UNIFORM SUPPLY REQUEST (FOR NEW CADETS)

First _____

Last _____

Email * _____

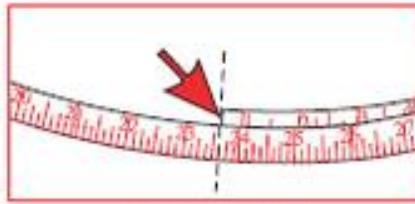| HEAD	Head
HEAD 1. Wrap the **tape around the widest point of the head, just above the ears** (Figures 1A and 1B). 2. Take the measurement on the forehead, near the temple (Figure 1B). The measurement is the number that lines up with the edge of the tape (Figure 1C). FIGURE 1C FIGURE 1A　　FIGURE 1B	Inches to the nearest 1/8 ._____ OR CM to the nearest MM ._____
NECK **(Use one of the following methods)** 1. Wrap the tape **around the base of the neck.** 2. At the front of the neck, where the top button would be located if a collar were buttoned up, **cross the leading edge of the tape over the length of the tape** at a 90° angle, **making a "V"** (Figures 2C and 2D). You should be able to **insert a finger between the tape and the skin**, at this location (Figure 2D). The measurement is the number that lines up with the bottom of the edge of the tape (Figure 2D). FIGURE 2C　　FIGURE 2D	Neck Inches to the nearest 1/8 ._____ OR CM to the nearest MM ._____

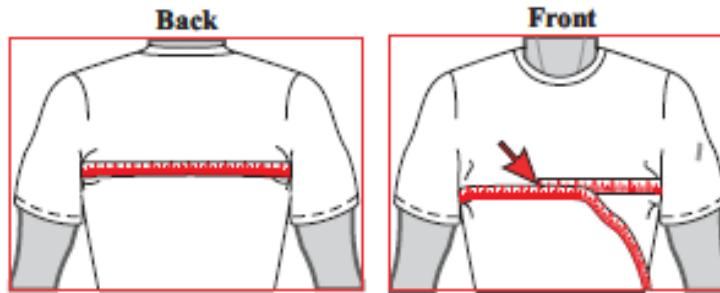|	Chest
CHEST	Inches to the nearest 1/2
1. Wrap the **tape under the arms, around the widest part of the chest, just under the shoulder blades** (Figure 3A). The **tape must be parallel to the floor and snug**, though not tight. The measurement is the number that lines up with the edge of the tape (Figure 3B). **Back** **Front** **FIGURE 3A** **FIGURE 3B**	. _____ OR CM to the nearest CM . _____

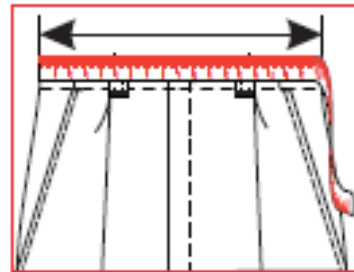|	
WAIST **(Use one of the following methods)**	
Method 1 (recommended) 1. Take a pair of dress pants that have a waistband and that fit well when fastened. **Do NOT use low-rise pants.** 2. Lay the pants flat on a table, with the waistband fully fastened. 3. Measure the **distance from one side seam to the other** (Figure 4A). 4. **Double the number** of inches recorded to obtain the waist measurement. **FIGURE 4A** **Method 2** 1. Wrap the **tape around the body (NOT over the pants), at waist level** (Figures 4B and 4C). The **tape must be parallel to the floor** and **fit snugly rather than tightly against the body.** The measurement is the number that lines up with the edge of the tape (Figure 4C). **Back** **Front** **FIGURE 4B** **FIGURE 4C**	Waist Inches to the nearest 1/2 . _____ OR CM to the nearest CM . _____

