

# Harness Measuring Guide

**Your new Mirage will be custom fit to the features of your body.**

Making a proper fitting harness is easy as long as the measurements are correct and consistent. Since all measurements should be taken while standing erect, you might need to get a friend to assist in the measuring process, as some measurements are difficult to get without assistance. Measure around appropriate clothing with a soft measuring tape and be sure to keep the tape tight around you, like a harness, when reading measurements. Try not to use a tailor for measurements, as they are used to measuring people loosely, for comfortable clothes.

Done right, measuring for a rig is actually kind of fun, so get a friend and let's go!

For the torso measurement, while holding the tape at the **BOTTOM** of the dip in your collarbone at the base of your throat, measure diagonally over your chest to the very **TOP** of your hip bone at your side (approximately level with your belly button). Women should not measure over their breast, but rather push their breast to the outside and follow the ribcage inside. A common mistake is stopping too low on the hip. We are looking for the shortest distance between these two points. A typical measurement would be between 15" (38 cm.) and 20" (51 cm.), with the average being 18" (45 cm).



Measure around the leg, as the leg strap travels, using the same point at the top of the hip as you did on the Torso measurement. Pull the tape snug. The measurement should be in the range of 27"-36".



While holding your arms OUT, measure around the chest at the nipples. Firmly hold this position on the tape, then...



...drop your arms. Record the measurement taken with your arms down. For females, also specify cup size.



To measure your inseam, stand naturally. Measure from the center of your crotch down to the floor.



Measure around your waist at the bellybutton. Be certain the tape is level and snug.



For the "long girth" measurement, route the tape around the torso from the base of the neck (same starting point as the Torso measurement), down through the crotch and up your back to the base of the collar (protruding spine bone at the base of the neck).

