

# MEASUREMENTS GUIDE

VERTICAL  
suits



# HOW TO TAKE **ACCURATE** MEASUREMENTS

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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	

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

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Enter your measurements in inches, rounding to each quarters. Example: 12.75 inches

Name	
Gender	
Height	
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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




### TIP - BACK OF NECK BASE

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"



## Neck to Bust Point (W)

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




### TIP - SIDE NECK

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



## 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.



### 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.



### TIP - WAIST FOR WOMEN

Place fingers on top of hip bones at side and have them tip side to side. The waist is located at the bend points.



### 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



<p><b>Mid Thigh</b> Position measuring tape halfway between thigh and knee.</p>		<input type="checkbox"/>
<p><b>Above Knee</b> Measure around leg 5" above the middle knee position.</p>		<input type="checkbox"/>
<p><b>Knee Straight</b> Measure around knee with leg straight, centered over knee cap.</p>		<input type="checkbox"/>
<p><b>Knee Bent 90</b> Measure around knee with leg bent at 90 degrees, centered over knee cap and back crease.</p>		<input type="checkbox"/>
<p><b>Calf</b> Measure around the widest point of calf.</p>		<input type="checkbox"/>
<p><b>Above Ankle</b> Measure around the narrowest part just above the ankle bones.</p>		<input type="checkbox"/>
<p><b>Ankle</b> Measure around ankle at the bones.</p>		<input type="checkbox"/>
<p><b>Heel</b> Measure around foot and heel with toe pointed, like wearing very high heels.</p>		<input type="checkbox"/>

### 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

place finger on shoulder joint and raise arm, if finger moves up and down you are too far out.



### 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

Take this measure without a shirt on so you can really see the armpit crease.



### 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 measurement and then check length with a measuring tape.

### Arm Length - Elbow Bent 90

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 point



### Neck to Elbow

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



### Arm Length from Back of Neck to Wrist

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.



<p><b>Elbow Straight</b></p> <p>Measure around the widest point of elbow with arm relaxed at side.</p>		<input type="text"/>
<p><b>Elbow Bent 90</b></p> <p>Measure around the widest point of elbow with arm bent at 90 degrees, centered over bone and inside crease.</p>		<input type="text"/>
<p><b>Forearm</b></p> <p>Measure around the widest point of forearm with arm flexed at 90 degrees.</p>		<input type="text"/>
<p><b>Hand</b></p> <p>Measure around the largest part of hand with thumb tucked across palm.</p>		<input type="text"/>
<p><b>Wrist</b></p> <p>Measure around largest part of wrist.</p>		<input type="text"/>
<p><b>Back of Neck to Waist</b></p> <p>Measure from cervicale at back neck, following the curve of your back to the cord around your waist.</p>		<input type="text"/>
<p><b>Front of Neck to Waist</b></p> <p>Measure from top edge of clavicle at front neck, to the cord around your waist.</p>		<input type="text"/>
<p><b>Crotch Length</b></p> <p>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.</p>		<input type="text"/>



<p><b>Torso Length</b></p> <p>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.</p>		<input type="text"/>
<p><b>Torso Length at Waistband (P)</b></p> <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.</p>		<input type="text"/>
<p><b>Back of Neck to Seated</b></p> <p>Sit on a table. Keeping the back straight, measure from cervicale at back neck down to the table.</p>		<input type="text"/>
<p><b>Waist to Seated</b></p> <p>Sit on a table. Keeping the back straight, measure from waist down to the table.</p>		<input type="text"/>
<p><b>Waist to Floor</b></p> <p>Measure from waist, on outside of leg to the floor.</p>		<input type="text"/>
<p><b>Crotch to Knee</b></p> <p>Measure from highest point of crotch (perineum) down to middle knee position.</p>		<input type="text"/>
<p><b>Crotch to Floor</b></p> <p>Measure from highest point of crotch (perineum) down to the floor.</p>		<input type="text"/>
<p><b>Around Shoe (RW)</b></p> <p>Measure around shoe.</p>		<input type="text"/>

**TIP - CROTCH**

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

