



Measurement guide

Please take your measurements carefully. We are unable to make your wingsuit fit you without the correct measurements. Study the diagram to assist you. Get someone to help you, and double check each measurement. Measure yourself over a T-shirt and thin trousers. Do not add anything to your measurements. If we receive incorrect measurements, we will have to charge for modifications. Take all these measurements around the widest part, except the waist.

1. Height

Measure your height, without shoes, standing up straight, arms by your side, feet shoulder width apart. You may find it helpful to stand with your back against a solid surface.

2. Chest

Measure the widest part of your chest, stand up straight, arms by your side, muscles relaxed, be careful to keep the tape parallel to the ground.

3. Waist:

Measure the narrowest part of your waist, stand up straight, arms by your side, muscles relaxed, be careful to keep the tape parallel to the ground.

4. Hips:

Measure the widest part of your hips, stand up straight, arms by your side, muscles relaxed. Be sure that you measure over the widest part of your buttocks, be careful to keep the tape parallel to the ground.

5. Shoulder to floor:

Measure the distance between the shoulder and the floor, without shoes, standing up straight, feet shoulder width apart. Use your other hand to feel the shoulder joint and find the "corner" of your shoulder joint.

6. Torso:

Measure the length of your body. Be VERY careful with this measurement! Stand up straight, feet shoulder width apart, measure from under the crotch where seams of your trousers meet, straight up the front of your torso to the indentation at the base of the throat.

7. Inseam:

Measure the distance between the crotch and the floor. Stand up straight, legs shoulder width apart, without shoes. Make sure the tape is vertical.

8. Shoulders:

Measure the distance between the shoulders, lay the tape across the back of the shoulders and measure the distance between the two shoulder bones. Allow the tape to follow the curve of the shoulders. Feel for the bump on the back of each shoulder joint and measure the distance between them.

9. Arm:

Measure the length of the arm from the shoulder to the bone of wrist. Stand up straight, arms by your sides. Start the measurement at the top of the shoulder, feel the joint with your other hand to find the "corner" of the shoulder. Finish the measurement where the wrist bone sticks out as a "bump" on the outside of the arm.

10. Thigh:

Measure the widest part of the thigh. Stand up straight, feet shoulder width apart with your weight equally supported on both legs, muscles relaxed. Make sure you measure the widest part of the thigh.

11. Bicep:

Measure the widest part of the bicep, with the muscle relaxed. Stand up straight, with your arms by your side, measure the widest part of the bicep with your muscles relaxed.

12. Wrist:

Measure the widest part of the wrist.

13. Shoe size:

Include your shoe size, remember to specify the type of measurement UK, US or Continental.

14. Weight:

Include your weight in either pounds or kilos (kg preferred)