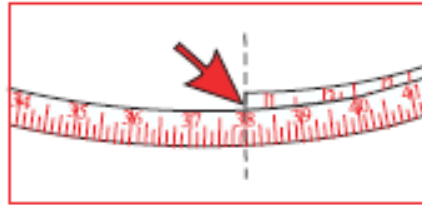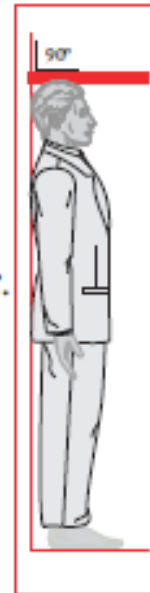|	Hips
HIPS	Inches to the nearest 1/2
Arms crossed and feet together	
1. Wrap the **tape around the fullest part of the seat** (Figure 5A). The **tape must be parallel to the floor** and **fit snugly rather than tightly against the body.**	. _____
The measurement is the number that lines up with the edge of the tape (Figure 5B). FIGURE 5A FIGURE 5B	OR CM to the nearest CM . _____
	Neck
HEIGHT **(Use one of the following methods)**	Inches to the nearest 1/2
Method 1 (recommended) **Standing with back against a wall, heels together**	. _____
1. Place a flat, rigid tool (e.g. wooden ruler) on top of the head to form a 90° angle with the wall.	OR
2. Place the leading edge of the tape at this spot and measure the **distance** in a straight line **to the floor.**	CM to the nearest CM
Method 2 (approximate to within 1 inch or 2.5 cm of accuracy) **Arms stretched out sideways at shoulder height**	. _____
1. Place the leading edge of the tape at the tip of the middle finger of one hand and measure, in straight line, the **distance across the back to the tip of the other hand's middle finger.**	

Measure your Feet

You MUST Measure both feet & Give Sizes of EACH Foot
The Foot is measured in Millimetres ONLY
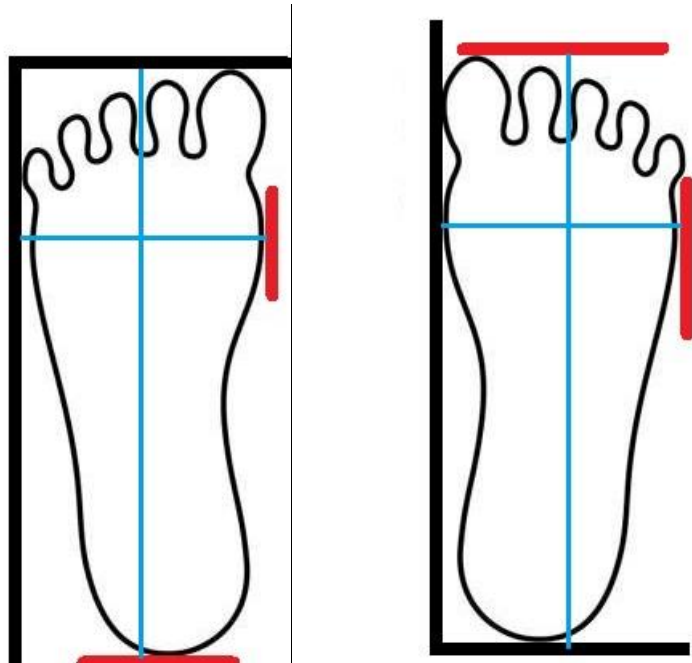(Have someone help you to mark this.)

Place a piece of Paper on the Floor in a Corner of the walls
(Make sure the piece of paper is Bigger that your feet,)

Put your HEAL into the corner and make sure your Toes touch the wall,

Have someone Mark on the paper the Longest part of your foot and the
Widest Part of your foot.

Do the same with your other foot, but it MAY be easier of you put the toe in corner

AS noted in blue, give the 2 lengths & 2 Widths
It should be something like 140 – 95 & 142 – 93

| Left Foot Length |
| :——————— |
| Left Foot Width |
| :——————— |
| Right Foot Length |
| :——————— |
| Right Foot Width |
| :——————— |