

## How to Take Measurements

Here at Flite Suit we truly want your jump suit to fit right the first time. Correct measurements are the single most critical element in getting a great fit. We have standardized the measurements for all suits, (though some suits may require more measurements than others).

Tips for the best measurements –

- Have another person take measurements for you. It is impossible to measure yourself correctly.
- When measuring, be sure to wear the clothing you'll normally wear beneath your jumpsuit.
- ABSOLUTELY DO NOT ADD LENGTH to your measurements! Your measurements provide us with an idea of your actual dimensions. We build your suit to fit those dimensions with plenty of room to breathe and move comfortably, and according to your cut selection (trim, standard, or baggy - listed on most forms). If you want your suit a little loose or snug in a particular area, simply note it on your order form.
- Take all measurements at least twice. If you find a discrepancy of more than a ½" between two of the same measurements, check again. Where you've got two (right and left) possible measurements (e.g., forearm, upper thigh, etc.), take both and use the larger measurement.

\*Want a Low-Rise Waist on your Bomber Freefly Pants or Shorts?

Normally, the waist is measured at the belly button. However, some jumpers prefer their Bomber FreeFly Pants or Shorts with a low-rise waist (with the top of the pants not much higher than the hip bones). If you want a low-rise waist, simply tie a string around the waist where you want the top of the pants to fall. This string is the "waistline" that you should use for taking the *waist*, *back waist to crotch*, and *front waist to crotch* measurements. Contact us if you have any questions!

## Specifics

- **Height** - Without shoes.
- **Weight** - Body weight only.
- **Shoe Size** - if booties are ordered, provide the size for the shoe that you wear while skydiving. If there is any question, include a tracing of the shoe you wear while skydiving.
- **Shoulder Point to Shoulder Point** - Measure from the outside edge of where the shoulder drops to the same point on the opposite shoulder. (*Unusually* round or muscular shoulders may need a "point" created: the measurer should place one palm atop the shoulder and the other palm on the side of the upper arm so that the middle fingertips meet at a point just above the shoulder. Drop the fingertips of the higher palm so that they fall onto the shoulder, and measure from the point that the middle finger reaches to the same point on the opposite shoulder). This is a critical measurement.
- **Chest** - measured around the chest from just under the armpits (across the nipples). Be sure the tape is straight all the way around. Have the jumper take a deep breath, and use that measurement.

- **\*Waist** - Have the jumper place their finger in their belly button. Use that as a guide in measuring around their body.
- **Crotch to Knee** - Measure from the conjunction of four seams in the crotch to the crease in the back of the leg where the knee bends.
- **Inseam to Floor** - Legs should be shoulder-width apart. Measure from the crotch (the conjunction of four seams) to the floor while bare foot.
- **Ankle** - measure around the ankle just above the anklebone.
- **Calf, Lower and Upper thigh** - Take a step forward and lean over the lead leg to flex it. Take your measurements on this leg at the center of the calf, just above the knee, and high on the leg near the crotch, respectively.
- **Hips** - Measure at the widest point below the waist. (Usually around the jumper's bum, lower than the actual hip bones).
- **Sleeve Length: Base of Neck to Wrist** - Measure from the neck bone at the back of the collar to the wrist bone. For Flite Suit and Bomber measurements, the arm is held straight out and parallel with the floor. For Body Suits, bend the arm 90-degrees at the elbow and hold the entire arm parallel with the floor.
- **Sleeve Length: Base of Neck to Fingertip** - Measure from the neck bone at the back of the collar to the middle fingertip. The arm is held straight out and parallel with the floor.
- **Elbow to Wrist** - With the arm bent at 90 degrees and parallel to the ground, measure from the point of the elbow to the wrist bone.
- **Wrist** - Measure at the wrist bone.
- **Biceps and Forearm** - Flex your arms like a body builder when taking these measurements.
- **Back** - Measure from the waistline to the neck bone at the back of the collar.
- **Zipper** - Press and hold the tape end lightly at the conjunction of four seams in the crotch and measure to the hollow in the neck. This measurement is critical.
- **\*Crotch to Waist** - Measure from the conjunction of four seams in the crotch to the waist line at the back.
- **Torso** - Take this measurement from the hollow in the neck just above the breast bone down the midline of the front of the body down to the crotch, continuing through the legs up the midline of the back to the neck bone at the back of the collar. *Keep the tape pressed against the body when taking this measurement!* This measurement is a crosscheck, and should equal the sum of the previous three measurements (Back + Zipper + Crotch to waist = Torso).
- **\*Belly Button to Crotch** - Measure from the conjunction of four seams in the crotch to the waist at the front.

If you have any questions about how to measure, please contact us for assistance!