

Fill in your measurements below and compare them with the size guide on the product page to find the size that fits you best. Measure over light clothing, keep the tape level and snug but not tight - and have someone help you where you can't reach.

NAME

DATE

MEASUREMENT	HOW TO MEASURE	YOUR MEASUREMENT
Height	Stand straight against a wall, without shoes.	cm
Weight	Body weight.	kg
Chest	Around the fullest part of the chest, tape level.	cm
Waist	Around the natural waistline, at the navel.	cm
Hips	Around the widest part of the hips.	cm
Shoulder width	Across the back, shoulder seam to shoulder seam.	cm
Arm length	Shoulder point to wrist, arm slightly bent.	cm
Inseam	Crotch to floor along the inside of the leg, without shoes.	cm
Torso length	Shoulder, through the crotch, back to the same shoulder.	cm
Thigh	Around the widest part of the thigh.	cm
Neck	Around the base of the neck.	cm

NOTES (FIT PREFERENCE, EXISTING SUIT SIZE, ANYTHING ELSE WE SHOULD KNOW)

Questions about sizing? Contact Info@nvqflightgear.com and we'll help you find the right fit.