

## Measurement Instructions

(AEROS Ltd. – May 2021)

To have your harness made comfortable for you it is very important that you take accurate and detailed measurements. Please, provide all measurements in centimeters only. Use a soft fabric or paper measuring tape.

Please take measurements for the Cross-Country and Myth harnesses over demi-seasonal flying clothes. If the pilot intends to fly in winter in the thick clothes worn, it is better to note this in the order form (in the notes).

Measurements for the Viper line harnesses, should be taken over light clothing, such as a T-shirt and jeans.

All measurements must be taken with the arms pointing down along the body!

Do not increase the measurements to allow for heavier clothing or reduce them for tighter fit – they have to be specified separately by requesting for fit – loose, standard or tight.

- loose (5-7 cm remains above the shoulder blades),
- normal (4-5 cm remains above the shoulder blades),
- tight (2-3 cm remain above the shoulder blades).

Obviously, if you distort your sizes in one direction or another, you will not get the desired harness fit.

Friendly advice: do not measure yourself. Ask someone to help you.

### 1. Overall height with flying shoes on:

Stand straight with your flying shoes on a flat floor with your back against a flat vertical wall, making sure your heels touch the wall. Have someone place a ruler on top of your head, hold it level and measure from the bottom surface of the ruler to the floor.



**2. Shoulder height with flying shoes on:**

Standing as written above, have someone place a ruler on top of your shoulder, next to the neck base point. With the ruler level, measure from the bottom surface of the ruler to the floor.



**3. Chest size:**

The measurement must be taken with the arms pointing down along the body!  
Measure the perimeter of your chest at the nipples in a relaxed position.  
Perform measurements in a normal chest position, do not expand your chest. No maximum inhalations/exhalations are needed for the measurement. You will only distort the measurement results doing that.



**4. Hips size:**

Measure perimeter of your hips at the widest part. Make sure to remove your wallet and mobile phone from your pockets before measuring.



**5. Distance from the line where hips perimeter is measured to the floor:** This has to be measured with your flying shoes on.



## 6. Crotch height:

Measure the distance from the crotch to the floor with jeans and flying shoes on.

Do not spread your legs apart while measuring. Have your feet together, in a position where they will be inside the harness.

Note, that the "crotch" is not where the pants "hang," but where the human body begins))).



## 7. Shoe length:

Measure the length of your shoe's sole. Do not provide your shoe size.

## 8. Waist:

Measure the perimeter of your waist above the belt line. To do this, stand up straight and exhale. In this position, hold the end of the measuring tape at your navel and wrap it around the narrowest part of your waist. Make sure the measuring tape is snug against your body and parallel to the ground.