

CHOOSING THE RIGHT SIZE IS **ESSENTIAL**

How to measure

- 1 | Measure **first thing** in the morning when you get up for the most accurate measurements.
- 2 | Use the guidelines below to find the proper measuring locations.
- 3 | Record your measurements below for safe and easy keeping.
- 4 | If you can't locate a measuring tape, let us know and we'll send you one for **FREE!**

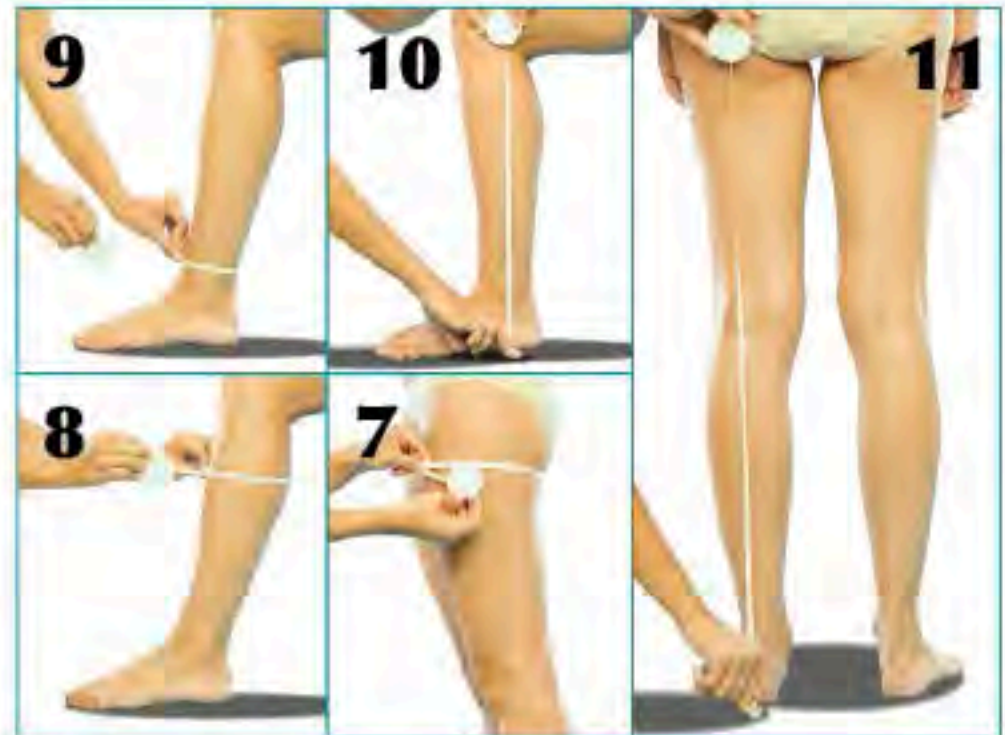


• For Armsleeves & Gauntlets

- 1 **Armpit:** measure arm just below armpit.
- 2 **Bicep:** measure widest part of upper arm.
- 3 **Elbow:** measure fullest part of elbow.
- 4 **Forearm:** measure widest part of lower arm.
- 5 **Wrist:** measure at break of the wrist.
- 6 **Hand:** measure at knuckles of hand.

• For Socks & Hosiery

- 7 **Thigh:** measure fullest part of thigh 2" below groin.
- 8 **Calf:** measure fullest part of calf.
- 9 **Ankle:** measure smallest part of ankle above ankle bone.
- 10 **Calf Length:** measure from fold of the knee to floor.
- 11 **Thigh Length:** measure from just below buttocks to the floor.



Record & Save Your Measurements

1 _____	2 _____
3 _____	4 _____
5 _____	6 _____
7 _____	8 _____
9 _____	10 _____
11 _____	