

NAVY LEAGUE CADET CORPS

77 CATARAQUI

CADET INFORMATION

Date submitted: _____

Last Name: _____

First Name: _____

Gender (circle one): Male Female Non-binary

Measured in (circle one): INCHES CENTIMETRES

Head:		T-shirt Size:	
Chest:		Waist:	
Height:		Foot:	

MEASURING INSTRUCTIONS

The following instructions are designed to help you obtain precise body measurements that will be used by our system to recommend your garment sizes:

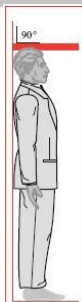
- Have your measurements taken by another person.
- Wear a tight-fitting top and a pair of lightweight pants that fit well and have a regular waistband. Do NOT wear low-rise pants
- Remove your belt and jewellery, including your watch rings, bracelets and necklaces. Remove items from your pockets
- Remove your shoes and wear socks that you normally wear.
- Stand straight and still, with your arms hanging comfortably.
- Do not hold your breath.

Guidelines for taking measurements:

- Do not tighten the tape, or leave too much slack.
- Do not estimate measurements. Measure to the largest cm or half inch.
- Do not augment the measurements taken. Uniform designs already provide ample room for ease of movement.

HEIGHT

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



FOOT

1. Refer to the directions on the next page.

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).
3. The measurement is the number that lines up with the edge of the tape (Figure 1C).

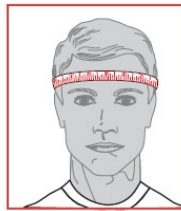


FIGURE 1A



FIGURE 1B

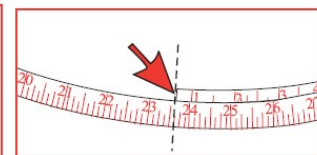


FIGURE 1C

CHEST

1. Lift the arms, place tape around the chest at the largest part with tape parallel to the floor, place arms down to the sides and take the measurement (Figures 3A & 3B).



FIGURE 3A

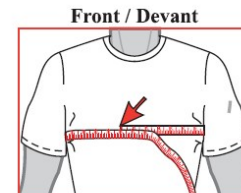


FIGURE 3B

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. Put the trousers flat, waist fastened.
3. Measure the distance from one side seam to the other (Figure 4A). The measurement you obtain should be multiplied by two; this is your waist measurement.

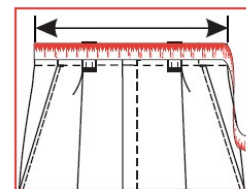


FIGURE 4A

Method 2 (taken directly against the skin)

1. Wear a pair of dress pants or trousers that fit well to determine your belt line. Do NOT use low rise trousers.
2. Wrap the tape around the waist at the belt line, inserting it between the trousers and skin (Figure 4B & 4C). The tape should be snug against the skin, but not tight.
3. The correct measurement is the number that lines up with the edge of the tape.



