

Complete Measurement Guide

Individual Tailoring Service

- You Need*
1. A Fabric Metric Tape Measure.
 2. Ten to twenty minutes.

It would be helpful if you had assistance from a friend when measuring (although the majority of the measurements can easily be self-taken, we have found the process to be faster if you have someone readily available to assist you.)

You should also wear a good fitting dress-shirt and slacks. If you do not have these items, any form-fitting clothing will be ok. No jeans and empty your pockets

When taking measurements the tape should be held flat against the body; it should be held snug enough so not droop, but never so tight as to feel restrictive.

PLEASE MEASURE IN CENTIMETERS.

Do not add wiggle room to your measurements. We will adjust the fit based off of your selected preferences and build.

Questionnaire

1. Height (centimeters) _____
2. Weight (pounds) _____

4. Your Stance



Normal _____



Forward Leaning _____



Erect _____

5. Your shoulder slope



Normal _____



Steep _____



Flat _____

6. Your chest description



Thin _____



Fit _____



Normal _____



Muscular _____



Large _____

7. Your stomach description



Thin _____



Normal _____



Medium _____



Large _____

8. Your seat shape



Thin _____



Normal _____



Curved _____



Large _____

1. Neck

- Measure around your neck at the height where your collar, if buttoned, would be.
- This measurement should be taken along the lower section of the neck, below your Adams Apple and above your Sternal Notch.
- The tape should be comfortably touching the skin, with enough room so that you do not feel restricted.
- My Neck is _____._____ cm.



2. Full Chest

- Measure around the chest and body at its fullest part (typically right under the armpits and shoulder blades, right across the nipples).
- Hold the tape against the body tight enough so that it does not slip down, but not so tight that it restricts breathing. It should be “snug”.
- Make sure the tape is horizontal and the person's arms are by their side; then take a normal breath and measure.
- Do not puff out your chest
- Double check this measurement.
- My Full Chest is _____._____ cm.



3. Full Shoulder Width

- Measure from the end of the right shoulder to the end of the left shoulder.
- We define the “End of the Shoulder” as where the horizontal plane of the shoulder intersects the vertical plane of the arm (see illustration).
- Double check measurement.
- My Full Shoulder Width is _____._____ cm.



4. Right Sleeve

- Measure from the end of the right shoulder to the “Pinch” of the right hand.
- The “Pinch” of the hand is found where the base of the thumb and the base of the index finger intersect (approximately 1 inch above the index finger knuckle).
- Double check this measurement.
- Right Sleeve is _____._____ cm.



5. Left Sleeve

- Measure from the end of the left shoulder to the “Pinch” of the left hand.
- Double check this measurement.
- Left Sleeve is _____._____ cm.

6. Bicep

- Measure around the fullest part of the bicep with the arms by your side.
- You need only measure one side.
- My Bicep is _____ cm.



7. Wrist

- Measure around the fullest part of the wrist.
- You need only measure one side.
- Wrist is _____ cm.



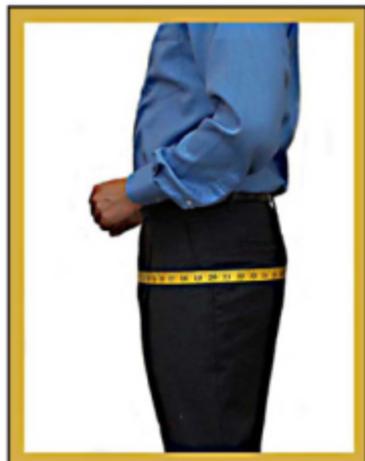
8. Waist / Stomach

- Measure around the fullest part of the waist/stomach or right below your bottom ribs, whichever is greater.
- Jacket Waist is _____ cm



9. Hips/Seat

- Measure around the fullest part of your hips and buttocks.
- My Hips/Seat is _____ cm



10. Front Jacket Length

- Measure straight down the front from the base of the neck (right or left side) to the point level with your thumb knuckle.
- My Front Jacket Length is _____ cm.



11. Front Chest Width

- With the person's arms by their side, measure across the front of the chest.
- Start at the front of the right armpit, continue measuring across the nipples, and then stop at the front of the left armpit. Do not measure under the arms.
- This is the front part of the full chest measurement we took in step 2.
- My Front Chest Width is _____ cm.



12. Back Width

- With the person's arms by their side, measure across the back.
- Start at the back of the right armpit, continue measuring across the shoulder blades, and then stop at the back of the left armpit. Do not measure under the arms.
- This is the back part of the full chest measurement we took in step 2.
- My Back Width is ____ cm.



13. Half Shoulder Width (Right)

- Measure from the end of the right shoulder to the base of the right side of the neck.
- We define the "Side of the Neck" as the point at which the vertical plane of the neck intersects the horizontal plane of the shoulder.
- My Half Shoulder Width (Right) is ____ cm.

14. Half Shoulder Width (Left)

- Measure from the end of the left shoulder to the base of the left side of the neck.
- My Half Shoulder Width (Left) is ____ cm.



15. Half Back Length

- Measure from the base of the back of the neck to the top of the pants waistband area.
- Half Back Length is _____ cm



16. Trouser Waist

- Measure around your waist at the level where you would normally wear your pant's belt.
- With the tape measure snug around your waist, relax, and take the measurement.
- Don't be alarmed if this measurement seems larger than expected; off-the-rack pants are normally labeled as being smaller than what they really are.
- Trouser Waist is _____ cm



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17. Trouser's Outseam

- Measure from the top of your pant's waistband to the floor along the outside of your leg.
- Make sure the tape is tight, that you are standing straight, and then measure. No shoes please!
- Double check this measurement.
- Trouser's Outseam is _____ cm



18. Crotch

- Measure from the front top of the pant's waistband to the back top of the pant's waistband.
- Make sure not to take this measurement too tight.
- Crotch Measurement is _____ cm.



19. Thigh

- Measure around your thigh at its widest point.
- You need measure only one side.
- My Thigh is _____cm.



20. Knee

- Measure around your knee at its widest point.
- You need only measure one side.
- My Knee is _____cm.

