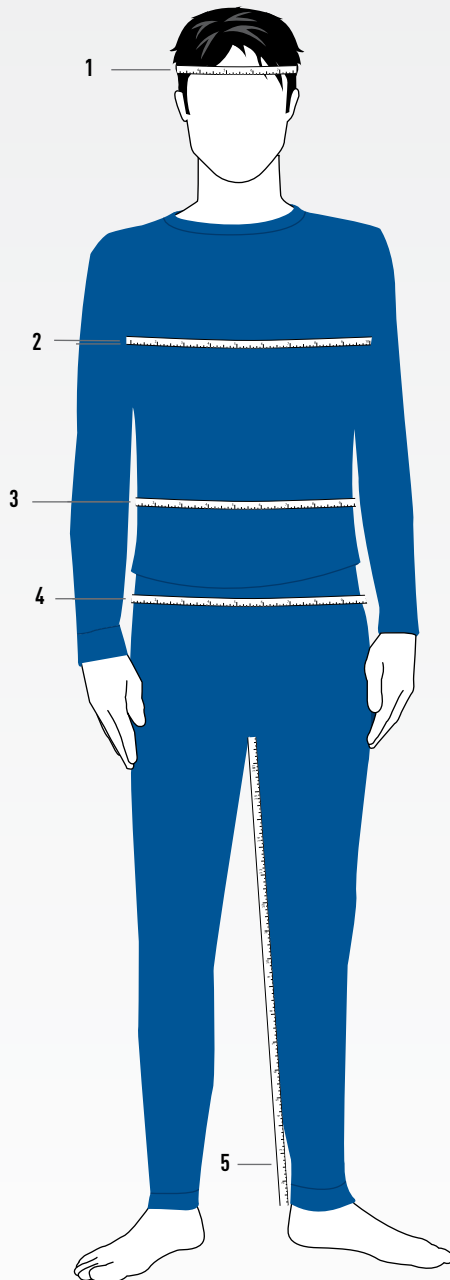


MEASURING GUIDELINES

MEASURING MADE EASY WITH BANDSHOPPE'S MEASURING GUIDELINES



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1. HEAD

Measure around the head above the ears and eyebrow ridges.

2. CHEST

With arms relaxed at sides, measure around the fullest area of the chest keeping the tape parallel to the floor.

3. WAIST

Measure around the narrowest area of the natural waist (navel area).

4. HIPS

With heels together, measure around the fullest area of the hips.

5. INSEAM

Measure along the inside of the leg from the crotch to the bottom of the ankle (just below ankle bone).

6. GIRTH

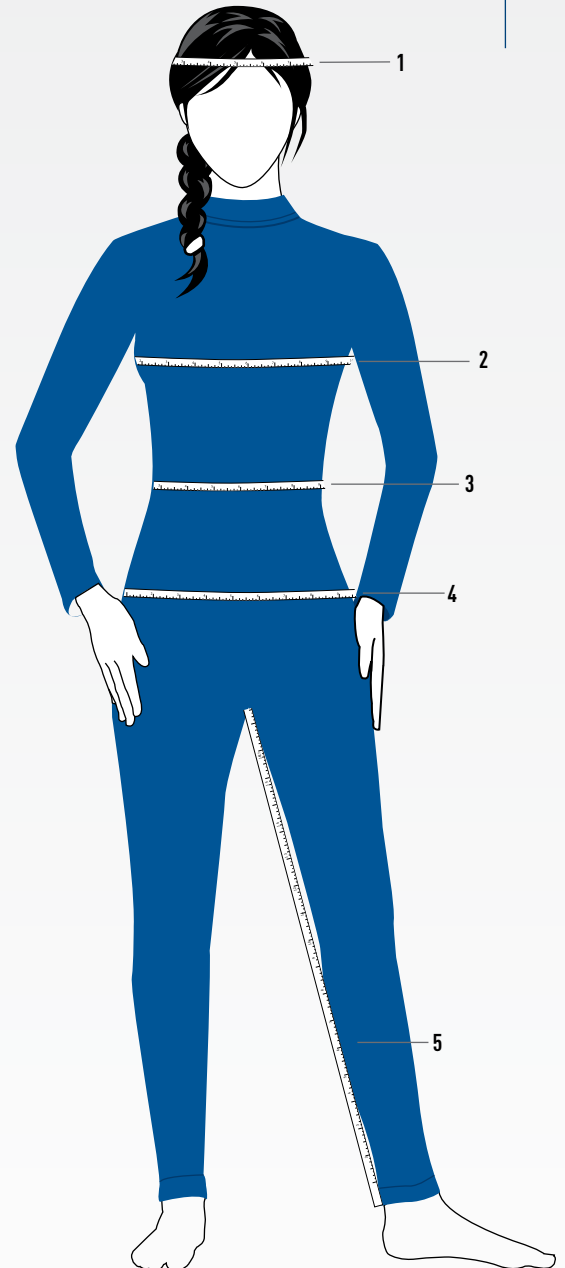
Measure from the center of one shoulder through the crotch and up to the same shoulder.

