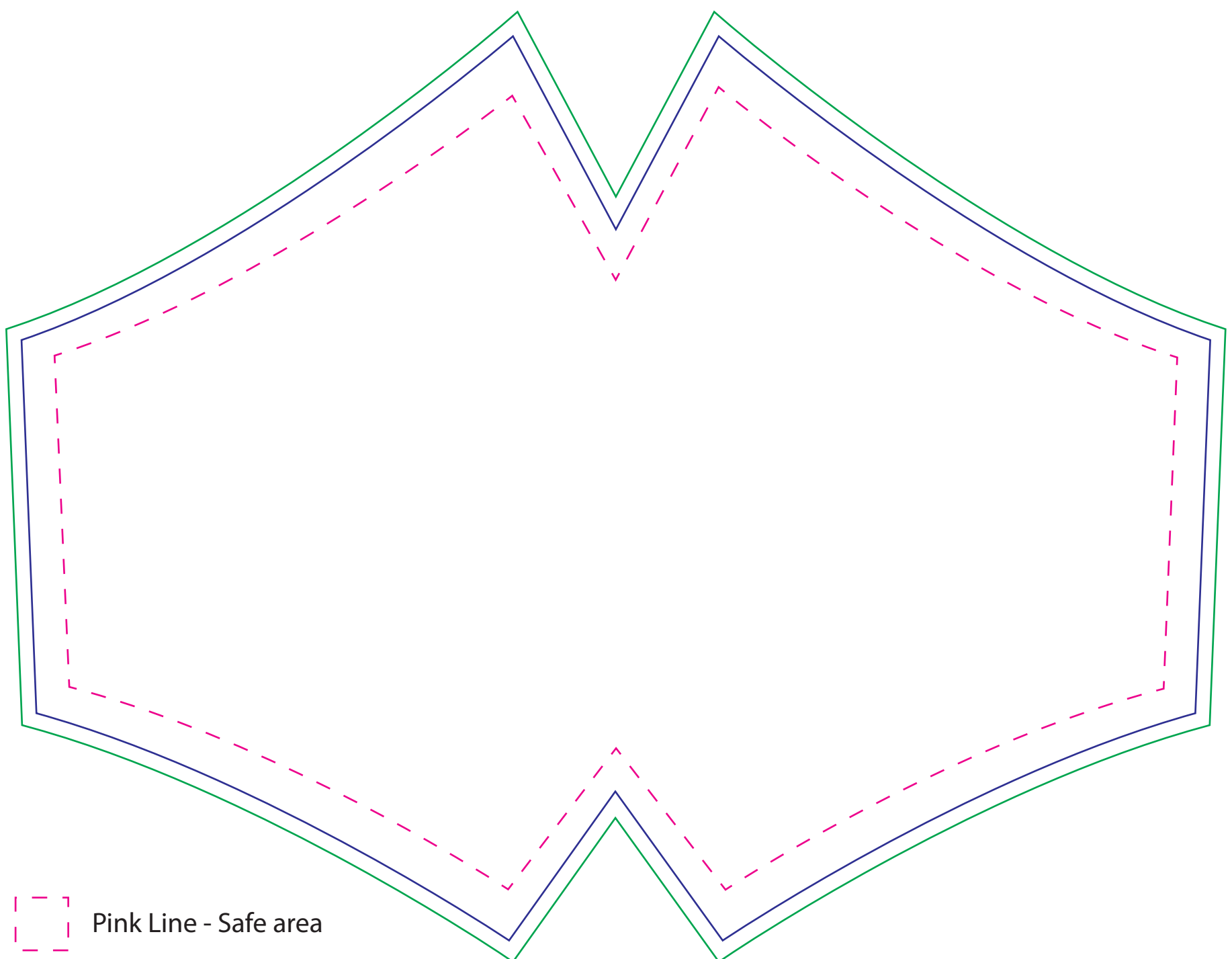This template is at actual size with the blue area measuring 234 x 178mm.

Artwork should be supplied as actual size @ 300dpi with all images embedded or attached.
Fonts should be saved as outlines or attached.
File formats to be EPS, JPEG, PNG or Hi-Res PDF.

Artwork must fill the blue area and anything critical should not go outside the pink line or it may be lost when the edge is stitched.

Pink Line - Safe area

Blue Line - Finished area

Green Line - 3mm bleed