



# TAKE MEASURES

Please read how to take measurements, to ensure the correct measurements.

Contact us if you have any questions on taking measurements: [info@custom-wetsuits.com](mailto:info@custom-wetsuits.com)

## For the person being measured:

- The person being measured should wear a swimsuit; women should wear the same type of suit they wear when diving or surfing.
- Stand straight, legs slightly apart.
- Take a good breath and hold it while the Bust/Chest, Waist & Stomach measurements are taken.
- Face straight ahead, keeping your eyes and head leveled. It is important that you don't look down, as it will create an error in some of the measurements. This is a common cause of measurements not being correct, this cannot be over emphasized. Look straight ahead!

## For the person doing the measuring:

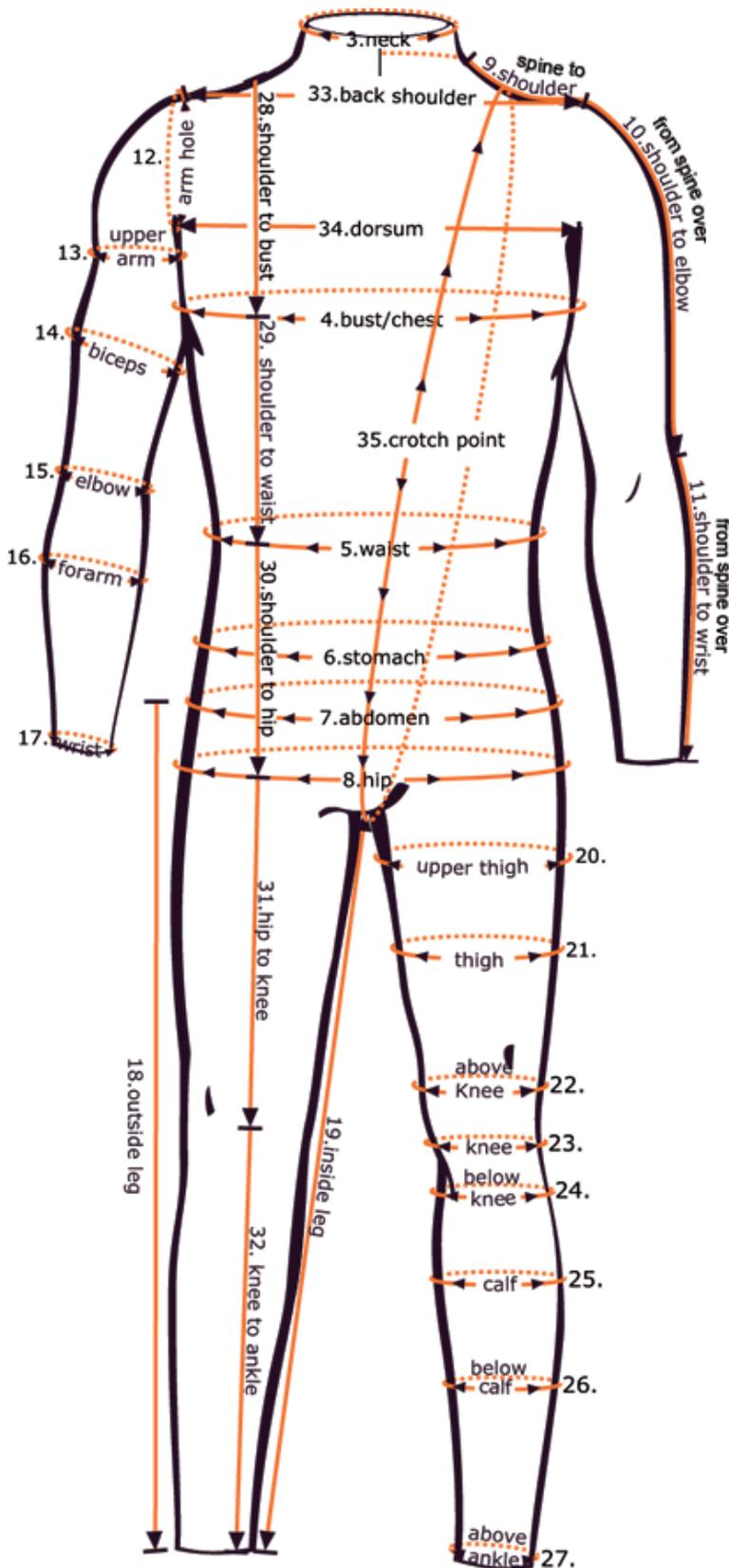
- You will need a measuring tape, a pencil and some patience.
- Arm and leg measurements should be taken on the dominant points.
- Please note that many of the measurements connect from one point to the next. You can leave one end of the measuring tape in place and advance to the next measurement.
- Measuring tape should be snug, neither loose nor tight.
- Take the time to actually mark the measuring points on the body. This can be done with a felt tip pen, masking tape, or chalk. One very important point to mark is the proper crotch point/inside leg. Having the person being measured hold a magazine between their legs where it fits comfortably in the crotch does this. Then place another magazine horizontally across the first magazine, holding it perfectly level. At the point where the second magazine intersects the upper leg, make a dot. This dot will designate the crotch point. It is extremely important that the person stands straight while this point is being determined.

