



121 Red Arrow Squadron Guelph Air Cadets

INITIAL KIT MEASURING INSTRUCTIONS

The comfort and fit of your uniform depend on accurate sizing. The following instructions are designed to help you obtain precise body measurements that will be used by our Supply Office to issue your initial uniform parts. It is important that you have your measurements taken by another person to ensure accurate measurement.

Equipment Needed: Measuring tape

Head: Take the measurement on the forehead, near the temple.

Neck: Take measurement from the base of the neck

Arm Length: Take measurement from the center of back to finger tips.

Waist: Take measurement around body **not** over pants, it should fit snugly rather than tightly.

Foot Size: Provide civilian shoe size

Height: Take measurement standing with back against a wall, heels together. Place a flat, rigid tool (E.g. ruler) on top of the head to form a 90° angle with the wall. Place the leading edge of the tape at this spot and measure the **distance** in a straight line **to the floor**.

Rank:
First Name:
Last Name:
Gender: Male Female Other
Phone #:
Email:

