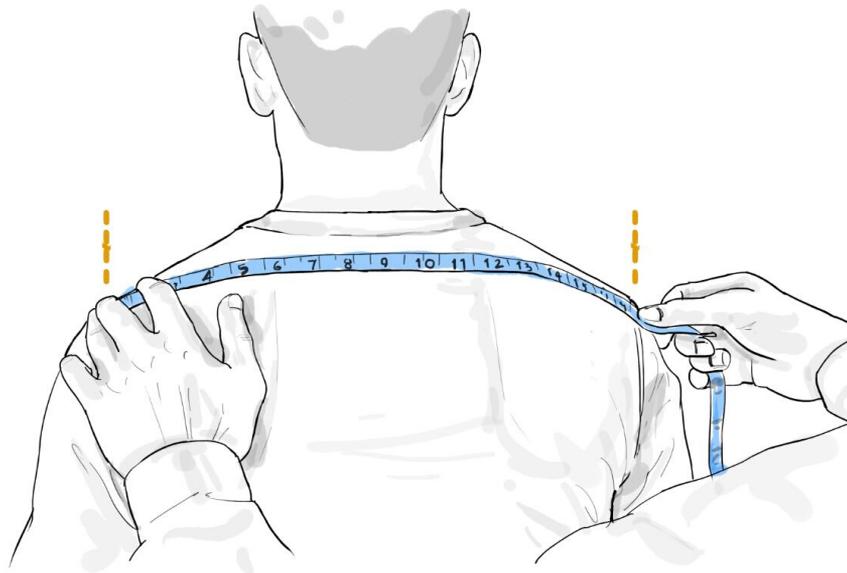


BODY MEASUREMENTS

For our master tailors to make your ideal jacket and have the perfect fit, we need your body measurements.

You will need to make careful body measurements. These numbers will be an important part of the jacket's design, so take your time and make sure these measurements are as accurate as possible.



BODY MEASUREMENTS

How to proceed:

- Download or print the PDF form from the website.
- Set aside a bit of time to do the measurements.
- Work with a partner to do the measurements; it's more difficult to do this by yourself.
- Make measurements in either inches or centimeters.
- Fill in the form with your numbers.
- If you're not sure, take the measurement 2 times and record each measurement.
- Save the file with your last name and return it to info@chefskillshk.com

The descriptions below illustrate how to take the measurements.

NECK AROUND

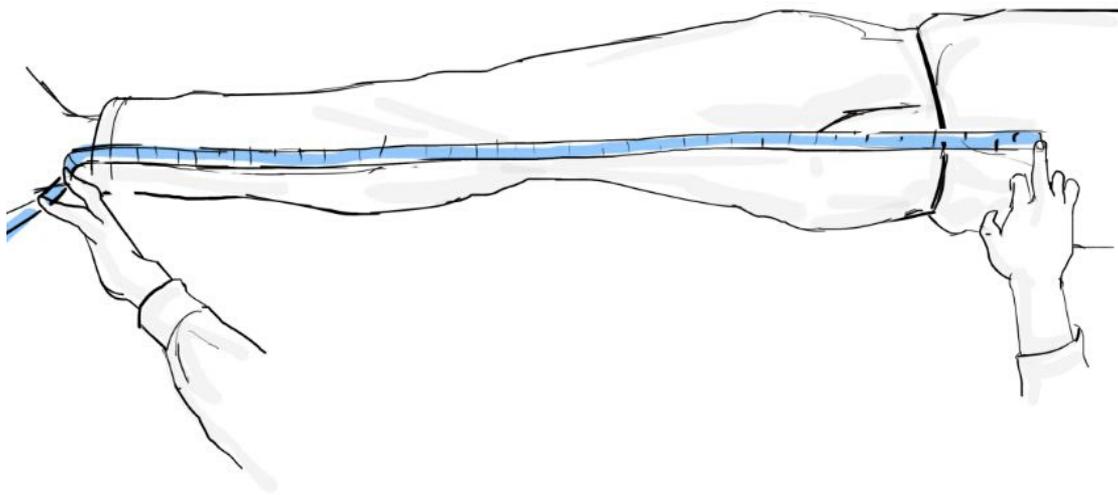
Place the measuring tape around the neck at the height where the collar would normally rest. This will be just below your Adam's apple. Stand relaxed. Do not crane your neck out or squeeze your chin down. The tape should be resting lightly on the skin, not squeezing it. Hold one finger under the tape measure to ensure some room for comfort.



