

# MOSS.

## SIZING

### Body Measurements:

*Please take all measurements in mm*

#### 1: Height

*Either in socks or bare feet, stand with heels and bottom to the wall, feet should be approximately 200mm apart.*

#### 2: Inseam

*Be sure to take this measurement standing upright on a hard surface in bare feet with your feet 150mm apart. Measure a vertical line from the underside of your crotch down to the floor. Placing a book or suitable object in the crotch area and exerting a slight upward force will provide proper reference.*

#### 3: Torso

*Be sure to take this measurement standing upright with your feet 150mm apart. Locate the 'sternal notch' (the V-shaped notch between the collarbones) Measure a vertical line from the base of the sternal notch to the crotch referenced by placing a book in the crotch and exerting a slight upward force. Repeat this 3 times for consistency and average the results.*

#### 4: Arm

*Make sure you take this measurement standing upright. With your arm outstretched hold a pencil in your clenched fist. Measure the distance from the centre of the pencil to the inner wall of your armpit preferably touching your rib cage. Repeat the measurement three times for consistency and average the results.*

#### 5: Lower Leg

*Please take this measurement in bare feet whilst seated with the leg joint at 90 degrees. Place a flat object on your thigh and ensuring it is level measure straight to the floor.*

#### 6: Shoulder Width

*You should measure your shoulder width from the outside of one shoulder to the outside of the other.*

#### 7: Shoe Size

