

**ABYSS DIVING SUITS LTD.**  
211 Longards Road  
Tantallon, Nova Scotia, Canada  
B3Z 2R2



Phone: (902) 826-2954  
Website: [www.abysssdivingsuits.com](http://www.abysssdivingsuits.com)  
Email: [abyss@abysssdivingsuits.com](mailto:abyss@abysssdivingsuits.com)

# CUSTOM MEASURING INSTRUCTIONS

Use a soft measuring tape and pull the tape snugly. Please refer to size chart.

- A. **HEAD** - Circumference of Head
- B. **NECK** - Middle of Neck - Snug
- C. **SHOULDER - ARM EXTENDED** - Circumference - Close to Armpit
- D. **BICEPS** - Circumference
- E. **ELBOW** - Circumference
- F. **FOREARM - 2" BELOW ELBOW** - Circumference
- G. **WRIST** - Just above wrist bone - Circumference
- H. **ARMPIT TO WRIST** - Arm Extended - Hollow of armpit to just above wrist bone.
- I. **BASE NECK TO WRIST BONE** - Hollow in bone at base of neck to just above wrist bone.
- J. **WIDTH OF SHOULDERS** - Arms hanging at sides - centre of shoulder bone to centre of shoulder bone. (Front of body)
- K. **CHEST AT ARMPIT** - Arms hanging at sides - circumference of chest as close to armpit as possible.
- L. **MIDWAY TO WAIST** - Circumference halfway between armpit and waist.
- M. **WAIST** - Circumference at navel.
- N. **HIPS** - Circumference of hips at hip bone.
- O. **BUTTOCKS** - Circumference of buttocks at heaviest point.
- P. **BASE NECK TO CROTCH** - Hollow in bone at base of neck straight down to middle of crotch (halfway through where seams of jeans meet - Front of body.)
- Q. **BASE NECK THROUGH CROTCH TO BASE NECK** - Hollow in bone at base of neck straight down through crotch and back to base of neck bone in back - complete torso measurement.
- R. **WAIST TO CROTCH** - Waist at narrowest point straight down to middle of crotch (halfway through.)
- S. **THIGH AT CROTCH** - Circumference of upper leg.
- T. **MIDWAY TO KNEE** - Circumference of leg halfway between thigh and knee.
- U. **KNEE JUST BELOW KNEECAP** - Circumference
- V. **CALF** - Circumference at heaviest part.
- W. **1" ABOVE ANKLE** - Circumference.
- X. **CROTCH TO ANKLE** - Crotch along leg to ankle bone.
- Y. **CROTCH TO FLOOR** - Stand at ease, legs about 6" apart. Measure from crotch straight down to floor.
- Z. **KNEE TO ANKLE** - Centre of knee to ankle bone.
- ii. **OUTSIDE SHOULDER BONE TO WRIST BONE** - Stand, arms relaxed at sides. Measure from shoulder bone along outside of arm to just above wrist bone.

**NOTE:** We need ALL measurements to make the pattern for a custom suit.