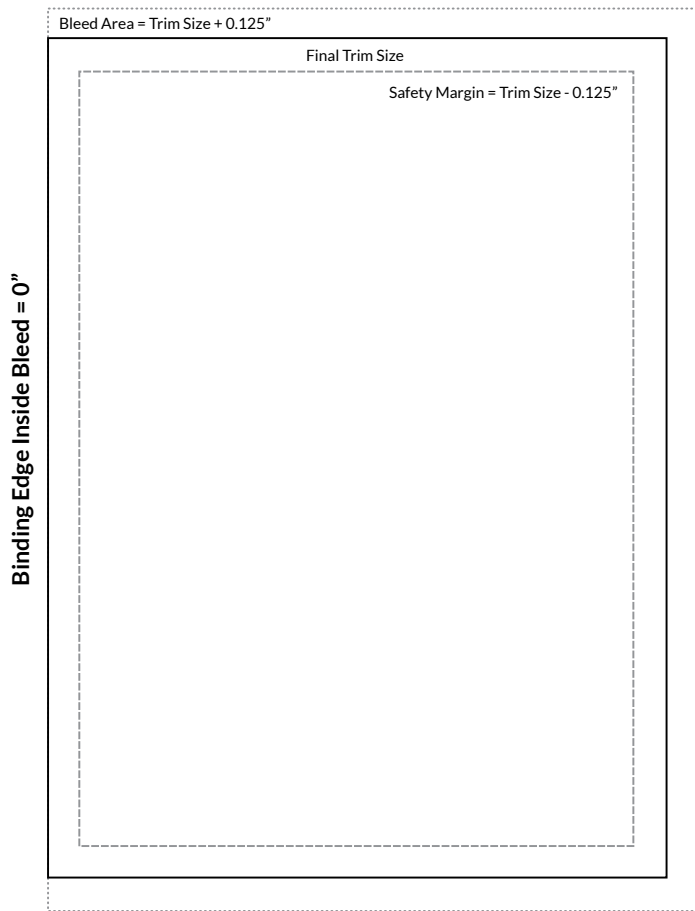
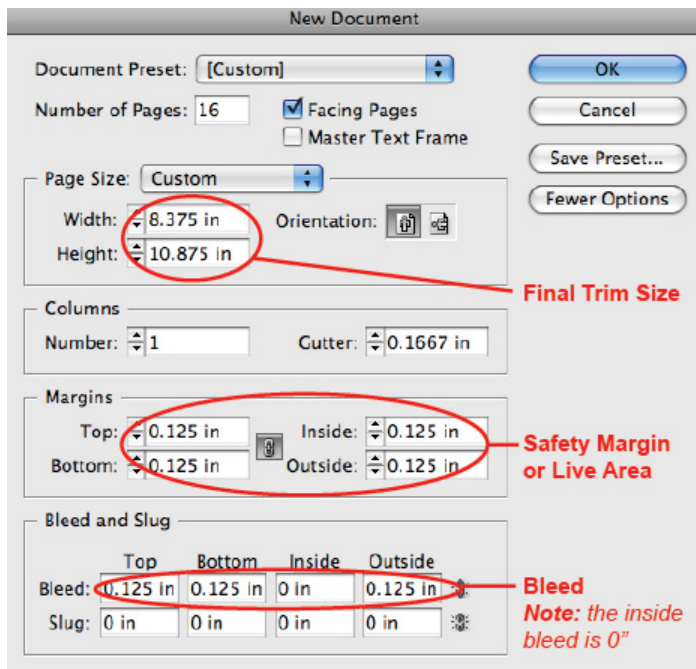


# PDF Submission Guidelines



## PDF Submission Guidelines (cont.)

In Adobe Indesign, your document setup should look similar to this:



Also, it is recommended to download and install Cummings Printing job options for PDF export. If you do not have the Cummings Job Options, download them [here](#).

In addition to the page definitions above, the PDF should also be:

- Version 1.4 or higher
- Fonts embedded
- CMYK, Grayscale, or Spot
- Maximum total area coverage of 310
- Image resolution of 200 – 300 dpi
- Single Pages