

SITTING [STANDING [
INCHES [CM [

A. Neck and shoulder area

A1	- Neck:	

Measure around the neck to get the collar size on shirts, but also so that we know how big the suit should be.



A2 - Shoulder to shoulder: _____

Measure from the left shoulder, behind the shoulder area, to the right shoulder. Start the measurement just where the shoulder bone begins. If you have a shirt underneath, we sew where the sleeve starts.



A3 - Left shoulder to the middle of the back:

Measure from the left shoulder, across the back of the shoulder area, to the center of the back. Begin the measurement exactly where the shoulder bone starts. If you are wearing a shirt, measure at the seam where the sleeve begins. Feel for where the center of the back is and end there.



A4 - Right shoulder to the middle of the back:

Measure from the right shoulder, across the back of the shoulder area, to the center of the back. Begin the measurement exactly where the shoulder bone starts. If you are wearing a shirt, measure at the seam where the sleeve begins. Feel for where the center of the back is and end there.





B. Chest and waist

B1 - Chest

Measure all the way around the chest at armpit level.



B2 - Front Chest: _____

Keep the arms straight down along the body. Measure from the beginning of the left armpit, across the chest to the beginning of the right armpit.



B3 - Back Chest: _____

Keep the arms straight down along the body. Measure from the end of the left armpit, across the back to the end of the right armpit.



B4 - Waist Measurement: _____

Measure around the waist at the height of the navel. Make sure not to "pull in your stomach.



If sitting





C. Hips and Arms

C1 - Hip: _____

Measure the entire circumference of the hips at the height where the buttocks are "the largest."



C2

Whole arm: Right _____ Left ____

Elbow to Shoulder: Right ____ Left____

Hold the arm bent as shown in picture 1. Start by measuring from the left shoulder down just past the elbow. If you are wearing a shirt, measure from the seam where the arm begins. Leave the tape measure at the elbow measurement, but do not release the tape measure. Continue measuring the distance down to the wrist (picture 2). Fill in the full arm length. Do the same for the right side.



Keep the arms straight down along the body. Measure the left upper arm at the height of the armpit. Do the same for the right side.





C4 - Wrist: Right _____ Left _____

Mesaure around left wrist. Do the same with the right wrist.





D. Waist and Legs

D1 - Belt Measurement:

Measure the entire circumference of the waist at the height where the belt sits. Make sure not to have a belt in the way when measuring!



D2 - Leg: Right _____ Left ____

Measure from the left hip, down along the leg, all the way to the bottom of the foot. The starting point at the hip is your regular belt height. Do the same for the right leg.





If sitting

D3 - Thigh: Right _____ Left ____

Measure around the left thigh at the height of the crotch. Do the same for the right thigh.



D3 - Ankle: Right _____ Left ____

Measure around the left ankle. Do the same for the right ankle.





E. Lower Body

D1 - Crotch Measurement: _____

Measure from the top edge of the waistband at the front, through the legs, up to the top edge of the waistband at the back. Keep in mind that everything should be included!





F. Upper Body

F1 - Jacket Length Front: _____

Measure from the point on the shoulder where the shoulder and neck meet, along the front of the body, down to the end length of the jacket. The final length of the jacket is in line with the end of the butt.



F2 - Jacket Length Back: _____

Measure from the point where the shoulder and neck meet, along the back of the body, down to the jacket's end length. The jacket's end length is aligned with the bottom of the buttocks (see sketch to the right).

