



## Insert Specifications

**PLEASE VISIT THE ARE MEDIA WEBSITE FOR INSTRUCTIONS ON THE FOLLOWING:**  
 For packing, palletising and delivery instructions for inserts  
 For details on how to properly supply ad material  
<https://www.aremmedia.com.au/ad-specs/>

**INSERT SPECS / LIMITATIONS \*Consult your Prod Controller for insert specific details / confirmation**

LOOSE INSERT												
PUBLICATION	MAG SIZE	MIN TRIM	MAX TRIM	MIN STOCK WEIGHT				MAX STOCK WEIGHT				
				2pp	4pp	6pp	8-16pp	2pp	4pp	6pp	8-16pp	
Gourmet Traveller	275x215	148x105	255x205	115	80	60	45	300	250	150	115	MAX WEIGHT 35g
House & Garden	275x215	148x105	255x205	115	80	60	45	300	250	150	115	
Australian Women's Weekly	275x210	148x105	255x200	115	80	60	45	300	250	150	115	
AWW Food	275x215	148x105	255x205	115	80	60	45	300	250	150	115	
Belle	297x215	148x105	277x205	115	80	60	45	300	250	150	115	
Country Style	297x215	148x105	277x205	115	80	60	45	300	250	150	115	
Inside Out	297x220	148x105	277x210	115	80	60	45	300	250	150	115	
Real Living	270x215	148x105	255x205	115	80	60	45	300	250	150	115	
Diabetic Living	275x201	105x105	215x141	100	80	60	45	250	250	200	115	
Better Homes & Gardens	275x210	105x105	215x150	100	80	60	45	250	250	200	115	
Home Beautiful	275x215	105x105	215x155	100	80	60	45	250	250	200	115	
Marie Claire	297x215	105x105	237x155	100	80	60	45	250	250	200	115	
Family Circle	275x201	150x105	255x181	100	80	60	45	250	250	200	115	
That's Life	275x200	150x105	255x180	100	80	60	45	250	250	200	115	
New Idea	275x210	150x105	255x190	100	80	60	45	250	250	200	115	
WHO	275x210	150x105	255x190	100	80	60	45	250	250	200	115	
Take 5	275x200	148x105	245x185	115	80	60	45	300	250	150	115	
TV Week	275x192	148x105	245x177	115	80	60	45	300	250	150	115	
Woman's Day	275x220	148x105	245x205	115	80	60	45	300	250	150	115	
NZ Aust Women's Weekly	275x210	105x105	235x170	100	80	60	45	250	250	200	115	
NZ Your Home & Garden	297x215	105x105	257x175	100	80	60	45	250	250	200	115	
NZ Woman's Day	275x210	105x105	235x170	100	80	60	45	250	250	200	115	
NZ Women's Weekly	275x200	105x105	235x160	100	80	60	45	250	250	200	115	
NZ Listener	275x200	105x105	235x160	100	80	60	45	250	250	200	115	

BOUND INSERT												
PUBLICATION	MAG SIZE	MIN TRIM	MAX TRIM	MIN STOCK WEIGHT				MAX STOCK WEIGHT				
				2pp	4pp	6pp	8-16pp	2pp	4pp	6pp	8-16pp	
Gourmet Traveller	275x215	120x105	275x215	115	80	60	45	300	250	200	115	MAX THICKNESS 3mm
House & Garden	275x215	120x105	275x215	115	80	60	45	300	250	200	115	
Australian Women's Weekly	275x210	120x105	275x210	115	80	60	45	300	250	200	115	
AWW Food	275x215	120x105	275x215	115	80	60	45	300	250	200	115	
Belle	297x215	120x105	297x215	115	80	60	45	300	250	150	115	
Country Style	297x215	120x105	297x215	115	80	60	45	300	250	150	115	
Inside Out	297x220	120x105	297x220	115	80	60	45	300	250	150	115	
Real Living	270x215	120x105	270x215	115	80	60	45	300	250	200	115	
Diabetic Living	275x201	105x105	275x201	115	80	60	45	250	250	200	115	
Better Homes & Gardens	275x210	105x105	275x210	115	80	60	45	250	250	200	115	
Home Beautiful	275x215	105x105	275x215	115	80	60	45	250	250	200	115	
Marie Claire	297x215	105x105	297x215	115	80	60	45	250	250	200	115	
Family Circle	275x201	150x105	275x201	-	80	60	45	-	250	200	115	
That's Life	275x200	150x105	275x200	-	80	60	45	-	250	200	115	
New Idea	275x210	150x105	275x210	-	80	60	45	-	250	200	115	
WHO	275x210	150x105	275x210	-	80	60	45	-	250	200	115	
Take 5	275x200	148x105	275x200	-	80	60	45	-	250	200	115	
TV Week	275x192	148x105	275x192	-	80	60	45	-	250	200	115	
Woman's Day	275x220	148x105	275x220	-	80	60	45	-	250	200	115	
NZ Aust Women's Weekly	275x210	105x105	275x210	115	80	60	45	250	250	200	115	
NZ Your Home & Garden	297x215	105x105	297x215	115	80	60	45	250	250	200	115	
NZ Woman's Day	275x210	150x105	275x210	-	80	60	45	-	250	200	115	
NZ Women's Weekly	275x200	150x105	275x200	-	80	60	45	-	250	200	115	
NZ Listener	275x200	150x105	275x200	-	80	60	45	-	250	200	115	

**IF INSERT SUPPLIED PLEASE CONSULT WITH PRODUCTION FOR CORRECT BINDING TRIMS**  
 Supplied inserts must include the following: 3mm Spine Grind + 4mm Head and/or 4mm Foot trim depending on knock direction  
 Reverse bound 4pp inserts - Supply with 10mm Binding Lap + 3mm Spine Grind  
 Bound Inserts in Saddle Stitched magazines - Supply with 10mm Binding Lap + 3mm Spine + closed head or foot (check knock direction)  
 Stock weight for a bound insert with 16pp+ needs to be looked at on a case by case basis - please discuss further with Production  
 All inserts must have a sealed spine - Concertina inserts can not be mechanically inserted