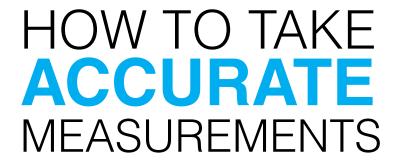
# MEASUREMENTS GUIDE





Correct measurements are key. Here's how to do it right.

**Relax.** Measuring is not as difficult as people think it is and if you follow a few simple rules it is pretty straightforward.

**Get someone to help.** While it is technically possible to measure yourself it is not recommended. There will be some touching - try not to make it weird.

**Make it a dress rehearsal.** Wear what you would normally wear under a suit. Base layers, thermals, underpants. You choose - but keep practicality in mind and DO NOT wear bulky clothes. We are trying to get a blueprint of your body, bulky clothing will not give good results. Instead put in a note that you would like to wear bulky clothes under your suit and we will account for this. But let us try to convince you that the better way is to wear a nice warm base layer for those chilly days.

**Measure twice, cut once.** Always measure twice. Maybe switch hands or stand on the other side and do it the other way around. Perhaps switch the limb being measured.

**Don't tweak.** Suit design has grown into a very precise process using science and maths and brains. There are a lot of measurements for a reason and the best results come from sticking to the plan. If you mess with them, it can throw out the form of the suit and compromise its awesomeness.

**Let us know.** If you do require a specific area to be looser, for example if you wear a brace, please contact us directly for advice instead of altering your measurements.

**Don't fudge the numbers.** Your measurements now are what counts. If you want your suit to fit, do not adjust anything based on the diet you just started or the gym membership you just bought.

Be gentle. When wielding the tape measure you should be aiming for tickle, not strangle.

**Come as you are**. When being measured, stand naturally - don't puff out your chest or suck in your stomach or clench your buttocks or whatever. Your suit will feel better, fly better and look better if it fits you as you really are.

**Still have questions?** Get in touch! We are on the website chat, Facebook Messenger, email and there is always the good old phone:)

# **MEASUREMENTS**

Please print the measuring guide here: https://verticalsuits.com/pages/measurements
Measurements with (w) means women only measurements
Measurements with (m) means men only measurements
Measurements with (p) means pants and shorts only measurements

Name	
Gender	
Height Weight Email	
Weight	
Email	

Neck at Adam's apple	
Neck at the base	
Neck to Bust Point (w)	
Chest (m)	
Lower Chest (m)	
Bust (w)	
Under Bust (w)	
Waist	
Waistband (p)	
Hip	
Buttocks	
Thigh	
Mid Thigh	
Above Knee	
Knee bent at 90 degrees	
Knee with straight leg	
Calf	
Above Ankle	
Ankle	
Heel	
Across Shoulder	
Back chest width	
Around Arm	
Arm Length - Elbow Bent 90	

Neck to Elbow	
Arm Length from	
Back of Neck to Wrist	
Back of Neck to Armpit	
Bicep	
Elbow Straight	
Elbow Bent 90	
Forearm	
Hand	
Wrist	
Back of Neck to Waist	
Front of Neck to Waist	
Crotch Length	
Torso Length	
Torso Length at Waistband (p)	
Back of Neck to Seated	
Waist to Seated	
Waist to Floor	
Crotch to Knee	
Crotch to Floor	
Around Shoe (RW Suit)	
Palm (Thumb option)	
Around Head Vertical (Hood)	
Around Head Horizontal	
(Hood Option)	

# **MEASUREMENTS**

Measurements with (w) means women only measurements
Measurements with (m) means men only measurements
Measurements with (p) means pants and shorts only measurements
Enter your measurements in inches, rounding to each quarters. Example: 12.75 inches

	/
Name	
Gender	
Height	
Height Weight	
Email	

# Neck at Adam's apple

Measure around middle of the neck over Adam's apple.

### Neck at the base

Measure around the neck at base. The tape should be snug to neck, crossing the cervicale/prominent bone at center back neck and on top edge of front clavicle/prominent bones

### **Neck to Bust Point (W)**

Measure from the highest point on base of side neck to bust point (nipple) position.

### Chest

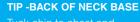
Measure chest horizontally around body, over nipples, and parallel to the floor. Always with a relaxed chest and arms down at side.

### **Lower Chest**

Measure lower chest horizontally around body at the breastbone. Take measure with arms down at side.

# **Bust (W)**

Measure bust horizontally around body, over nipples, and parallel to the floor. Always with a relaxed chest and arms down at side.



Tuck chin to chest and locate prominent bone on vertebrae at base of neck. This is the cervicale position. When moving your head up and down, your finger should not move.



### FRONT OF NECK BASE

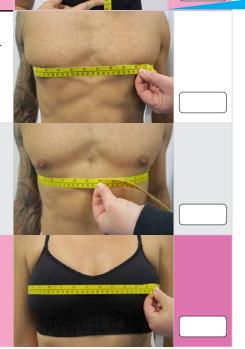
Find the "hole" at the base of your neck.
The clavicle bones are located on each side of that "hole"



### **TIP - SIDE NECK**

Use a pencil aligned vertically with back of the ear lobe pointing down to neck base to locate the highest point





# **Under Bust (W)**

Measure under bust horizontally around body at the breastbone. Take measure with arms down at side.

# Waist for Women (W)

Position tape at waist height, this is located approximately 1"above belly button and on top of hip bones where the body bends side to side. Measure around waist with a relaxed stomach. Tie a cord Horizontally around this measure and keep it there until the end! You will need it for other measures.

