
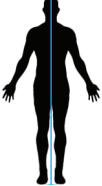


squirrel

MEASUREMENT GUIDE

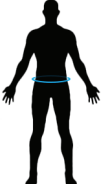
Print this guide to help you while measuring for your wingsuit.
Wear the clothes you are likely to jump in.

Weight _____ kg  Get on a scale naked.

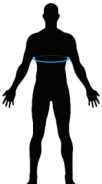
Height (WITH Shoes) _____ cm  With SHOES ON, from the top of your head to the bottom of your heel, standing against a wall with feet together.

Height (WITHOUT Shoes) _____ cm  With SHOES OFF, from the top of your head to the bottom of your heel, standing against a wall with feet together.

Inseam _____ cm  Measure from your Squirrel nuts (if you have them) to the floor along the INSIDE of your leg, with your SHOES ON.


Waist _____ cm  Around the middle of your belly (at the belly button).


Hips _____ cm  Around the widest part of your hip bones.

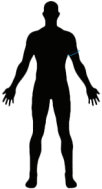
Chest _____ cm  Around chest, at the nipples

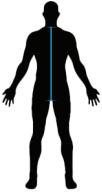
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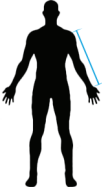
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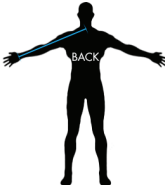
Shoulders _____ cm  From shoulder tip to shoulder tip, where the shoulder seam of a perfect-fitting t-shirt would be. Run the tape measure behind your neck, not in front of it.


Forearm _____ cm  Measure the circumference of your forearm at its widest part.

Bicep _____ cm  Measure the circumference of your bicep at its widest part.

Torso _____ cm  From the base of your neck (from the top of your chest zipper on your current suit) to your squirrel nuts, or where they would be if you had them. Start at the same spot you used for the Inseam.

Arm _____ cm  From shoulder tip to wrist bone with arm at your side.

Wingspan _____ cm  Take this measurement on your back from the collar line at the back of your neck (around the C7/T1 vertebrae) to the wrist, with your arm in a wingsuit flight position, palm forward.

Foot Circumference _____ cm  Measure the circumference of the soles of the shoes or boots that you plan to jump in by placing the measuring tape on the front of the toe, wrap it around your heel and back to the toe.

Shoe Size (US) _____