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Turning Vision into Reality

for a Dynamic ASEAN Community

**Laos 2016**

**“Promoting Defence Cooperation for a Dynamic ASEAN Community”**

**ASEAN DEFENCE MINISTERS’ MEETING RETREAT**

**And ASEAN-JAPAN DEFENCE MINISTERS’ INFORMAL MEETING**

**Vientiane, Lao PDR, 15-17 November 2016**

**Clothing Measurement for HODs**

**Country: ………………...............**

**Measurements:**

1. Neck : cm
2. Shoulders : cm
3. Chest : cm
4. Waist : cm
5. Hips : cm
6. Shirt Length : cm
7. Sleeve Length : cm
8. Biceps : cm
9. Wrist / Cuff : cm



Please kindly return the completed form to the 10th ADMM Secretariat by **09 October 2016** at **email:** **admm2016laos@yahoo.com**