



Uniform Measurements

699 Jasper Place

Royal Canadian Air Cadet Squadron
Ongoing Cadets

Last Name: _____

First Name: _____

Date: _____

In order to expedite the issuing of a new uniform, we require the following information. If you need assistance, these measurements can be taken at the Squadron.

Head _____ inches

Neck _____ inches

Chest _____ inches

Waist _____ inches

Hips _____ inches

Height _____ inches

Foot	Length(milimeters)	Width(milimeters)
Left		
Right		

See next page to identify uniform part(s) required

Note the size of any items being return

Use this page to identify any uniform parts that need to be exchanged/replaced.

Please provide the size of the uniform piece you currently have.

Date	
Last Name	
First Name	

	Check box if item required	Size of item returned (if applicable)
Do Not Have Uniform	<input type="checkbox"/>	
Wedge	<input type="checkbox"/>	<input type="text"/>
Tunic/Jacket	<input type="checkbox"/>	<input type="text"/>
Dress Shirt	<input type="checkbox"/>	<input type="text"/>
Athletic (Tee) Shirt	<input type="checkbox"/>	<input type="text"/>
Pants	<input type="checkbox"/>	<input type="text"/>
Parka	<input type="checkbox"/>	<input type="text"/>
Boots	<input type="checkbox"/>	<input type="text"/>
Tie	<input type="checkbox"/>	<input type="text"/>
Belt	<input type="checkbox"/>	<input type="text"/>
Socks	<input type="checkbox"/>	<input type="text"/>

Head

1. Wrap the **tape around the widest point of the head, just above the ears** (Figures 1A and 1B).
 2. Take the measurement on the forehead, near the temple (Figure 1B).
- The measurement is the number that lines up with the edge of the tape (Figure 1C).

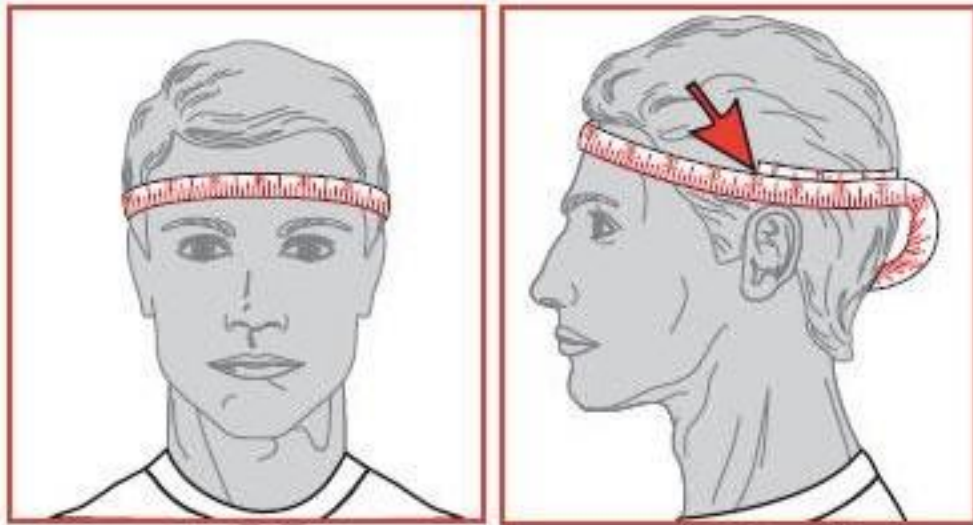


FIGURE 1A

FIGURE 1B

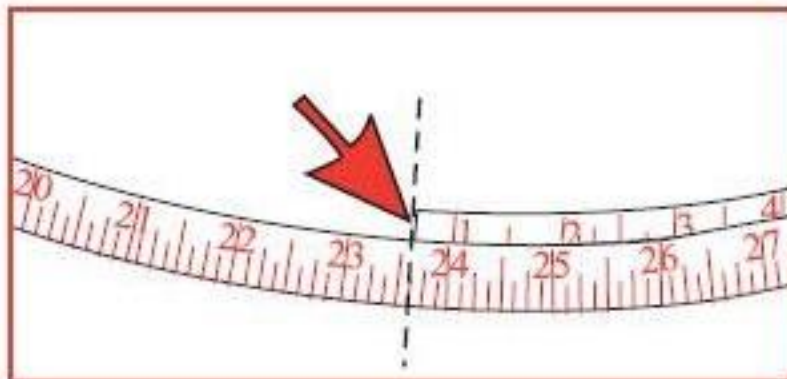


FIGURE 1C

Neck

(Use one of the following methods)

METHOD 1 (recommended)

