

MEASUREMENT/INSIGNIA REGISTRATION SHEET FOR MPP PARTICIPANTS

NAME: _____ RANK/RATE: _____

Enlisted Rating Badge E4 through E9: Gold Red

Enlisted Rate Marks/Stripes E2 and E3: White Blue Green Red

General Measurement Guidelines and Measurement Tools:

As a general rule, for maternity uniforms a female would wear the same size as their pre-pregnancy uniform. For example, if you wore a size Medium Regular NWU TYPE III pre-pregnancy, you would wear a Medium Regular NWU TYPE III Maternity uniform. This general sizing rule is applicable to most MPP participants, and should be the primary method for determining correct measurements. Note - Maternity uniforms are designed/manufactured to expand as your pregnancy progresses.

If you are not sure of your proper measurement sizes, the preferred method for providing MPP measurements is to take the measurement/insignia form to your nearest Navy Exchange for an accurate uniform measurement. An alternate measurement method for MPP participants not located near a Navy Exchange is to use the measurement/insignia form and have someone assist in taking your measurements. In order to take the most accurate measurements using the alternate method, you will need:

- A tailoring tape measure
- Someone who can assist you
- A copy of the measuring/insignia form available on the MPP website (<https://www.mynavyhr.navy.mil/References/US-Navy-Uniforms/Maternity-Pilot-Program/>)
- A pen

To support taking bust and waist sizing measurements, we recommend being in PT gear – for outseam/inseam measurements, wearing a pair of properly fitted slacks you currently own will greatly assist in taking this measurement. For all measurements, please ensure you are standing on a flat surface. Shoes are optional, but recommended – please be sure to annotate on the measuring/insignia form if shoes were worn when the measurement was taken. For further assistance, a **‘self-help’ maternity measurement video** is available at <https://vimeo.com/646945725> which will walk you through the maternity measurement process. Additionally, assistance can be provided through the MPP Webpage, or by calling the **NEXCOM MPP Team at 757-631-4130/757-631-3993.**

WHERE DID YOU GET MEASURED?

NEX Tailor Shop

Other Tailor shop

Self/Family/Friends

MEASURE FOR BLOUSE SIZING

Stand up and place your arms out directly to your sides, parallel with your shoulders – your assistant should place the measuring tape around your back, parallel with the floor, and over the fullest part of the bust – lower your arms in a relaxed position by your sides. Ensure the measuring tape is still parallel with the floor in the back, and over the fullest part of the bust – take this measurement and annotate on the measurement form.

BUST MEASUREMENT (INCHES): _____

HEIGHT (INCHES): _____

What is the normal size that you wear for your NWU Type III Blouse? _____ SIZE

MEASURE FOR SLACKS SIZING

Measure the circumference of the belly at the largest part.

WAIST MEASUREMENT (INCHES): _____

What is the normal size that you wear for your NWU Type III Trousers? _____ SIZE

MEASURE FOR HEMMING

Measure a straight line from the waistband to the top of the heel (with standard Oxford shoes) or to the floor (without shoes) on the side of the leg.

OUTSEAM MEASUREMENT (INCHES): _____

Measure a straight line from the crotch to the top of the heel (with standard Oxford shoes) or to the floor (without shoes) on the inside of the leg.

INSEAM MEASUREMENT (INCHES): _____

To verify both your inseam and outseam, if you already have a pair of uniform slacks that are properly hemmed, please lay your slacks open on a flat surface, and for the inseam, measure from the crotch intersection along the inseam to the bottom edge, for the outseam measure from the top of the waistband along the outseam to the bottom edge



What length did you measure on your regular slacks? INSEAM: _____ OUTSEAM: _____

SHOES WORN: Yes: No:

EMBROIDERED WARFARE/QUALIFICATION DEVICES

Yes: No:

PRIMARY: _____

SECONDARY: _____

EMBROIDERED IDENTIFICATION BADGE (e.g., NSF badge or CSEL Badge)