

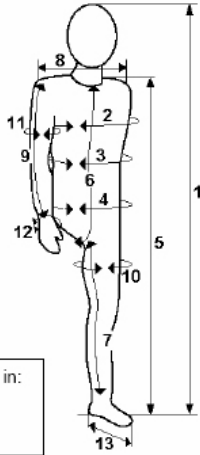
# Measurement Guide

**MEASUREMENTS**

Please take your measurements carefully. We are unable to make your wing suit fit you without your correct measurements. Study the diagram to assist you. Get someone to help you, and double check each measurement. Measure yourself over a T-shirt and thin trousers. Do not add anything to your measurements. If we receive incorrect measurements, we will have to charge for modifications. Take all these measurements around the widest part, except the waist.

1. HEIGHT \_\_\_\_\_  
Without shoes
2. CHEST \_\_\_\_\_  
Widest Part
3. WAIST \_\_\_\_\_  
Narrowest Part
4. HIP \_\_\_\_\_  
Widest Part
5. SHOULDER TO THE FLOOR \_\_\_\_\_  
From bone at the top of the shoulder to the floor without shoes
6. BODY \_\_\_\_\_  
Be VERY careful with this measurement! Stand up straight, measure from under the crotch where seams of your trousers meet, up the front to indentation at the base of the neck
7. INSEAM \_\_\_\_\_  
From the crotch to the floor WITHOUT shoes
8. SHOULDERS \_\_\_\_\_  
Across the back from one shoulder bone to the other. Straight tape.
9. ARM \_\_\_\_\_  
From the shoulder to the bone of the wrist
10. THIGH \_\_\_\_\_  
Widest Part
11. BICEP \_\_\_\_\_  
Widest part of the muscle with the bicep relaxed
12. WRIST \_\_\_\_\_
13. SHOE SIZE \_\_\_\_\_  
Specify US, UK or Continental
14. WEIGHT \_\_\_\_\_

Measurements in:  
 cm  
 inch



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### MEASUREMENTS

Please take your measurements carefully. We will be unable to make your wingsuit fit you properly without your correct measurements. Use the diagram, photos and instructions below to assist you.

We recommend you get someone to help you, and double check each measurement. Measure yourself over a T/shirt and thin trousers. Do not add anything to your measurements. If we receive incorrect measurements, we will have to charge for modifications. Take all these measurements around the widest part of your body, **except** the waist.

If you wish to have a slightly looser fit to allow you to wear a thermal under-suit **DO NOT** add anything to your measurements, instead write a note on your order form and we will modify your real measurements accordingly.

This guide will detail the measurements necessary for the Vampire V-1 wingsuit. Which also covers all the measurements (and a few extra) required for the other Phoenix-Fly products (Pants & Jacket , Prodigy, Acro and Phantom). **NOTE:** the reference numbers for each measurement used on the order forms are different so make sure you measure the right part of your body according to the measurement name, not the number.

## 1. Height:



Measure your height, without shoes, standing up straight, arms by your side, feet shoulder width apart. You may find it helpful to stand with your back against a solid surface.

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## 2. Chest:



Measure the widest part of your chest, stand up straight, arms by your side, muscles relaxed, be careful to keep the tape parallel to the ground.

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## 3. Waist:



Measure the narrowest part of your waist, stand up straight, arms by your side, muscles relaxed, be careful to keep the tape parallel to the ground.

## 4. Hips:



Measure the widest part of your hips, stand up straight, arms by your side, muscles relaxed, be sure that you measure over the widest part of your buttocks, be careful to keep the tape parallel to the ground.

## 5. Shoulder to floor:

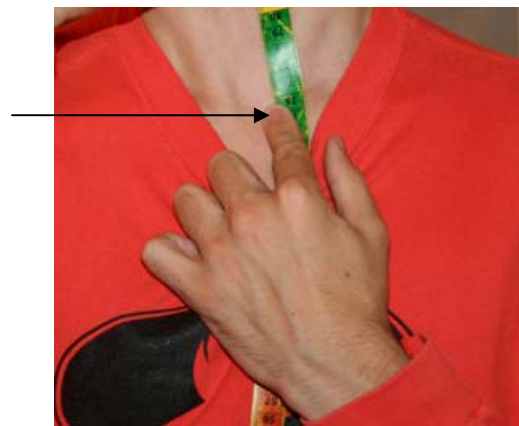


Measure the distance between the shoulder and the floor, without shoes, standing up straight, feet shoulder width apart.



Use your other hand to feel the shoulder joint and find the “corner” of your shoulder joint, as shown in the photos.

## 6. Body:



Measure the length of your body. Be **VERY** careful with this measurement! Stand up straight, feet shoulder width apart, measure from under the crotch where seams of your trousers meet, straight up the front of your torso to the indentation at the base of the throat.

## 7. Inseam:



Measure the distance between the crotch and the floor. Stand up straight, legs shoulder width apart, without shoes. Make sure the tape is vertical.

## 8. Shoulders:



Measure the distance between the shoulders, lay the tape across the back of the shoulders and measure the distance between the two shoulder bones. Allow the tape to follow the curve of the shoulders, as shown in the photo.

Feel for the bump on the back of each shoulder joint (as shown in the photo) and measure the distance between them.

## 9. Arm



Measure the length of the arm from the shoulder to the bone of wrist. Stand up straight, arms by your sides. Start the measurement at the top of the shoulder, feel the joint with your other hand to find the “corner” of the shoulder, as shown in the photo. Finish the measurement where the wrist bone sticks out as a “bump” on the outside of the arm, as shown in the photo.

### 10. Thigh:



Measure the widest part of the thigh. Stand up straight, feet shoulder width apart with your weight equally supported on both legs, muscles relaxed. Make sure you measure the widest part of the thigh.

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### 11. Bicep:



Measure the widest part of the bicep, with the muscle relaxed. Stand up straight, with your arms by your side, measure the widest part of the bicep with your muscles relaxed.

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### 12. Wrist:



Measure the widest part of the wrist as shown in the photo.

### 13. Shoe size:



Include your shoe size, remember to specify the type of measurement UK, US or Continental.

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### 14. Weight:

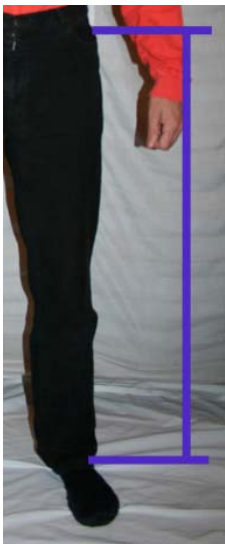


Include your weight in either pounds or kilos (kg preferred)

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Other measurements not included on the Vampire V1 order form:

### 15. Leg:



For the track pants and jacket the leg measurement is required. Stand up straight, feet shoulder width apart and measure the distance between the hip bone and the ankle bone, as shown in the photo, ensuring the tape remains straight.

Please send any feedback to: [james@phoenix-fly.com](mailto:james@phoenix-fly.com)



**When performance matters...**

End