



How to Measure

Accurate measurements are a must to assure a good fitting harness and container. Please use a quality cloth tape measure and have someone assist you. If you are going to be wearing heavy clothing when BASE jumping measurements should be taken with this clothing on. Don't randomly add to any measurement as this will alter the fit. Best clothing for measurements are tee-shirt with light jacket or sweatshirt and pants or jeans.

Metric Or Imperial? - Use either, we can convert, but stick with one or the other.

Height and Weight - Measure it now with accurate scales.

Apex BASE is not responsible for the cost associated with harness rebuilds or harness adjustments if the measurements are taken incorrectly. Please measure carefully and contact Apex BASE if you have any questions.



Height- Overall height of jumper

Weight- Overall weight of jumper

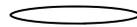
Chest - Place both arms out in a "T". Place tape measure high under the arms and then lower your arms. Relax and take a normal breath. Measure around chest with the tape parallel to the floor. This measurement should be between 32 - 47 inches or 81 - 120 centimeters. Women are measured on, not above or below, the breasts.



Waist - Measure the waist around the belt line making sure you are on the hip bone, do not include any belts. The point we need is not the smallest part of the waist nor the widest part of the hips but the point in-between. This measurement should be between 26 - 40 inches or 66 - 102 centimeters.



Upper Thigh - Stand evenly on both legs. Place tape measure as high as possible into the crotch and measure the circumference of one thigh with the tape parallel to the floor. Pockets must be empty.



Collar bone

front rounded edge of the hip bone

Torso - Measure vertically from the collar bone to the front rounded edge of the hip bone. Find the "hole in the throat" go to the side to find the top of the collar bone. Go to the waist on the same side and "poke" for the hip bone. Follow the hip until the front curved edge is found. Measure between these two points in as straight a line as possible. This measurement should be between 15 -21 inches or 38 -53 centimeters. Stand up-right, especially if measuring yourself.

Inseam - Have customer hold the tape between two finger then have them place the end of the tape at the top of the leg. Measure to the floor. Feet should be shoulder width or closer. Shoeless for best result or adjust measurement for shoe height.