

## Measurement Instructions

(AEROS Ltd. – 21.12.2011)

To have your harness made comfortable for you it is very important that you take accurate and detailed measurements. Please, provide all measurements in centimeters only. We suggest wearing normal clothes, not flying suit (jeans and T-shirt for example). Use a soft fabric or paper measuring tape.

Do not increase the measurements to allow for heavier clothing or reduce them for tighter fit – they have to be specified separately by requesting for non standard fit – either loose or tight.

### **1. Overall height with flying shoes on:**

Stand straight with your flying shoes on a flat floor with your back against a flat vertical wall, making sure your heels touch the wall. Have someone place a ruler on top of your head, hold it level and measure from the bottom surface of the ruler to the floor.



**2. Shoulder height with flying shoes on:**

Standing as written above, have someone place a ruler on top of your shoulder, next to the neck base point. With the ruler level, measure from the bottom surface of the ruler to the floor.



**3. Chest size:**

Measure the perimeter of your chest at the nipples in a relaxed position. Do not expand your chest.



**4. Hips size:**

Measure perimeter of your hips at the widest part. Make sure to remove your wallet and mobile phone from your pockets before measuring.



**5. Distance from the line where hips perimeter is measured to the floor:**  
This has to be measured with your flying shoes on.



**6. Crotch height:**  
Measure the distance from the crotch to the floor with jeans and flying shoes on.



**7. Shoe length:**

Measure the length of your shoe's sole. Do not provide your shoe size.

**8. Waist:**

Measure the perimeter of your waist above the belt line.