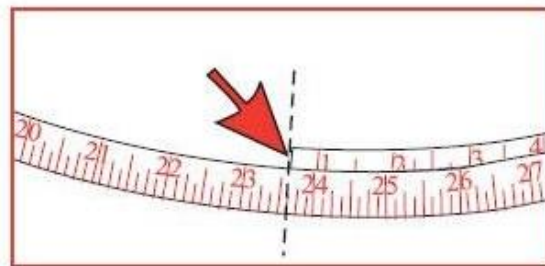
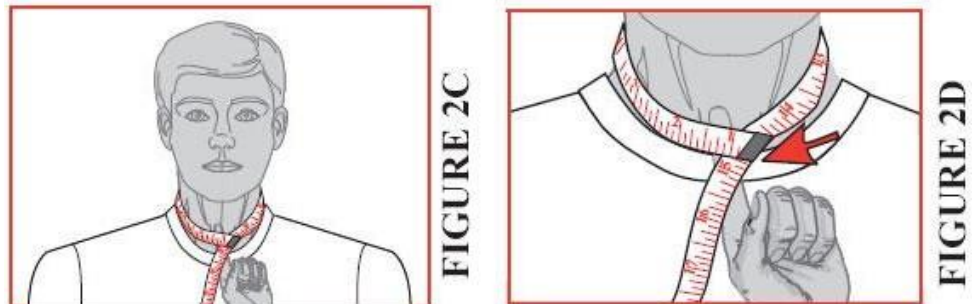
1. Take a dress shirt (with collar and buttons) that fits you well when the **top button is fastened**.
2. Unbutton the shirt and place it flat on a table, with the collar open (Figure 2A).
3. Measure the **distance from the center of the buttonhole to the center of the button** (Figures 2A and 2B).



METHOD 2 (taken directly against the skin)

1. Wrap the tape around the base of the neck.
2. At the front of the neck, where the top button would be located if a collar were buttoned up, cross the leading edge of the tape over the length of the tape at a 90° angle, making a “V” (Figures 2C and 2D). You should be able to insert a finger between the tape and the skin (comfortably), at this location (Figure 2D).

The measurement is the number that lines up with the bottom of the edge of the tape (Figure 2D).



Chest

1. Wrap the **tape under the arms, around the widest part of the chest, just under the shoulder blades** (Figure 3A). The **tape must be parallel to the floor and snug**, though not tight.
2. Have the cadet take a large breath to expand the chest and then measure while the chest is expanded.

The measurement is the number that lines up with the edge of the tape (Figure 3B).

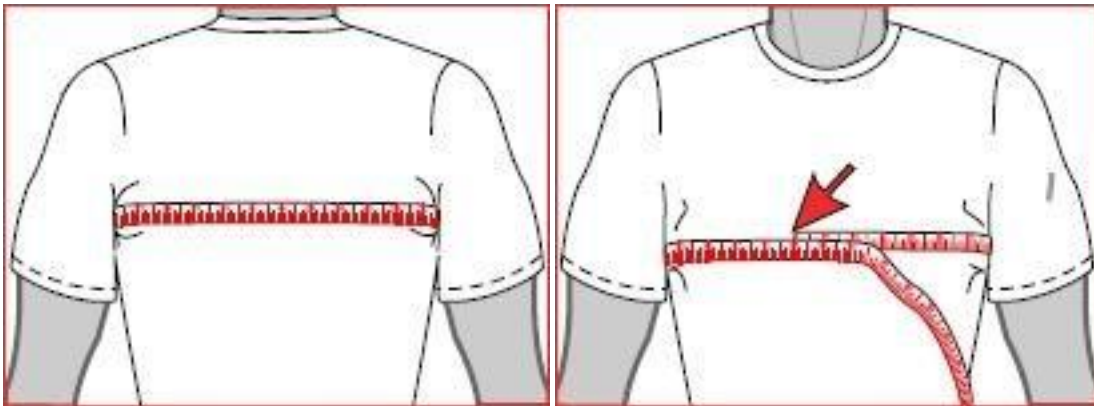
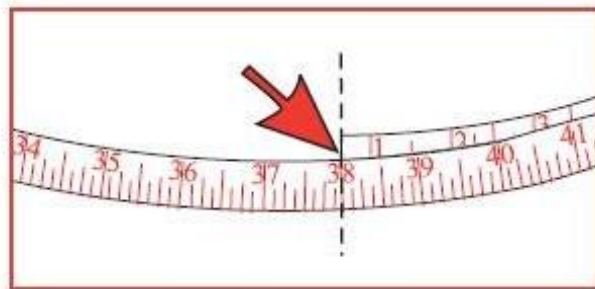


Fig 3A

Fig 3B



Waist

(Use one of the following methods)

Method 1 (recommended)

1. Take a pair of dress pants that have a waistband and that fit well when fastened. **Do NOT use low-rise pants.**
2. Lay the pants flat on a table, with the waistband fully fastened.
3. Measure the **distance from one side seam to the other** (Figure 4A).
4. **Double the number** of inches recorded to obtain the waist measurement.

