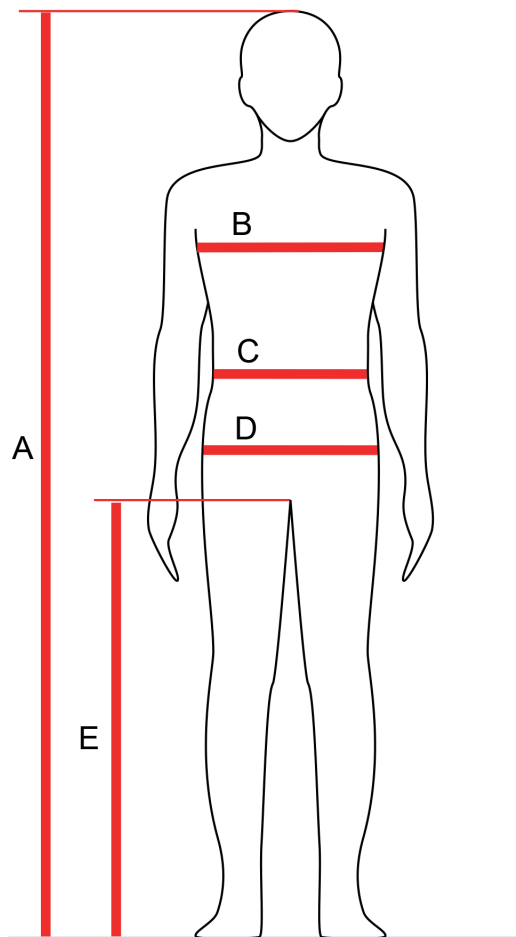




VIKING™ DRY SUIT MEASURING GUIDE



- 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 dry suit 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 dry suit. 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 dry suit that you need to choose.

A dry suit 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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