



Measurement Form

Name	Phone	Date	Height <input type="checkbox"/> Inch <input type="checkbox"/> Cm
Company	Email		Weight <input type="checkbox"/> Lbs <input type="checkbox"/> Kg

Hold tape snugly, but not tightly against your body.

When measuring chest, waist, and hips, tape should be parallel to floor.

When measuring for a flight suit, measure over garments you intend to wear under the flight suit.

Male <input type="checkbox"/>	Female <input type="checkbox"/>
Sport Coat Size	Dress Size
Shirt Collar/Sleeve	Slacks Size
Pants Waist/Inseam	Bra Chest/Cup

① **Chest/Bust:** With arms relaxed at sides, measure around the fullest part of chest or bust.

② **Natural Waist:** Around waist at level of navel and small of back (A)

③ **Pant Waist:** Around point where your trousers would normally ride.

④ **Hips:** Stand with heels together. Around fullest part of hips and seat

⑤ **Inseam:** : From snug in crotch (B) to bottom hem of well-fitting pants(C).

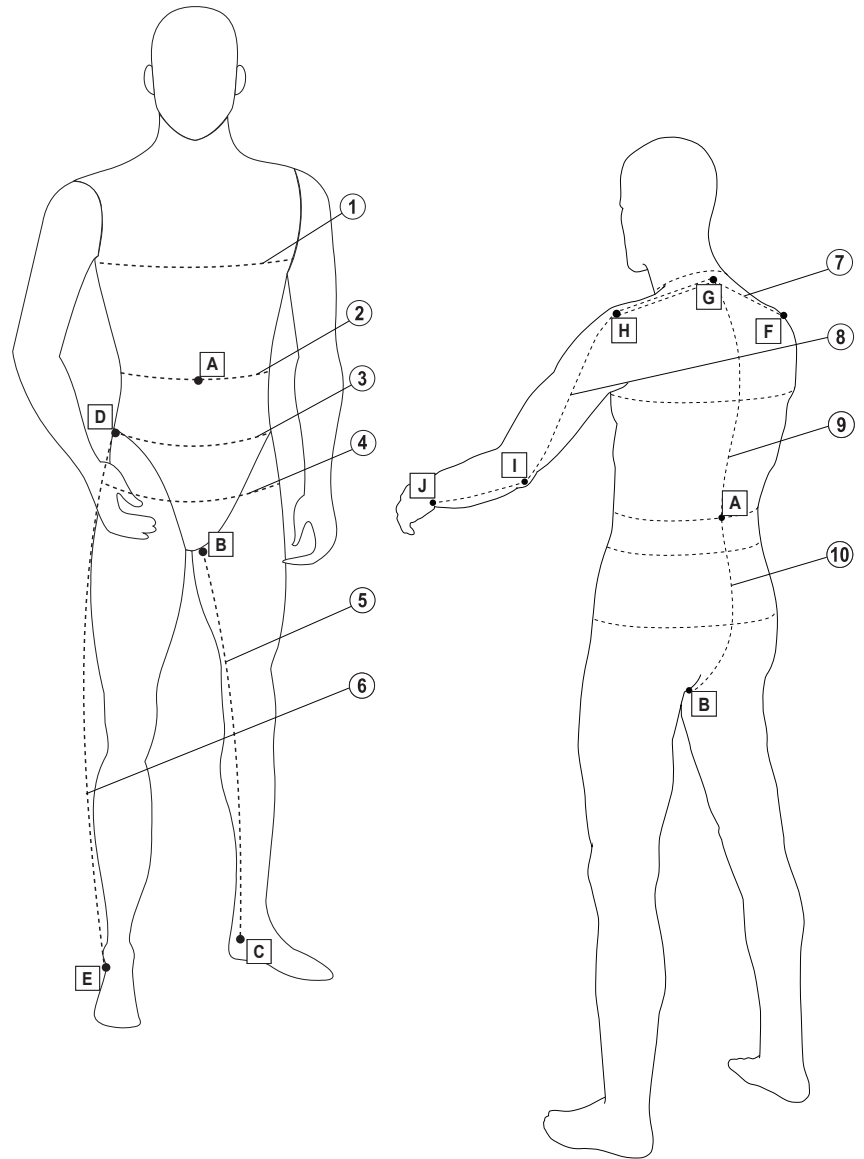
⑥ **Outseam:** From side point of Pant Waist (D),to bottom hem of pants (E)

⑦ **Shoulder:** From widest point of shoulder(F), to center-back at base of neck (G), to widest point of opposite shoulder(H).

⑧ **Sleeve:** From center-back of neck base(G) , around widest point of shoulder (H), to back of slightly bent elbow (I), to wrist (J).

⑨ **Collar to Waist:** From bottom of collar (G), down to center-back of Natural Waist (A) . Let tape measure follow contour of back.

⑩ **Collar to Inseam:** Repeat Collar to Waist, but follow contour of seat, to snug in the crotch at the inseam (B)



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