



M&H UNIFORMS WOMEN'S FIT GUIDE

View our video on "[How to Measure Your Own Uniform](#)" on YouTube.

Bust Measurements: Measure the chest with the tape measure underneath the arms, across the shoulder blades, and over the fullest part of the bust. The measuring tape should be snug but not tight.

Size: _____

Waist Measurements: Measure the natural waist at the smallest part of the waist. The measuring tape should be snug but not tight.

Size: _____

Hip Measurements: Stand with your heels together and measure around the fullest part of your hips. The measuring tape should be snug but not tight.

Size: _____

Inseam Measurements: Measure inside leg seam from crotch seam to hem on a pair of similar style trousers (not jeans). Alternatively, measure on body from crotch to floor with tape measure.

Size: _____

Outseam Measurements: Simply lay the trousers down on a flat surface and measure the distance from the top of its waistband to the bottom of the pant.

Size: _____

When a measurement appears to land in-between two sizes, it's generally better to order the larger size.

For additional assistance with determining your proper measurements, please contact our customer service team. We're here to help!