FIGURE 4B

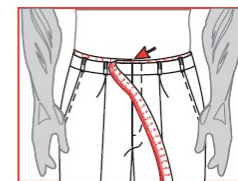
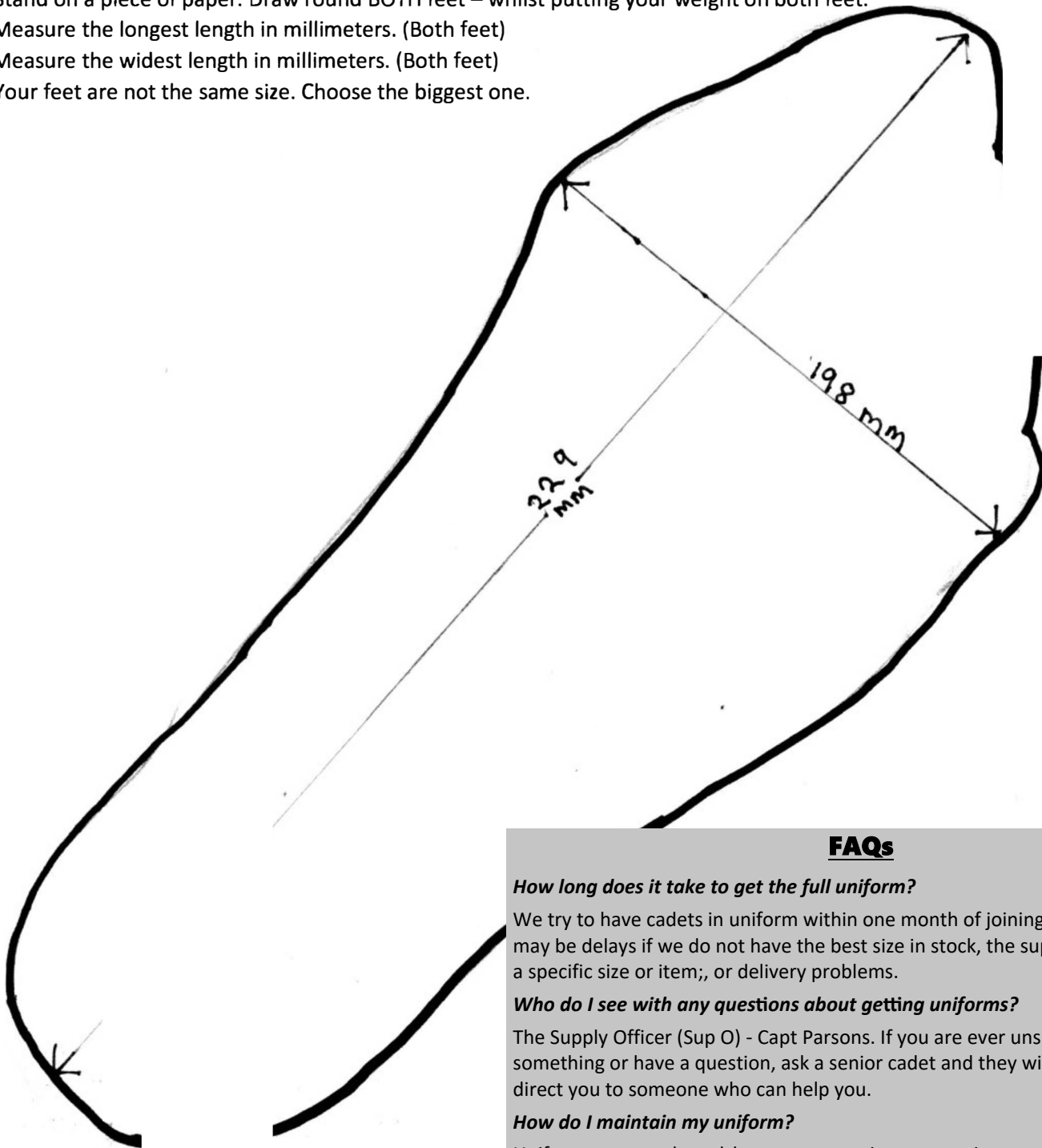


FIGURE 4C

HOW TO MEASURE YOUR FEET

1. Stand on a piece of paper. Draw round BOTH feet – whilst putting your weight on both feet.
2. Measure the longest length in millimeters. (Both feet)
3. Measure the widest length in millimeters. (Both feet)
4. Your feet are not the same size. Choose the biggest one.



FAQs

How long does it take to get the full uniform?

We try to have cadets in uniform within one month of joining. However, there may be delays if we do not have the best size in stock, the supplier runs out of a specific size or item, or delivery problems.

Who do I see with any questions about getting uniforms?

The Supply Officer (Sup O) - Capt Parsons. If you are ever unsure about something or have a question, ask a senior cadet and they will be able to direct you to someone who can help you.

How do I maintain my uniform?

Uniforms are wash and hang - no requirement to iron any creases in, just maintain a wrinkle-free appearance. Boots can be polished in military style. White tops should be washed with soap and water when dirty. **Please do NOT permanently hem the pants.** We understand that large hems are frustrating but we must think forward to other cadets using them.

What do I do if I outgrow my uniform?

See the Sup O as soon as possible to ensure adequate time for ordering and delivery. Do not wait until an important parade is coming up just to ask for new uniform parts as they are unlikely to come in on time. Ensure that you know the sizes of your old uniform and new measurements and fill out a new ***request form.***

Can I keep my uniform if I quit cadets?

You may keep your t-shirt and ball cap. All other items are property of the Navy League Corps and is considered to be on loan to you while you are in cadets. All uniform parts must be returned, clean and washed, if you choose to leave the program.