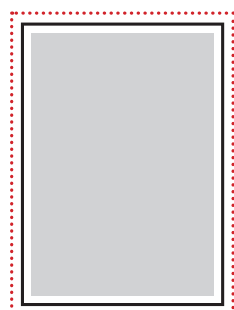


## Advert specifications for print

Overall metric page size 213mm wide x 282mm deep

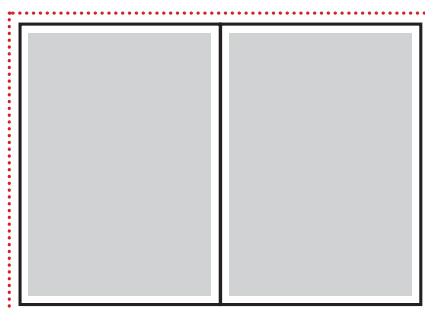
Page unit	Live	Trim	Bleed
Full page	189w x 258h	-	-
Full page (Bleed)	189w x 258h	213w x 282h	219w x 288h
Double page spread	402w x 258h	-	-
Double page spread (Bleed)	402w x 258h	426w x 282h	432w x 288h
1/2 page vertical	92w x 258h	-	-
1/2 page vertical (Bleed)	92w x 258h	104w x 282h	107w x 288h
1/2 page horizontal	189w x 129h	-	-
1/2 page horizontal (Bleed)	189w x 129h	213w x 141h	219w x 144h
1/4 page	92w x 129h	-	-
1/4 page strip (Bleed)	43w x 258h	55w x 282h	58w x 288h
1/3 page vertical	59w x 258h	-	-
1/3 page vertical (Bleed)	59w x 258h	71w x 282h	74w x 288h
1/3 page horizontal	189w x 85h	-	-
1/2 page island	140w x 195h	-	-
2/3 page vertical	124w x 258h	-	-
2/3 page vertical (Bleed)	124w x 258h	136w x 288h	139w x 288h
1/3 page square	125 x 125	-	-
1/6 page	60w x 129h	-	-
1/8 page	92w x 64h	-	-

All measurements are in mm



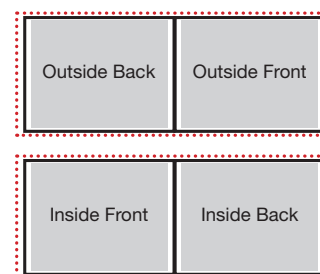
### Full page requirements

- ..... Bleed 219(w)mm x 288(h)mm
- Trim 213(w)mm x 282(h)mm
- Live 189(w)mm x 258(h)mm



### Double page spread requirements

- ..... Bleed 432(w)mm x 288(h)mm
- Trim 426(w)mm x 282(h)mm
- Live 402(w)mm x 258(h)mm



### Belly wrap requirements

- ..... Bleed 3mm (all the way around)
- Width (each 'page') 150mm
- Height 100mm

**Bleed:** These are the dimensions to use if graphics are to print beyond the edge of the final printed page.

**Trim:** These dimensions are where the page will be cut and represents the final dimensions of the printed magazine.

**Live:** This is the area where text and graphics can be placed that is a safe distance from the trim size. these dimensions will prevent the loss of text or graphics when the page is trimmed.

### Digital file requirements

PDF-X1a, PDF, EPS and Tiff files are accepted.

All high resolution images and fonts must be embedded in files. Images must be 300dpi/CMYK