7. BACK LENGTH

Measure from the base of the neck to the natural waistline.

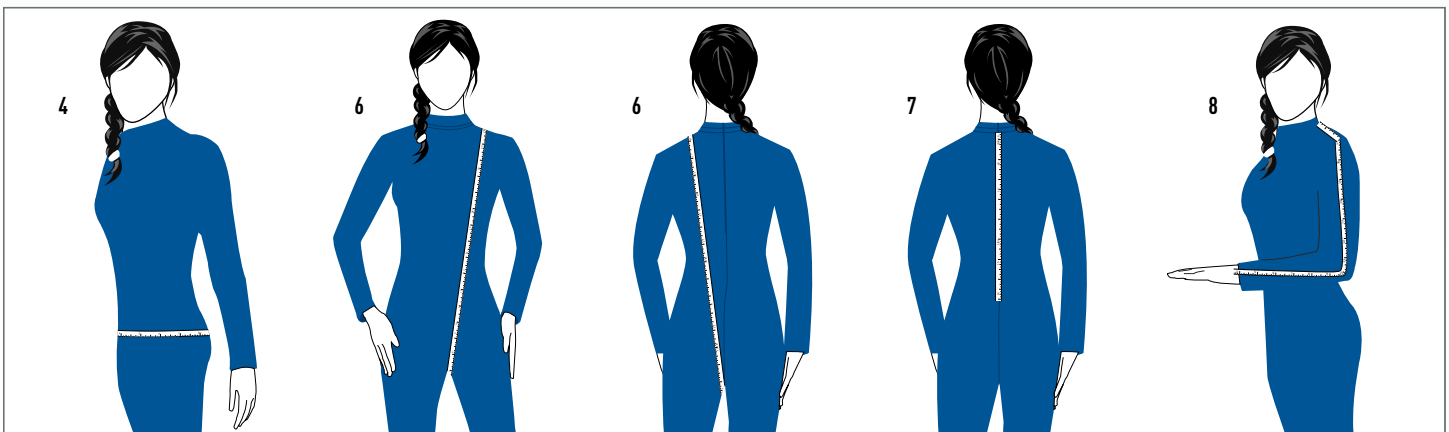
8. ARM OUTSEAM

With arm bent at about 90°, measure from the center of the back of the neck, down the arm, around the elbow to the wrist bone.



QUESTIONS ABOUT MEASURING?

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MEASUREMENT FORM

Please call for more information if needed.



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SCHOOL NAME _____

P.O. NUMBER _____

ORDER DATE _____

ID#	STUDENT NAME	OFFICE USE ONLY													
		SEX	HEIGHT	WEIGHT	HEAD SIZE	CHEST	WAIST	HIPS	INSEAM	BACK LENGTH	GIRTH	JACKET	PANTS	HAT SIZE	GAUNTLET

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