



HOW TO TAKE MEASURES FOR A DTEK DRY SUIT



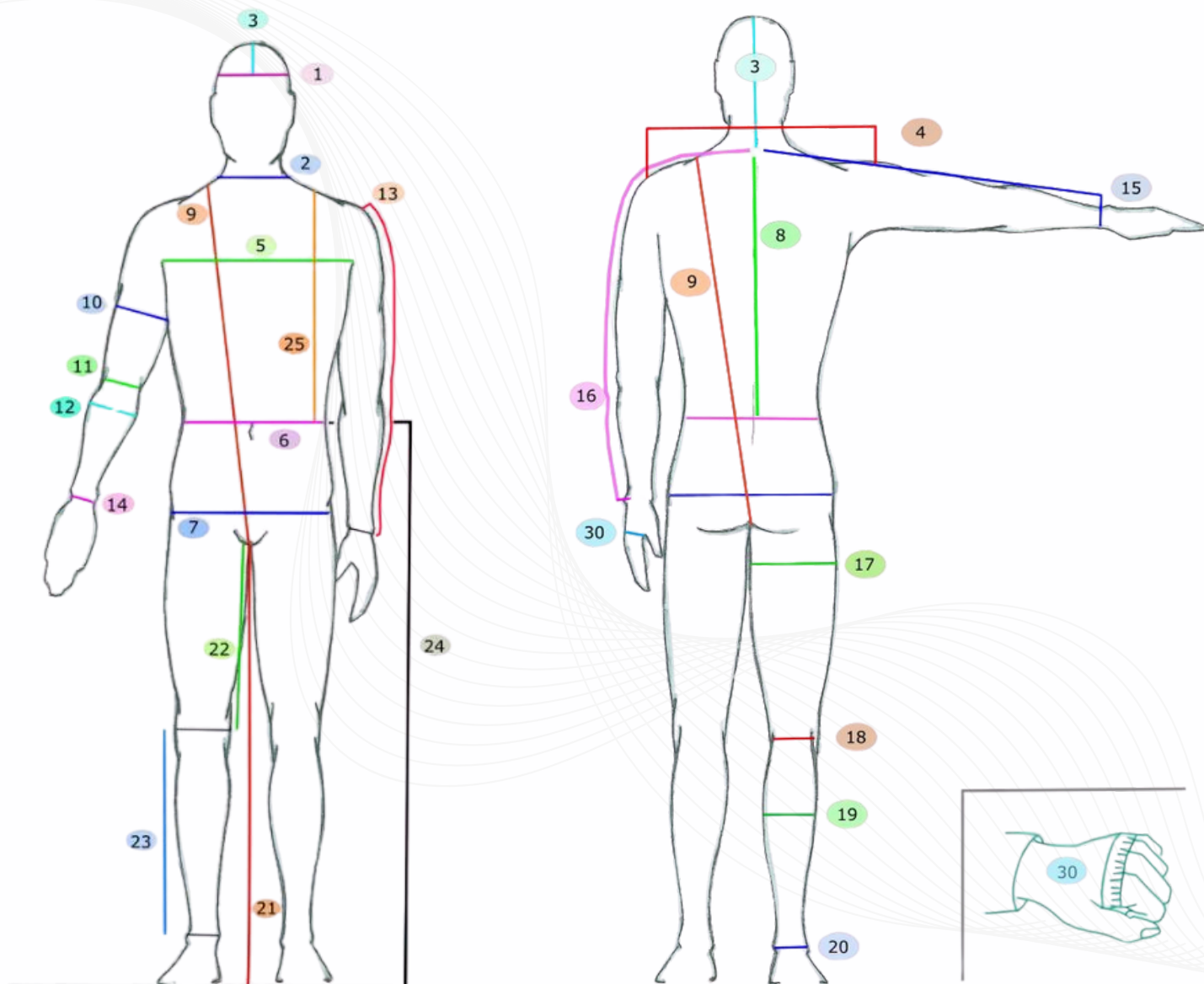
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INFORMATION

- All measures must not be taken alone, but with assistance from a second person, otherwise will be altered for poor posture due to the movements during self measurement. .
- All measures must be taken with a flexible measuring tape (tailor meter) because it favors the curves of the body.
- The body must be kept relaxed and upright.
- All measurements shall be taken in centimeters or specifically indicating the unit of measurement .
- Measurements must be taken while wearing tight-fitting clothing.
- As a further means of comparison it would be useful to send e-mail, photos front / back / profile, with arms perpendicular to the body with tight-fitting clothing.



MEASURES



1- HEAD CIRCUMFERENCE



The measurement should be taken above the eyebrows to about half the face

2- NEK CIRCUMFERENCE



The measurement should be taken in the central part of the neck

3- FRONT HEAD TO NEK BASE



The measurement should be taken from the front (line measure n ° 1) over the heads towards the insertion of the spine



4- SHOULDER (MEASURE BETWEEN COLLARBONE)



The measurement should be taken from side to side between the two bony prominences of the shoulders

5- CHEST CIRCUMFERENCE



The measurement should be taken under the armpits with your arms at your sides in a relaxed position

6- WAIST CIRCUMFERENCE



The measurement should be taken at the narrowest part of the trunk (usually just above the navel)

7- HIP CIRCUMFERENCE



The measurement should be taken at the level of the most prominent part of the buttocks

8- FROM THE BASE OF THE NEK TO THE RECESS OF WAIST

The measurement should be taken from the base of the neck to the recess of life (measured line n ° 6)





9- TOTAL CROTCH FROM FRONT TO BACK

The measurement should be taken in a circular fashion around the body starting from the neck through the inside leg



10- BICEPS

The measurement should be taken around the biceps keeping it relaxed



11- ELBOW

The measurement should be taken around the elbow



12- FOREARM

The measurement should be taken in the thickest part of the forearm (under the elbow)



13- ARM LENGHT

The measurement should be taken from the tip of the shoulder to the wrist bone externally keeping the arm along the body



14- WRIST

The measurement should be taken around the wrist

15- ARM LENGTH FROM HEAD BASE TO WRIST



The measurement should be taken from the spine to the base of the neck , passing over the shoulder along the outstretched arm to the wrist

16-CENTER / BACK / SHOULDER / WRIST



The measurement must be taken from the spine to the base of the neck, passing from the shoulder to reach the wrist with the arm perpendicular to the body



17- THIGH

The measurement should be taken around the thigh (about 8 cm below the crotch area) keeping the same resting on the ground and relaxed



18- KNEE

The measurement should be taken around the knee



19- CALF

The measurement should be taken around the thickest part of the calf with leg resting on the ground and relaxed



20- ANKLE CIRCUMFERENCE

The measurement should be taken around the ankle



21- LENGTH OF THE LEG FROM THE GROIN (CROTCH) TO THE GROUND

**The measurement
should be taken from
the groin perpendicular
to the ground**



22- LENGTH FROM THE GROIN (CROTCH) TO THE KNEE

**With straight legs,
measure the length, along
the leg, between the groin
and the knee**



23- KNEE TO ANKLE

The measurement should be taken from the center of the knee to the ankle



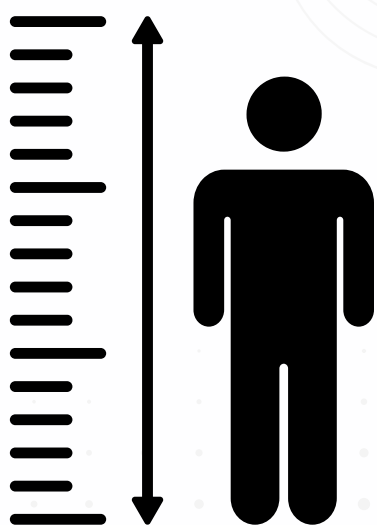
24- LENGTH FROM THE WAIST TO GROUND

The measurement should be taken perpendicular from the waist (measured line No. 6) to the ground



25- LENGHT NECK/WAIST

The measurement
should be taken from
the neck to the waist
in front
(line measure No. 6)



26- TOTAL HEIGHT

The measurement should be taken
perpendicular over his head
upright and relaxed to the ground



27- FOOT SIZE

To measure the shoes refer to the table on the site



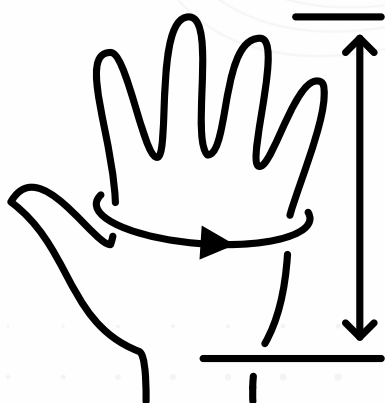
28- BREAST HEIGHT (WOMEN ONLY)

Only for female suit, the measure must be taken from the neck up to the height of the nipple



29- BREAST CIRCUMFERENCE (WOMEN ONLY)

Only for female suit, the measurement should be taken with the arms resting at your sides in a relaxed position, the whole height of the nipples



30- SIZE MEASUREMENT FOR THE HAND (DRY GLOVEUSE ONLY)

The measurement should be taken on the circumference of the hand below the knuckles



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