



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				MAX PER ISSUE
				2pp	4pp	6pp	8-16pp	2pp	4pp	6pp	8-16pp	
Gourmet Traveller	297x215	105x105	257x175	115	80	60	45	300	250	200	115	3
House & Garden	275x215	105x105	257x175	115	80	60	45	300	250	200	115	3
Australian Women's Weekly	275x210	148x105	255x200	115	80	60	45	300	250	200	115	4
Belle	297x215	105x105	257x175	115	80	60	45	300	250	200	115	3
Country Style	297x215	105x105	257x175	115	80	60	45	300	250	200	115	3
Diabetic Living	275x201	105x105	235x161	115	80	60	45	300	250	200	115	3
Better Homes & Gardens	275x210	148x105	255x200	115	80	60	45	300	250	200	115	4
Home Beautiful	275x215	105x105	215x150	115	80	60	45	300	250	200	115	3
Marie Claire	297x215	105x105	257x175	115	80	60	45	300	250	200	115	3
That's Life	275x200	150x105	255x180	115	80	60	45	300	250	200	115	3
New Idea	275x210	150x105	255x190	115	80	60	45	300	250	200	115	3
WHO	275x210	150x105	255x190	115	80	60	45	300	250	200	115	3
Take 5	275x200	150x105	255x180	115	80	60	45	300	250	200	115	3
TV Week	275x192	150x105	255x172	115	80	60	45	300	250	200	115	3
Woman's Day	275x210	150x105	255x190	115	80	60	45	300	250	200	115	3

MAX THICKNESS 3mm

BOUND INSERT												
PUBLICATION	MAG SIZE	MIN TRIM	MAX TRIM	MIN STOCK WEIGHT				MAX STOCK WEIGHT				MAX PER ISSUE
				2pp	4pp	6pp	8-16pp	2pp	4pp	6pp	8-16pp	
Gourmet Traveller	297x215	105x105	297x215	115	80	60	45	300	250	200	115	115
House & Garden	275x215	105x105	275x215	115	80	60	45	300	250	200	115	115
Australian Women's Weekly	275x210	148x105	275x210	115	80	60	45	300	250	200	115	115
Belle	297x215	105x105	297x215	115	80	60	45	300	250	200	115	115
Country Style	297x215	105x105	297x215	115	80	60	45	300	250	200	115	115
Diabetic Living	275x201	105x105	275x201	115	80	60	45	300	250	200	115	115
Better Homes & Gardens	275x210	148x105	275x210	115	80	60	45	300	250	200	115	115
Home Beautiful	275x215	105x105	275x215	115	80	60	45	300	250	200	115	115
Marie Claire	297x215	105x105	297x215	115	80	60	45	300	250	200	115	115
That's Life	275x200	150x105	275x200	-	80	60	45	-	250	200	115	115
New Idea	275x210	150x105	275x210	-	80	60	45	-	250	200	115	115
WHO	275x210	150x105	275x210	-	80	60	45	-	250	200	115	115
Take 5	275x200	150x105	275x200	-	80	60	45	-	250	200	115	115
TV Week	275x192	150x105	275x192	-	80	60	45	-	250	200	115	115
Woman's Day	275x210	150x105	275x210	-	80	60	45	-	250	200	115	115

CONSULT PRODUCTION

MAX THICKNESS 3mm

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