

# Clothing Size Guide

Please read the following guide closely to understand the information and measurements that we require. This form will be used to create a kitbag that is tailored to your job role, location and clothing sizes. Please ensure that you complete all sections of the form and the information you provide is as accurate as possible.

Once your bag has been made up the clothing store will be in contact to arrange either an in person or remote kitting appointment.

If you do not fill in the form correctly i.e. only putting in Large instead of measurements or not filling in parts like glove size you will likely receive a poor fitting kit as we use many different brands that have different size ranges and fits.

If you would prefer not to supply a gender this is fine.

## Body Dimensions

### **How to measure:**

#### **Neck:**

Around the fullest part of the neck, at the base

#### **Chest:**

Around the chest, just under the arms and across the shoulder blades

#### **Bust:**

Around the apex of the bust, just under the arms and across the shoulder blades

#### **Sleeve:**

From the centre back of the neck, across the shoulder, and down the arm to the wrist

#### **Waist:**

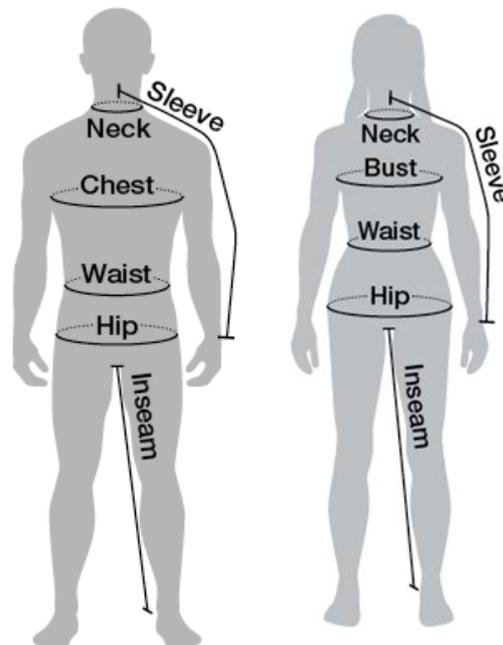
Around the narrowest part of the waist

#### **Hip:**

Around the widest point of the hips

#### **Inseam:**

From the crotch to the floor on the inside of the leg



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## Glove size

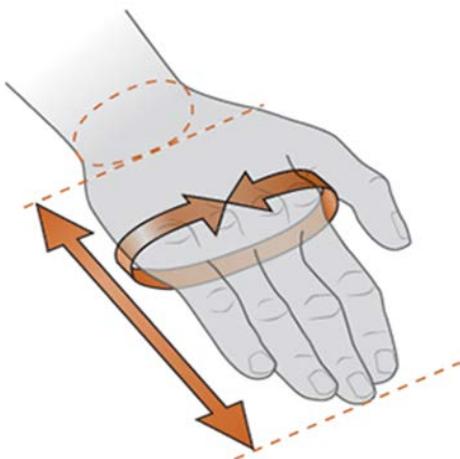
**How to measure:**

### **Palm girth:**

Around your dominant hand at the knuckles with your fingers together

### **Palm length:**

From the crease at the base of your wrist (on palm side) to the tip of your middle finger

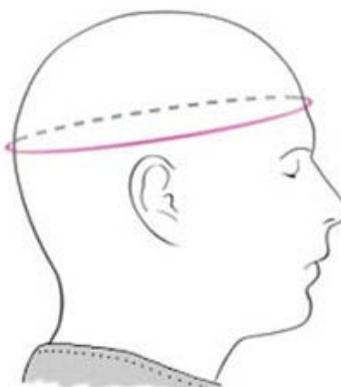


## Head Wear

**How to measure:**

### **Head:**

Measure around the largest part of the head—about one inch above the eyebrows.



## PRESCRIPTION EYEWEAR

If you require prescription eyewear other than just for reading, you may require prescription glacier glasses for your Antarctic tour. Please email [clothing@bas.ac.uk](mailto:clothing@bas.ac.uk) to discuss this possible requirement.



Please read the Clothing Size Guide Document BEFORE Completing this form

**SECTION 1**

Name	
Job Title/Description	
Please provide details of job role and job locality whilst in Antarctica	
BAS Line Manager/Contact	

**SECTION 2**

Please choose location and duration of tour from the below drop down options.	
STATION/VESSEL	
If FIELD WORK; will this be BAS or External organisation hosted?	
DURATION:	

**SECTION 3**

Are you a returning AEP, Mariner or Summer Visitor from the last 3 years?	
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If you answered "Externally hosted field work" in Section 2 please answer the following:	
Have you filled out an OSPQ?	
Estimated minimum working temperatures - (Including Wind Chill)	
Is the environment expected to be:	
Is the externally hosting programme providing additional Polar Clothing?	

If you cannot answer these questions please contact your BAS Line Manager or PI to find out BEFORE you submit this form

**SECTION 4**

Preferred Clothing Gender	
Height	ft                      inches                      cm
Chest/Bust	inches                      cm
Waist & Hips	inches                      cm                      inches                      cm
Inseam	inches                      cm
Hand Length & Girth	inches                      cm                      inches                      cm
Head	inches                      cm
Shoe-UK Size	

Please select your preferred standard UK clothing sizes

Mens Top Size		UK Womens Dress Size Top	
Mens Bottom Size		UK Womens Dress Size Bottom	

If you have any queries regarding your Clothing size form or the polar clothing please contact:  
**BAS Clothing - Tel: 01223 221235; email: [clothing@bas.ac.uk](mailto:clothing@bas.ac.uk)**