

MEASUREMENTS GUIDE

VERTICAL
suits



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suits

HOW TO TAKE **ACCURATE** MEASUREMENTS

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)	