SLEEVE LENGTH

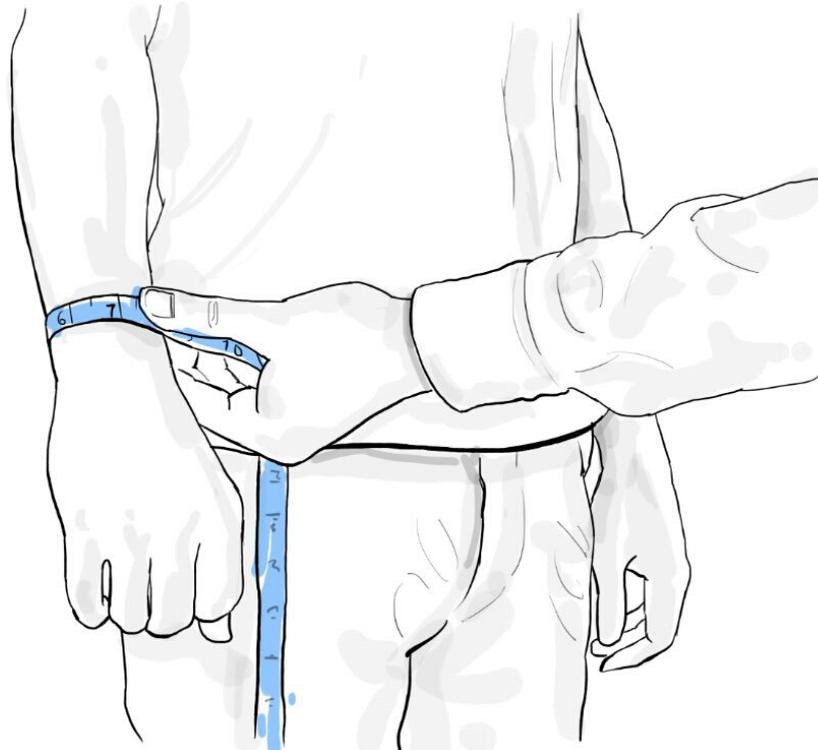
Measure from your shoulder to just past your wrist bone to where you would like your jacket cuff to sit.

Always slightly bend the elbow when measuring to allow for extra ease.



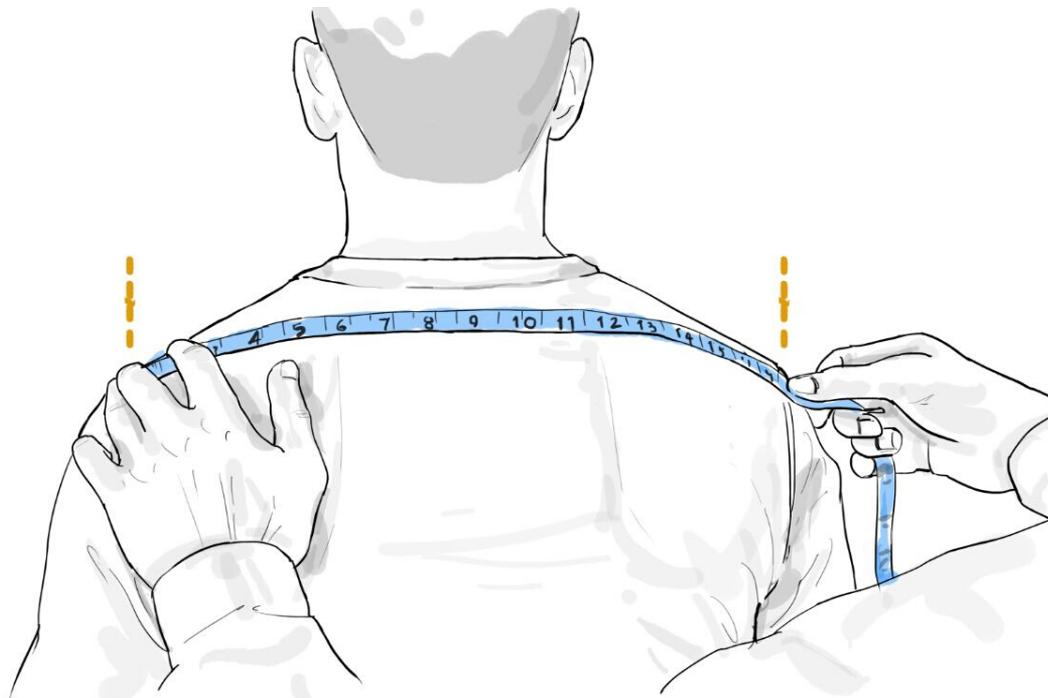
WRIST AROUND

Measure around your wrist around the wrist bone. Hold the tape measure tight to your skin, but do not squeeze your wrist. Round up to the nearest quarter inch. We will add 2 inches to this measurement when we calculate your cuff circumference.