1. Total Body Height		_____ mm
2. Head <i>(only for wetsuits with hoods)</i>		_____ mm
3. Neck		_____ mm
4. Bust / Chest		_____ mm
5. Waist		_____ mm
6. Stomach		_____ mm
7. Abdomen		_____ mm
8. Hip		_____ mm
9. Spine to Shoulder		_____ mm
10. Spine to Elbow		_____ mm
11. Spine to Wrist		_____ mm
12. Arm Hole		_____ mm
13. Upper Arm		_____ mm
14. Bicep		_____ mm
15. Elbow		_____ mm
16. Forearm		_____ mm
17. Wrist		_____ mm
18. Outside Leg Length		_____ mm
19. Inside Leg Length		_____ mm
20. Upper Thigh		_____ mm
21. Thigh		_____ mm
22. Above Knee		_____ mm
23. Knee		_____ mm
24. Below Knee		_____ mm
25. Calf		_____ mm
26. Below Calf		_____ mm
27. Ankle		_____ mm
28. Shoulder to Bust		_____ mm
29. Shoulder to Waist		_____ mm
30. Shoulder to Hip		_____ mm
31. Hip to Knee		_____ mm
32. Knee to Ankle		_____ mm
33. Back Shoulder		_____ mm
34. Dorsum		_____ mm
35. Crotch Point		_____ mm



Send back the measure form by e-mail:  
[info@custom-wetsuits.com](mailto:info@custom-wetsuits.com)

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1. Straight to be measured, from the top of your head to the sole of your foot!
2. *Only for wetsuits with hoods:*  
Circumference, above your eyebrows!
3. Circumference to be measured, on the spot where a blouse or shirt collar is!
4. Circumference to be measured, at the largest part of your bust/chest section!
5. Circumference to be measured, at the smallest part of your waist section!
6. Circumference to be measured, around your belly button!
7. Circumference to be measured, around the abdomen at the top of the hip bone!
8. Circumference to be measured, around the **biggest** part of your hip bone!
- 9 to 11 in one line from nape:**
9. Slightly curved to be measured, from the spine to the shoulder joint!
10. Straight down to be measured, from the spine to the elbow!
11. Straight down to be measured, from the spine to the wrist!
12. Circumference to be measured, around in the armpit, with the arm straight out to the side!
13. Circumference to be measured, around the **smallest** part of the upper arm above the biceps, with the arm straight out to the side!
14. Circumference to be measured, around the **biggest** part of the upper arm/biceps, with the arm straight out to the side!
15. Circumference to be measured, around your elbow joint!
16. Circumference to be measured, around the **biggest** part of your forearm!
17. Circumference to be measured, around your wrist joints!
18. Straight down to be measured, from your abdomen (top of hip bone) to your ankle joint on the outside!
19. Straight down to be measured, from the inner crotch point to the ankle joint!  
*Face straight ahead, keeping your eyes and head leveled!*  
*Place the end of the measurement tape into a magazine, aligning it with the top of the magazine. Hold the magazine between your legs at the crotch. It is extremely important that you stand up straight!*
20. Circumference to be measured, upper thigh near the crotch point!
21. Circumference to be measured, around the middle part of your thigh!
22. Circumference to be measured, around the knee joint!
23. Circumference to be measured, around the knee joint!
24. Circumference to be measured, around below the knee!
25. Circumference to be measured, around the **biggest** part of your calf!
26. Circumference to be measured, around the calf muscle!
27. Circumference to be measured, around the ankle joint!
28. Straight down to be measured, from shoulder, following the contour of your body to the bust/chest!
29. Straight down to be measured, from shoulder, following the contour of your body to the waist!
30. Straight down to be measured, from shoulder, following the contour of your body to the hip!
31. Straight down to be measured, from your hip point to the knee!
32. Straight down to be measured, from knee joint to the ankle joint!
33. Across to be measured, in the back from shoulder joint to shoulder joint!
34. Across to be measured, in the back from armpit to armpit!
35. Circumference (very important to get this one right!) to be measured, around the crotch over the shoulder back to the crotch!