



222 Shuswap Royal Canadian Air Cadet Squadron Salmon Arm B.C.

CADET INFORMATION

Date submitted: _____

Last Name: _____

First Name: _____

Gender Male Female

Measured in	INCHES	CENTIMETRES
Head:		Hips:
Neck:		Inseam:
Chest:		Hand:
Waist:		Height:
Foot (measure in millimeters)		

MEASURING INSTRUCTIONS

The following instructions are designed to help you obtain precise body measurements that will be used by our system to recommend your garment sizes:

- Have your measurements taken by another person.
- Wear a tight-fitting top and a pair of lightweight pants that fit well and have a regular waistband. Do NOT wear low-rise pants
- Remove your belt and jewellery, including your watch rings, bracelets and necklaces. Remove items from your pockets
- If you have long hair it should be hanging down, not pinned or tied back
- Remove your shoes and wear socks that you normally wear for work.
- Stand straight and still, with your arms hanging comfortably.
- Do not hold your breath.

Guidelines for taking measurements:

- Do not tighten the tape, or leave too much slack.
- Do not estimate measurements. Measure to the largest cm or half inch.
- Do not augment the measurements taken. Uniform designs already provide ample room for ease of movement.

HEAD

1. Wrap the tape around the widest point of the head, just above the ears (Figures 1A and 1B).
2. Take the measurement on the forehead near the temple (Figure 1B).
3. The measurement is the number that lines up with the edge of the tape (Figure 1C).



FIGURE 1A



FIGURE 1B

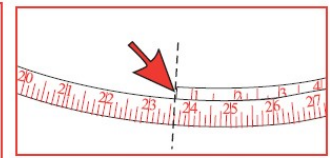


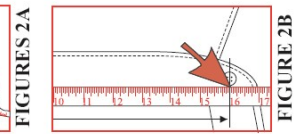
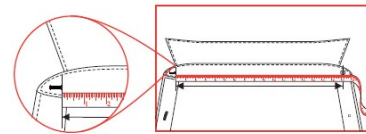
FIGURE 1C

NECK

(Use one of the following methods)

Method 1 (recommended)

1. Take a dress shirt (with collar and buttons) that fits you well when the top button is fastened.
2. Unbutton the shirt and place it flat on a table, with the collar open (Figure 2A).
3. Measure the distance from the center of the buttonhole to the center of the button (Figures 1A and 2B).



FIGURES 2A

FIGURE 2B

Method 2 (take directly against the skin)

1. Wrap the tape around the base of the neck.
2. At the front of the neck, where the top button would be located if a collar were buttoned up, cross the leading edge of the tape over the length of the tape at a 90° angle, making a "V" (Figures 2C and 2D). You should be able to insert a finger between the tape and the skin, at this location (Figure 2D).
3. The measurement is the number that lines up with the bottom of the edge of the tape (Figure 2D).

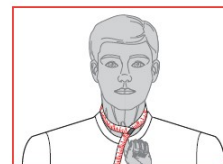


FIGURE 2C

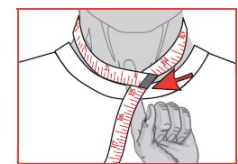


FIGURE 2D

CHEST

1. Lift the arms, place tape around the chest at the largest part with tape parallel to the floor, place arms down to the sides and take the measurement (Figures 3A & 3B).

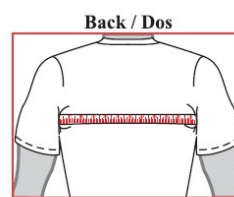


FIGURE 3A

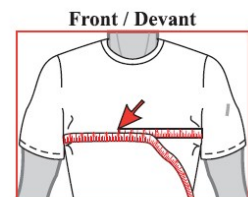


FIGURE 3B

WAIST

(Use one of the following methods)

Method 1 (recommended)

1. Take a pair of dress pants that have a waistband and that fit well when fastened. Do NOT use low-rise pants.
2. Put the trousers flat, waist fastened.
3. Measure the distance from one side seam to the other (Figure 4A). The measurement you obtain should be multiplied by two; this is your waist measurement.

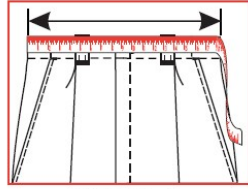


FIGURE 4A

Method 2 (taken directly against the skin)

1. Wear a pair of dress pants or trousers that fit well to determine your belt line. Do NOT use low rise trousers.
2. Wrap the tape around the waist at the belt line, inserting it between the trousers and skin (Figure 4B & 4C). The tape should be snug against the skin, but not tight.
3. The correct measurement is the number that lines up with the edge of the tape.

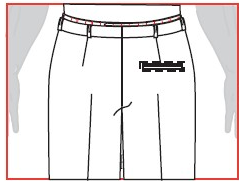


FIGURE 4B

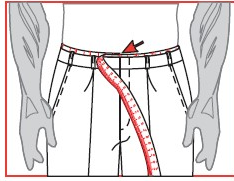


FIGURE 4C

HIPS

1. Stand straight with feet together, measure at the fullest part of the seat, keeping the tape parallel to the floor (Figure 5A & 5B).

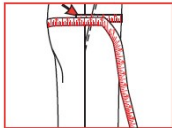


FIGURE 5A

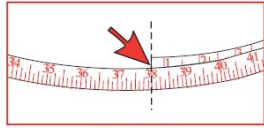


FIGURE 5B

INSEAM

1. Take a pair of dress pants that have a waistband, that fit well and are the right length. Do NOT use low-rise pants.
2. Lay the pants on the table with the waistband fastened and inseam facing up.
3. Measure the distance from the crotch to the bottom of the trouser leg, along the inseam (Figure 6).

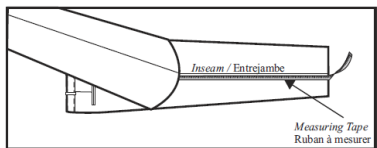


FIGURE 6

HAND

Dominant hand (i.e. if right-handed measure the right hand)

1. Starting under the hand (Figure 7A), wrap the tape around the hand,, excluding the thumb and across the top of the knuckles (Figure 7B).
2. Holding the tape in place, clench fist, and allow the tape to adjust itself to fit snugly rather than tightly (Figure 7B).



FIGURE 7A



FIGURE 7B

HEIGHT

1. Stand with back against a wall, heels together.
2. Place a flat, rigid too (e.g. a wooden ruler on top of the head to form a 90° angle with the wall.
3. Place the leading edge of the tape at this spot and measure the distance in a straight line to the floor.



FOOT

Take a blank sheet of paper and a ruler. While standing wearing regular socks, place one foot flat on the paper.

1. Foot length: Using the ruler, draw a line at the level of the heel and another at the level of the longest toe. Measure the exact distance between the two lines in millimeters.
2. Foot Width: With the ruler, mark the widest point of the foot on both sides. Measure the exact distance between the two lines in millimeters.
3. Repeat both measurements with the other foot, as the two feet are often not exactly the same length.
4. Use the longer of the two foot lengths measured and the wider of the two widths measured.