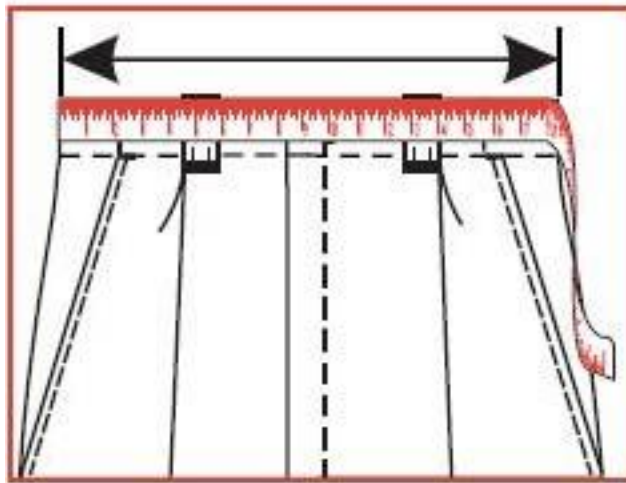


FIGURE 4A

Method 2

1. Wrap the **tape around the body (NOT over the pants)**, at waist level (Figures 4B and 4C). The **tape must be parallel to the floor and fit snugly rather than tightly against the body.** The measurement is the number that lines up with the edge of the tape (Figure 4C).



FIGURE 4B

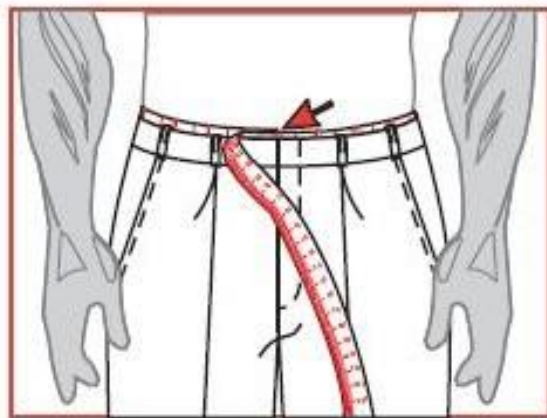


FIGURE 4C

Hip

Arms crossed and feet together

1. Wrap the **tape around the fullest part of the seat** (Figure 5A). The **tape must be parallel to the floor** and **fit snugly rather than tightly against the body**.

The measurement is the number that lines up with the edge of the tape (Figure 5B).

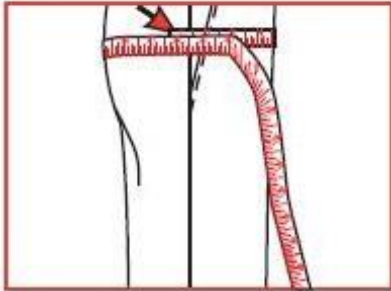


FIGURE 5A

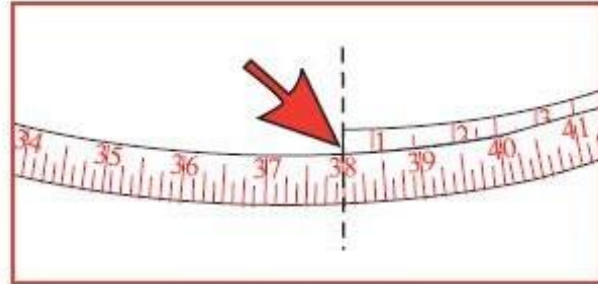


FIGURE 5B

Height

(Use one of the following methods)

Standing with back against a wall, heels together

1. Place a flat, rigid tool (e.g. wooden ruler) on top of the head to form a 90° angle with the wall.
2. Place the leading edge of the tape at this spot and measure the **distance** in a straight line **to the floor**.



FOOT MEASUREMENT

Take a blank sheet of paper and a ruler. While standing, wearing regular socks, place one foot flat on the paper.

1. Foot Length: Using a ruler, draw a line at the level of the heel and another at the level of the longest toe. Measure the exact distance between the two lines in millimeters. As in #1.
2. Foot Width: With the ruler, mark the widest point of the foot on both sides. Measure the exact distance between the two lines in millimeters. As in #2.
3. Repeat both measurements with the other foot, as the two feet are often not exactly the same length/width.
4. Use the longer of the two foot-lengths measured, and the wider of the two widths measured.

