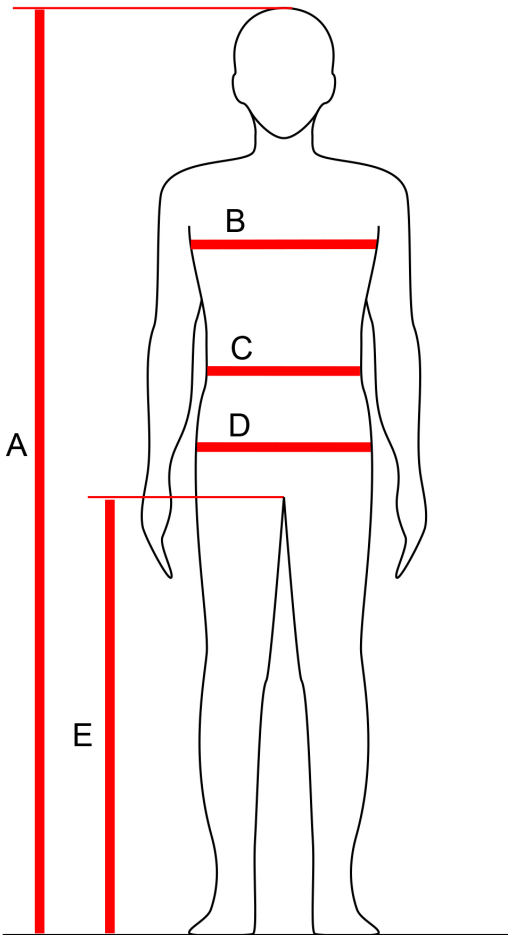


THE WORLDWIDE  
DIVING STANDARD

# DRY SUIT MEASURING GUIDE



**A: HEIGHT**  
**B: CHEST CIRCUMFERENCE**  
**C: WAIST CIRCUMFERENCE**  
**D: HIP CIRCUMFERENCE**  
**E: INSIDE LEG (CROTCH TO FLOOR)**

**It is important to take fairly accurate measurements when trying to decide which size of drysuit or undersuit will best fit your physical dimensions.**

**NEVER take your own measurements, always seek the help of someone else.**

Remember to allow for the type of underwear that you intend to wear underneath your drysuit. If you purchase a VIKING™ XT500 style of undersuit, it will be a lot thinner than if you intend to wear a more traditional Thinsulate style or thicker. This will possibly make a difference to the size of drysuit that you need to choose.

A drysuit should have enough room to allow freedom of movement such as climbing a ladder from a boat, stretching your arms in front of you, and crouching down to put on your dive gear.

As a general rule, you need around 7 cm more than your leg length, 4 cm longer than your arm length, 3 cm longer than your body length, and approximately an additional 10 cm around the chest, waist and hips.

Always have your measurements taken over minimum clothing such as swim shorts and T-shirt or similar clothing.

When being measured, stand naturally with your arms by your side. Do not inhale or exhale, but breathe normally so as not to exaggerate your sizes.

**HEIGHT (A):** Stand against a wall, and measure from the sole of your foot **without shoes**, and to a **line level with the highest point of your head**.

**CHEST (B):** Measure around the widest point underneath your arms.

**WAIST (C):** Measure around the widest point of your true waist (across the belly button).

**HIP (D):** Measure around the widest point across the hip bone.

**INSIDE LEG (E):** With legs straight, and slightly apart, measure from the top of the inside of the crotch down to the floor.

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