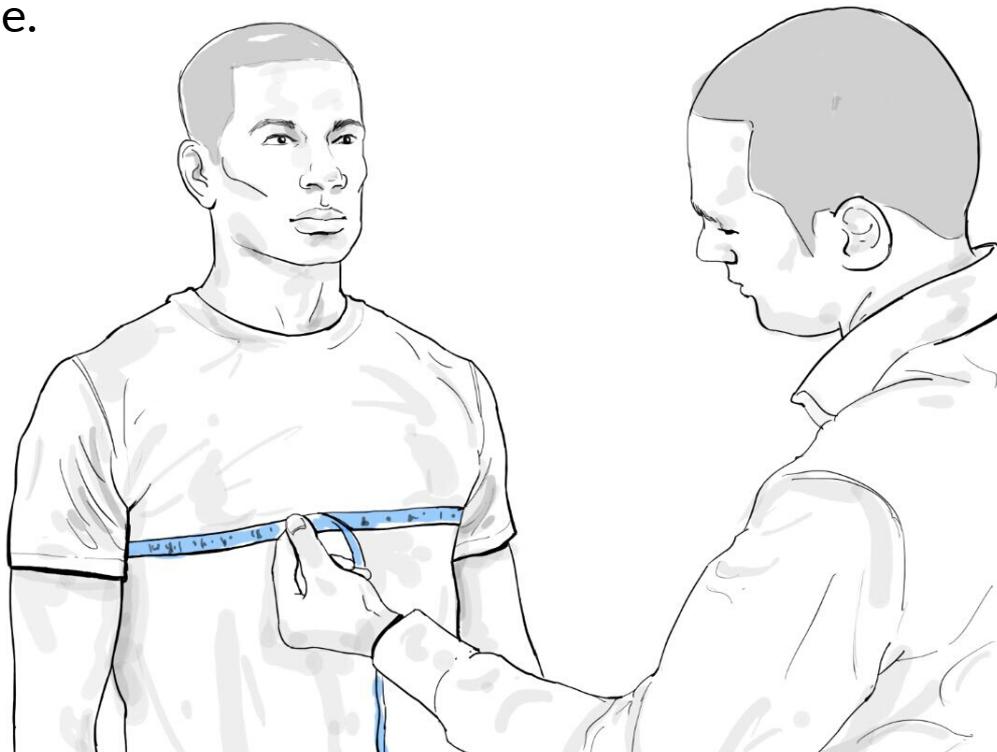
SHOULDER WIDTH

This measurement will require a partner. Start the end of the tape on the outside edge of the shoulder where you want the yoke of the shirt to start. This is where the horizontal part of the shoulder meets the vertical part of the arm. Measure up over the curve of the shoulders and to outside edge of the other shoulder.



