

# SELECTING YOUR SIZE

BODY MEASUREMENTS - IMPERIAL & METRIC									
	000	00	0	2	4	6	8	10	12
WAIST									
inches	23	24	25	26	27	28½	30	31½	33
centimeters	58	61	64	66	69	72	76	80	84
HIP									
inches	33	34	35	36	37	38½	40	41½	43
centimeters	84	86	89	91	94	98	102	105	109
	14	16	18	20	22	24	26	28	
WAIST									
inches	35	37	39	41½	44	46.5	49	51½	
centimeters	89	94	99	105	112	118	124	131	
HIP									
inches	45	47	49	51.5	54	56.5	59	61.5	
centimeters	114	119	124	131	137	144	150	156	

## *Body Measurements*

Start by taking your body measurements. Measure the circumference of your waist and hips by pulling the measuring tape snug but not too tight. Measure directly over bare skin or typical-for-you undergarments. It should fit tightly around your skin but not so tight that it digs in. Try to keep the tape parallel with the floor, and make sure it is not twisted. Compare your measurements to the “body” measurements in the chart above to see what size is recommended for you.

If your measurements fall between sizes or place you in multiple sizes, I recommend choosing the larger size. Altering down is easier than sizing up. For the Clyde Work Pant pattern, the hip measurement is the most important factor. You can simply adjust your elastic length to ensure the waist fits correctly, but the hip size needs to fit comfortably over your hips. Use the “garment” measurements (listed below the “body” measurements) to further aid in your size selection.

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GARMENT MEASUREMENTS - IMPERIAL (in)																	
	000	00	0	2	4	6	8	10	12	14	16	18	20	22	24	26	28
<b>WAIST</b>																	
resting	21½	22	23	24	25	26	27	28½	30¼	31½	33	35	37	39	40	41	42
stretched	31	32	33	34	35½	36½	38	40	41½	43½	45½	47½	49½	52	55	57½	60
<b>HIP</b>																	
	34½	35½	37	38	39½	41	42½	44	45½	47½	49½	51	53	56	60½	62½	64½
<b>INSEAM</b>																	
short	23¼	23¼	23½	23½	23¾	24	24	24¼	24¼	22½	22½	22½	22¾	22¾	22¾	22¾	22¾
regular	25	25¼	25½	25½	25¾	25¾	26	26	26¼	24¾	24½	24½	24½	24½	24½	24½	24½
tall	28	28	28¼	28½	28¾	28¾	28¾	29	29¼	27¾	27¾	27¾	27¾	27½	27½	27½	27½
<b>FRONT RISE</b>																	
short	11½	11½	11¼	11¼	12	12½	12½	12½	12¾	13¼	13¾	14¼	14½	15	15¾	15¾	16
regular	12¾	12½	12¾	12¾	12¾	13	13¼	13¾	13¾	14¼	14¾	15¼	15½	16	16¾	16¾	17
tall	13¼	13¾	13¾	13¾	13¾	14	14¼	14¾	14½	15¼	16¼	17	17½	17¾	18¾	18¾	18¾
<b>ANKLE</b>																	
	11½	11¼	12	12¼	12½	13	13¼	13½	13½	13½	13½	14	14¼	14¼	15¼	15¼	16

GARMENT MEASUREMENTS - METRIC (cm)																	
	000	00	0	2	4	6	8	10	12	14	16	18	20	22	24	26	28
<b>WAIST</b>																	
resting	55	56	58	61	64	66	69	72	77	80	84	89	94	99	102	104	107
stretched	79	81	84	86	90	92	97	102	105	110	116	121	126	132	140	146	152
<b>HIP</b>																	
	88	90	93	95	98	102	105	109	113	120	124	130	135	142	154	158	164
<b>INSEAM</b>																	
short	59	59	60	60	60	61	61	62	62	57	57	57	58	58	58	58	58
regular	64	64	65	65	65	65	65	66	67	62	62	62	62	62	62	62	62
tall	71	71	72	72	73	73	73	74	74	70	70	70	70	70	70	70	70
<b>FRONT RISE</b>																	
short	29	29	30	30	30	32	31	32	32	34	35	36	37	38	39	39	41
regular	31	32	32	32	33	33	34	34	35	36	37	38	39	41	42	42	43
tall	34	34	34	35	35	36	36	37	37	40	41	42	43	44	45	46	47
<b>ANKLE</b>																	
	29	30	30	21	32	33	34	34	34	34	34	36	36	37	39	40	41

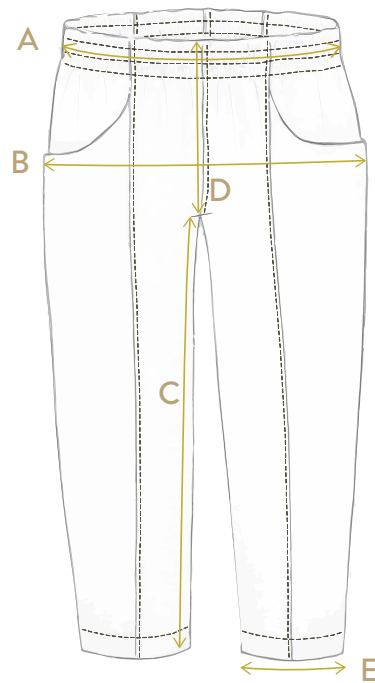
## *Garment Measurements*

The garment measurements refer to the finished dimensions of the garment and will of course differ from your body measurements. All garments have ease, and for a comfortable fit in woven materials, most of our patterns have several inches of positive ease (meaning the finished garment measurements will be several inches larger than the corresponding body measurement). You will also find negative ease in areas with elastic that stretch, like the finished waist of this pant. Every body is different, and no single style or pattern will fit everyone correctly right off the bat. The best way to ensure a good fit is to make a toile or muslin of the pattern to finalize your size selection and make any fit adjustments. See the diagram on the next page for more details on how garment measurements are taken.

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## *Garment Measurements, ctd.*

The diagram below illustrates where all garment measurements for the Clyde Work Pant are taken on a finished garment.



- A** *Waist*  
Measured in the round, in the center of the waistband
- B** *Hip*  
Measured in the round, 7½" (19 cm) down from the waist seam at sides and center front and back seams
- C** *Inseam*  
Measured along the inseam, from the crotch seam to the bottom of the pant leg
- D** *Front Rise*  
Measured the center front seam, from the top edge to the crotch seam
- E** *Ankle*  
Measured in the round, around the edge at the very bottom of the pant leg