

Printable Measuring Tape

Pumping is a Breeze
with PumpEase!™



How to Assemble

1. Cut out all 7 strips of your measuring tape.
2. Place the right hand side of each strip on top of the corresponding left hand side of the following strip. The shaded area should be covered by the joining strip. Secure with tape.

How to Measure

1. Stand in front of a mirror (or have a helper) so that you can be sure the measuring tape remains parallel to the floor (especially in the back where it will have a tendency to sag).
2. Hold the tape snugly, however, don't constrict your breasts.
3. Make note of your measurement, rounding up or down to the nearest full inch.
4. Refer to our [overbust measurement](#) chart for your recommended size of PumpEase™.

Need Help? Please [email us](#). You can also call us toll-free at 1.866.963.SNUG (7684) and press "4" to speak to our sizing specialist. We'd love to help!

