

#	CUSTOM MEASUREMENT FORM	Without Body Armour	With Body Armour
A:	Neck Circumference At Collar: Measure collar below Adam's Apple	cm	
B:	Neck to Shoulder: Measure from neck base to end of sleeve joint	cm	
C:	Shoulder To Shoulder - High: Measure from top of shoulder across back from sleeve joint to sleeve joint	cm	cm
D:	Shoulder to Elbow: Measure from sleeve joint to elbow point	cm	
E:	Elbow to Wrist: Measure from elbow to point to wrist	cm	
F:	Bicep Circumference: Measure at widest point around bicep, with muscle taut	cm	
G:	Elbow Circumference: Measure around arm at elbow (arm to be bent as shown)	cm	
H:	Wrist Circumference: Measure at widest point around wrist	cm	
I:	Neck To Back Waist Line: Measure length from neck/shoulder to waist line	cm	
J:	Chest Circumference: Measure around center line of chest; at widest point standing straight up & down	cm	
K:	Waist Circumference: Measure along centre of waistline, 5cm below naval	cm	cm
L:	Hip Circumference: Measure along centre of hip line at widest point around hips	cm	cm
M:	Thigh Circumference: Measure at widest point around thigh	cm	cm
N	Knee Circumference: Measure at centre of knee	cm	cm
O	Calf Circumference: Measure at widest point around calf	cm	cm
P	Ankle Circumference: Measure above ankle bone	cm	
Q	Waist To Knee: Measure from waistline to centre of knee	cm	
R	Knee To Ankle: Measure from centre of knee to top of ankle	cm	
S	Crotch To Ankle: Measure from highest point in crotch to ankle on inside leg	cm	
T	External Leg Length Measure from front waistline to ankle from outer side	cm	
U	Neck To Ankle: Measure from neck base to top of ankle	cm	
V	Vertical Torso Circumference: Measure from Adam's Apple to back of neck through crotch,	cm	cm
W	Hight of Person Total Hight of Person	cm	
X	Weight	Kg	

Special Instructions: