



ALL MEASUREMENTS TO BE TAKEN IN INCHES (EXCEPT SHOE SIZE)

FOR HELMETS, CAPS OR HAT SIZE

Use a cloth measuring tap to determine your correct cap or hat size. Measure completely around the head, starting 1” above the eyebrows in the front and going around the largest point at the back of the head.

FOR CHEST/BUST SIZE

Measure just below the arms, completely across the broadest part of the chest area. Hold tap firm and level.

NECK

Measure a shirt that fits you well. Lay the collar flat and measure from the center of the collar button to the far end of the button hole. The number of inches equals your size.

SLEEVE

Measure from the center of the collar (in the back), across the shoulder and down the sleeve. Number of inches equals sleeve length.

FOR HIPS

Stand with heels together and measure around the fullest part of hips.

INSEAM

Take a pair of uniform pants (not jeans) that fits you well. Measure (to nearest inch) from the crotch seam to the bottom of pants.

HEIGHT

SHOE SIZE