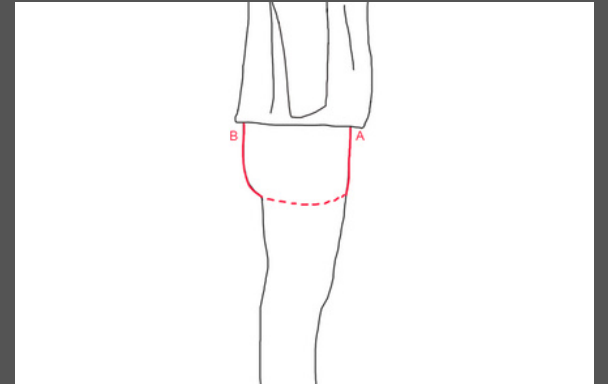
ANKLE

Measure around your ankle (on skin).



PANTS LENGTH

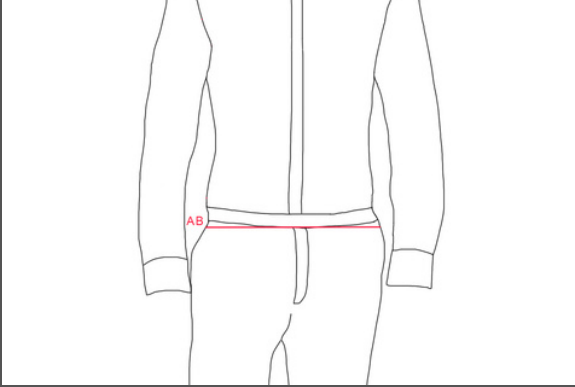
Measure from the top of the waistband to the bottom of your feet.



CROTCH

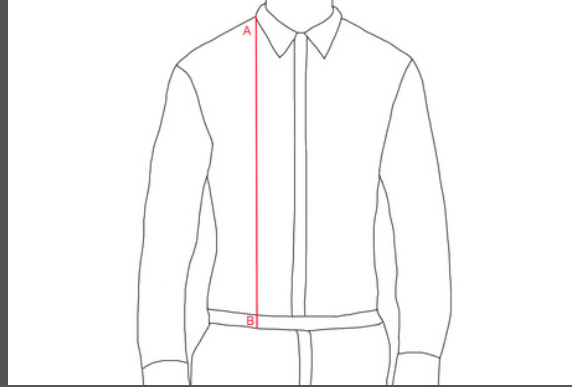
Measure from front waist line to back waist line. Keep it tight but squat to ensure there is no discomfort.

SELF-MEASURING GUIDE



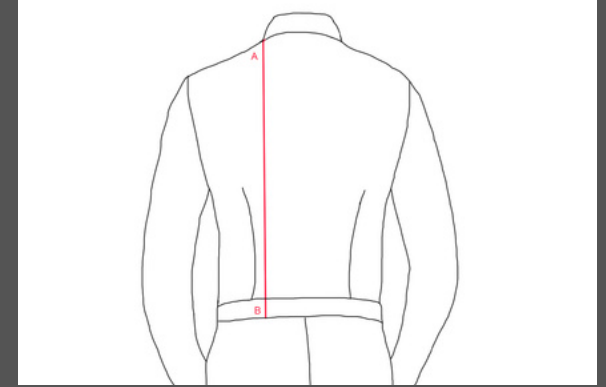
VEST CIRCUMFERENCE

Measure just below the waistband. Ensure the tape is level.



VEST FRONT LENGTH

Measure from the trap to bottom of your waistband.



VEST BACK LENGTH

Measure from the trap to the top of your bottom.

DISCLAIMER: If the product comes out with the wrong measurements, we are not liable for any fault of sizing. We however, can offer alteration services if necessary.

Name: _____

Height: _____

Weight: _____

MEASUREMENTS:

Shoulder: _____

Upper Thigh: _____

Neck: _____

Middle Thigh: _____

Chest: _____

Calf: _____

Bicep: _____

Ankle: _____

Forearm: _____

Pants Length: _____

Wrist: _____

Crotch: _____

Sleeve Length: _____

Front length: _____

Vest Circumference : _____

Back Length: _____

Vest Front Length: _____

Mid Waist: _____

Vest Back Length: _____

Waist: _____

Hip: _____

Please also insert three full body photos. Front, side and back.