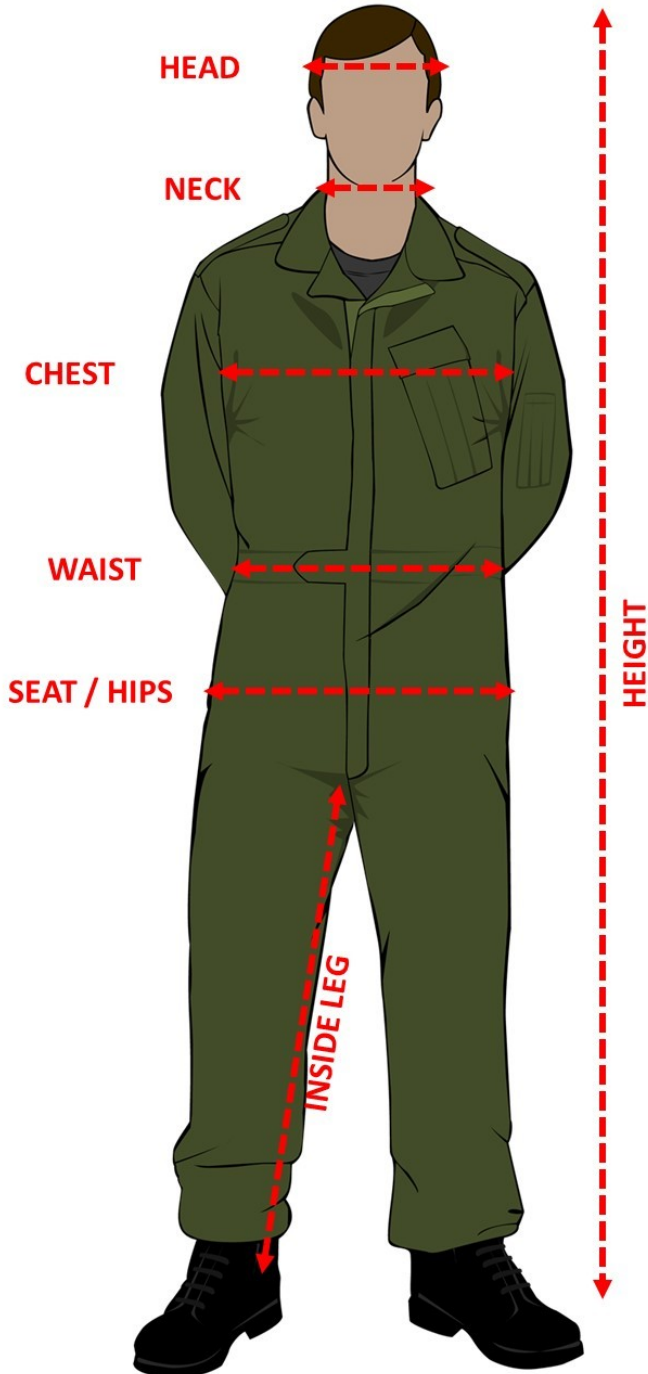




PLEASE COMPLETE, ROUNDING UP TO NEAREST SIZE  
THEN RETURN TO SQUADRON STAFF.

Cadet Name:

Gender



**HEAD**

Measure around the head, 2.5cm above the eyebrows.

Head Size in cm

**NECK**

Measure around the neck. Please do not leave tape measure too loose, shirts are meant to fit snugly.

Neck Size in cm

**CHEST**

Stand with your legs together with your arms out to the sides. Measure around the largest part of the chest.

Chest Size in cm

**WAIST**

Measure around the waist.

Waist Size in cm

**SEAT/HIPS**

Measure around the widest part of the seat (male)/hips (female).

Hip Size in cm

**INSIDE LEG**

Measure from the groin, down one leg to the ankle.

Size in cm

**HEIGHT**

Stand against a flat surface such as a wall or door. Stand in bare feet with your feet flat to the floor and look straight ahead. Mark the top of your head. Measure from the floor to your mark.

Height in cm