# Waist for Men (M)

Position tape at belly button height, measure around waist with a relaxed stomach. Tie a cord Horizontally around this measure and keep it there until the end! You will need it for other measures.

### Waistband for Pants (P)

A standard waist falls below the belly button and is pitched with front slightly lower than back. Measure around hips, at the desired waistband height. Tie cord around this measure and use it to measure the Torso Length at Waistband.

## Hip

Measure around hip, located below waist height at the side prominent bones. For standard height men this is approximately 1.5-2" below belly button height. For standard height women this is approximately 3" below waist height.

# **Buttocks**

Measure around the widest point of buttocks.

# Thigh

Measure at the widest point of upper leg close to or near the crotch



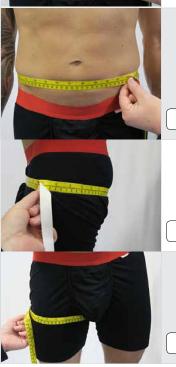
### TIP - WAIST FOR WOMEN

top of hip bones at side and have them tip side to side. The waist is













# **Mid Thigh** Position measuring tape halfway between thigh and knee. **Above Knee** Measure around leg 5" above the middle knee position. **Knee Straight** Measure around knee with leg straight, centered over knee cap. **Knee Bent 90** Measure around knee with leg bent at 90 degrees, centered over knee cap and back crease. Calf Measure around the widest point of calf. **Above Ankle** Measure around the narrowest part just above the ankle bones. **Ankle** Measure around ankle at the bones. Heel

Measure around foot and heel with toe pointed, like wearing very high heels.

### **Across Shoulder**

Measure across the back from one shoulder joint to the other shoulder joint. This should be taken on the top of the shoulders.



### **TIP - ACROSS SHOULDER**

if finger moves up and



### Back chest width

Measure the distance across back from arm crease to arm crease in a horizontal line connecting the mid-underarm points.



### **TIP - Back Chest Width**

you can really see the



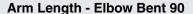
### **Around Arm**

Measure from shoulder joint along arm crease, through armpit and back along arm crease to starting point with arm hanging down at side.



### **TIP - Around Arm**

Use a cord to take this mea-



Measure from the base at side neck to the wrist bone with your arm flexed at 90 degrees. The tape should be on the outside edge of the arm over elbow point to wrist bone.



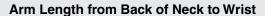
### **TIP - SIDE NECK**

Use a pencil aligned vertically with back of the ear lobe pointing down to neck base to locate the highest



### **Neck to Elbow**

Measure from the base at side neck to elbow bone with your arm flexed at 90 degrees.



With the arm bent at 90 degrees and raised to chest height. Measure from cervicale at center back neck to shoulder joint, on the outside edge of the arm over elbow to wrist bone.

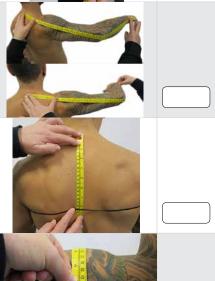


# **Back of Neck to Armpit**

Measure from cervicale to the upper edge of a cord passed horizontally under the armpits. Raise arms to place cord and then lower arms to side keeping cord tight to the armpits.

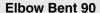
### **Bicep**

Measure around the widest point of bicep with arm flexed at 90 degrees. Measure right arm if right handed.



# **Elbow Straight**

Measure around the widest point of elbow with arm relaxed at side.



Measure around the widest point of elbow with arm bent at 90 degrees, centered over bone and inside crease.

### **Forearm**

Measure around the widest point of forearm with arm flexed at 90 degrees.

# Hand

Measure around the largest part of hand with thumb tucked across palm.

# Wrist

Measure around largest part of wrist.

# **Back of Neck to Waist**

Measure from cervicale at back neck, following the curve of your back to the cord around your waist.

### Front of Neck to Waist

Measure from top edge of clavicle at front neck, to the cord around your waist.

# **Crotch Length**

Measure between legs from waist cord at center front to center back following the crotch contour. Have the tape close to the body contour while accommodating the shape (male package) but comfortable in the crotch area.















# **Torso Length**

Measure from top edge of clavicle at front neck, down between the legs up to the cervicale at back neck. Have the tape close to the body contour while accommodating the shape (male package) but comfortable in the crotch area. Tape against body between breasts for women.

# Torso Length at Waistband (P)

Measure from top of front waistband, down through legs to top of back waistband. Have the tape close to the body contour while accommodating the shape (male package) but comfortable in the crotch area. Suggestion to take this from pant/short that you like the waistband position.

# **Back of Neck to Seated**

Sit on a table. Keeping the back straight, measure from cervicale at back neck down to the table.

### **Waist to Seated**

Sit on a table. Keeping the back straight, measure from waist down to the table.

### **Waist to Floor**

Measure from waist, on outside of leg to the floor.

# **Crotch to Knee**

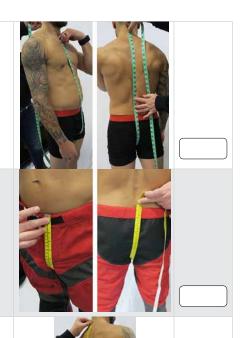
Measure from highest point of crotch (perineum) down to middle knee position.

# **Crotch to Floor**

Measure from highest point of crotch (perineum) down to the floor.

# **Around Shoe (RW)**

Measure around shoe.









### TIP - CROTCH

Hold the tape in between your fingers and place it at the way up in your crotch, against the pelvic bone.