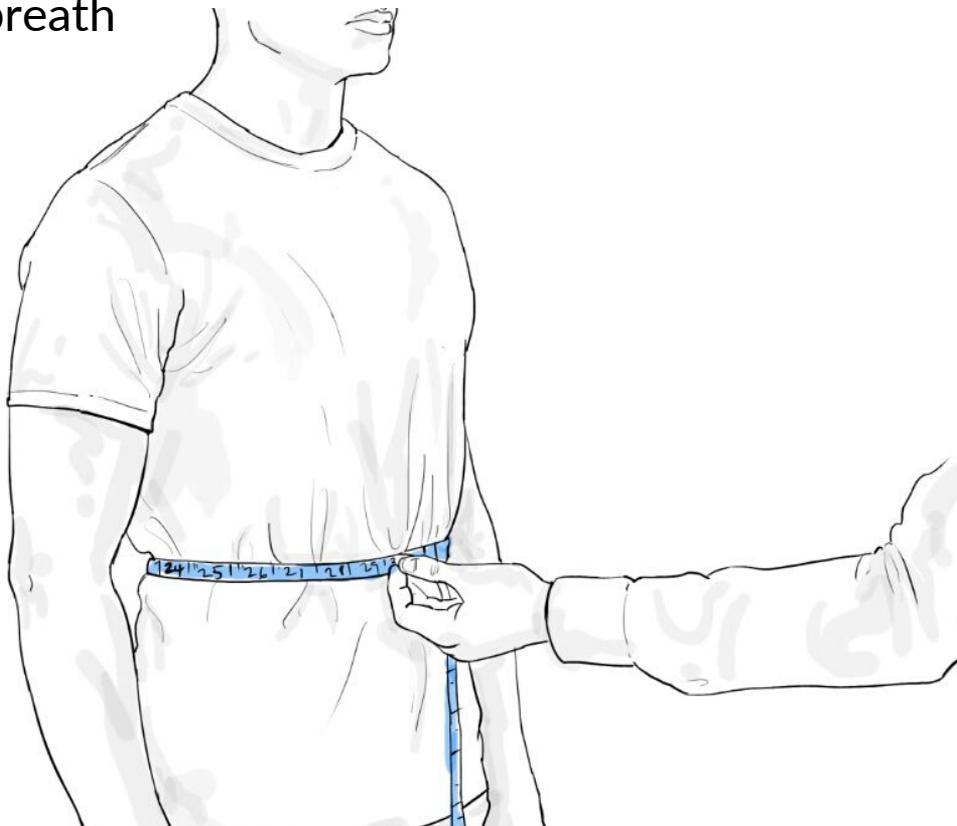
CHEST AROUND

Run the measuring tape around the fullest part of your chest, tight up under your armpits and over the shoulder blades. Let your arms hang down in a relaxed, natural pose. Do not puff out your chest or arch your back in any sort of pose that isn't natural or sustainable.



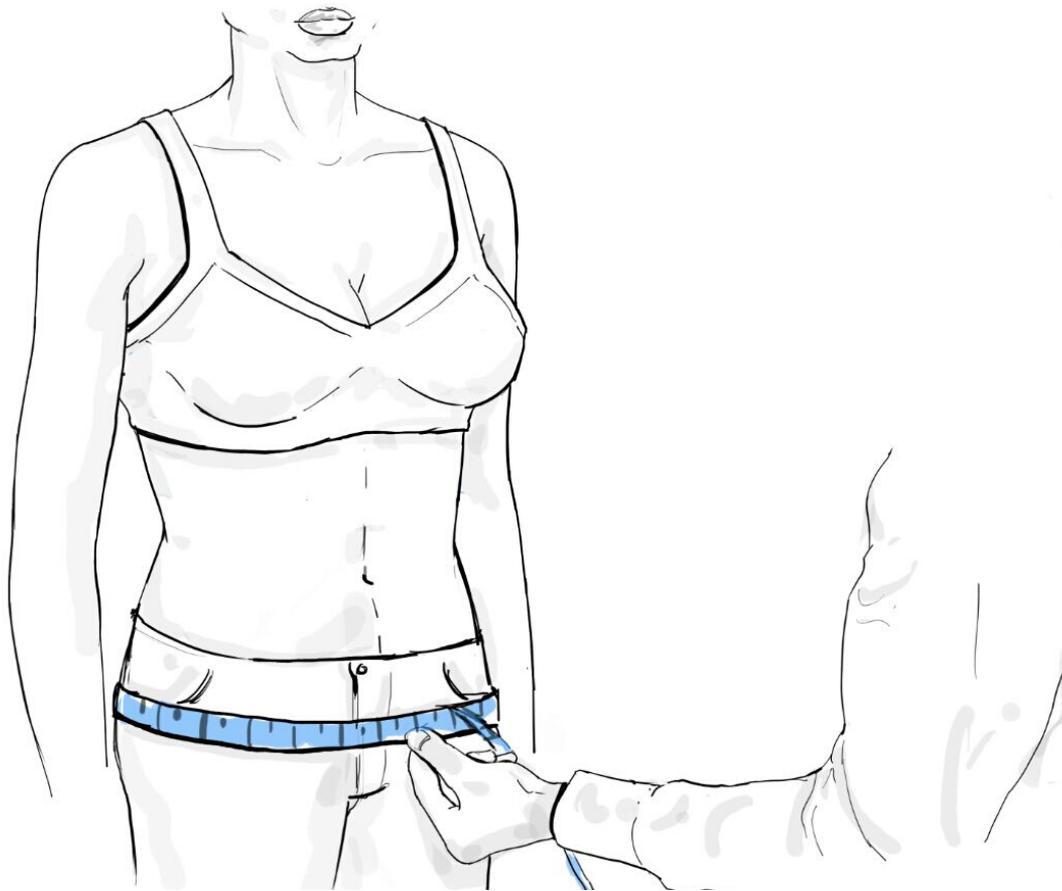
WAIST AROUND

This is slightly different than the waist measurement you use when you buy pants, so don't assume you know this. It's important to stand in a relaxed, normal position (unless you're able to suck in your stomach and hold your breath all day long). Run the tape around the fullest part of the belly. This is usually around the level of the belly button.



HIPS AROUND

Wrap the tape around the fullest part of your hips and buttocks. Keep the tape rule parallel to the floor.



BACK LENGTH

Ask a friend for help, stand with your back straight and your shoulders relaxed, hold the tape from centre of shoulder down to natural waist.

