

NASIR | SUITS



Measuring Guide

How to Take Your Measurements for a Great Fitting Clothing

So you've decided to get custom clothing?

Congratulations are in order. Not only are custom-fit dress shirts more comfortable to wear, but they are also far more flattering than most anything you'll pull directly from the shelf of a department store. We've compiled a list of easy to follow instructions to help with the process.

What you'll need:

- A flexible cloth measuring tape
- A partner for those hard to measure areas (optional)



1. THE NECK:

- Measure around your neck.
- Measurement along the lower section of the neck below your Adams Apple.
- The tape should be comfortably touching the skin, with enough room so that you do not feel restricted.

The extra give here ensures a comfortable fit while giving you control of just how relaxed around the throat the shirt should be. We recommend a 2-finger allowance.



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.



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).

A common misconception here is to measure across from one shoulder to the other in a straight line. But your body is built to include curves.



4. RIGHT/LEFT SLEEVE:

- Measure from the end of the right shoulder to the “Pinch” of the right hand. Keep arms straight with no bend in the elbow during measurement.
- We define the “End of the Shoulder” as here the horizontal plane of the shoulder intersects the vertical plane of the arm (see illustration).
- Measure from the end of the right shoulder to the end of the left shoulder, over the natural curve of your back.
- The “Pinch” of the hand is found where the base of the thumb and the base of the index finger intersect. For jacket sleeve, subtract 1/2 inch. For shirt sleeve, leave thumb measurement.



6. BICEP:

- Measure around the fullest part of the bicep with the arms by your side.
 - You need only measure one side.
- Resist the urge to flex.



7. WRIST:

- Measure around the fullest part of the wrist.
- You need only measure one side.

An accurate wrist measurement starts at the widest part of your wrist. Typically, this is the wrist bone.

Note: If your wardrobe revolves around watches, as some do, be sure to note a watch allowance. Generally, this allowance is either .25, .5, or .75 inches but will depend on the size of your watch. Add this measurement to the side you wear the watch on. If you're opting for a wider cuff, then this may not be a necessity at all.



8. STOMACH:

- Measure around the fullest part of the stomach or right below your bottom ribs, whichever is greater.



9. HIPS/SEAT:

- Measure around the fullest part of your hips and buttocks. Usually at the hip bone.

As with the chest and waist measurements, be sure to keep the tape level all the way through.



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.



Then to confirm the measurement, you can turn around and start at the same spot of the neck as before but from the back and measure down to cover your seat/butt area.



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.



11. 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.



12. FULL BACK LENGTH:

- Measure from the base of the back of the neck to the floor.
- Stand straight and No shoes please!
- Double check this measurement.



13. HALF BACK LENGTH:

- Measure from the base of the back of the neck to the top of the pants waistband area.



14. 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. Make sure the tape is level all around.
- 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.



15. TROUSER'S OUTSEAM

- Wearing dress shoes, measure from the top of your pant's waistband or where you measured your waist. And measure to where you would like the pants to sit on your shoes.
- Make sure the tape is tight, that you are standing straight, and then measure.



Overcoat Length - Measure from base of the neck down to the top of the knee.

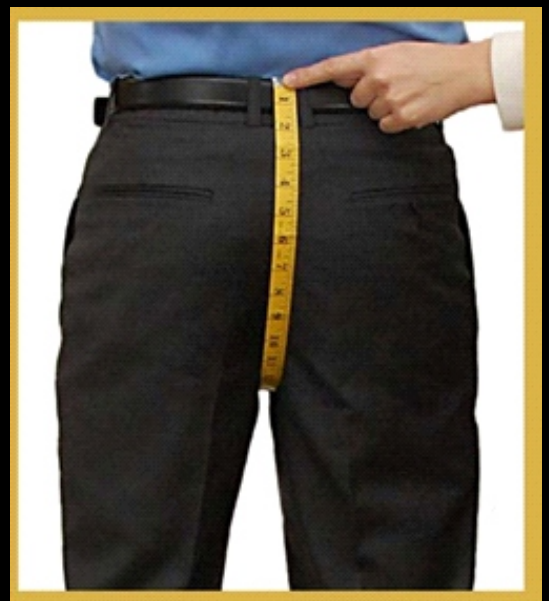
Vest Length - Measure from the base of the neck down to the bottom of the belt band, then add 1.5 inches.



16. CROTCH:

Measure from the front top of the pant's waistband or where you measured your waist to the back top of the pant's waistband. Opposite side.

• Make sure not to take this measurement too tight. Should be snug.



17. THIGH:

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



18. KNEE:

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



ALLOWANCE CHART FOR JACKETS, SHIRTS AND PANTS

ALLOWANCE IN INCHES

Jacket & Shirt style	Chest	Waist	Hips
Super Slim	3	2	2
Slim	3	3	2
Regular	4	4	3
Loose	5	5	4

ALLOWANCE IN PANT HIPS

PANTS STYLE	NO PLEAT	ONE PLEAT	TWO PLEATS	CUFF
Super Slim	1	1.5	2	14
Slim	1.5-2	3-2.5	2.5-3	16
Regular	2-2.5	2.5-3	3-3.5	18
Loose	3-3.5	3.5-4	4-4.5	20