

Taking measurements

A . HIGH BUST

Around the chest with the tape measure snug against the underarm. Pull the tape tight, breathe out and keep your arms by your sides.

B . BUST

Around the fullest part of the bust with arms by your sides.

C . UNDER BUST

Around the ribcage just below the bust.

D . WAIST

To find the natural waistline bend to the side and measure at the crease.

E. SHOULDER WIDTH

Measure between the marked points with the tape taut.

F. ARMHOLE DEPTH

On the back measure from the marked bottom of the armhole to the shoulder. Use a ruler or pull the tape taut.

G . UPPER ARM

Around the widest part of the upper arm, either close to the underarm or around the fullest part of the muscle, whichever is larger.

H. WRIST

Around the bone.

I, J, K AND L - HIPS

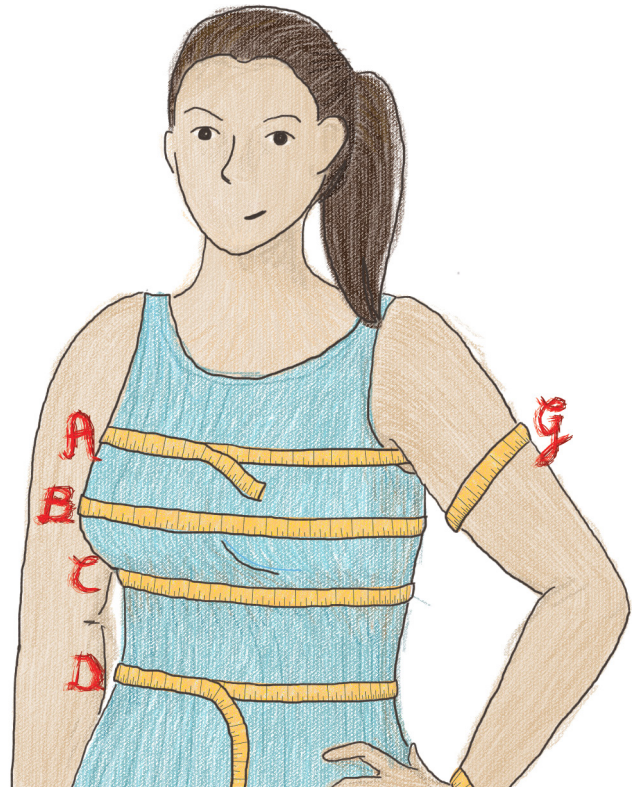
Measure around the hips at the level of your markers for different sweater lengths.

M. UNDERARM TO WAIST

At the side of the body measure from the armhole marking down to the waist string.

N, O, P, Q - WAIST TO HIP

Measure from the side waist down to the markings for different sweater lengths.



MEASUREMENTS SPECIFICALLY FOR BUSTIER FIGURES

If your full bust measurement is 2" / 5cm or more larger than the high bust, or you often find the front of garments riding up or you wear larger than a d cup in a properly fitted bra take the following additional measurements which can be used to calculate horizontal bust darts.

R. NIPPLE TO NIPPLE

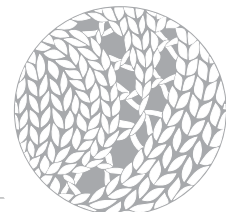
Measure straight across between your nipple markers

S. FRONT SHOULDER TO UNDERBUST

With the tape vertical measure from the centre of the shoulder, over the nipple to the underbust string.

T. BACK SHOULDER TO UNDERBUST

With the top of the tape in the same position measure to the underbust at the back.



MEASUREMENTS

NAME: _____

DATE : _____

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|----------------------------------|--|
| A . HIGH BUST | |
| B . BUST | |
| C. UNDER BUST | |
| D. WAIST | |
| E. SHOULDER WIDTH | |
| F. ARMHOLE DEPTH | |
| G . UPPER ARM | |
| H. WRIST | |
| I. SHORT SWEATER | |
| J. REGULAR SWEATER | |
| K. LONG SWEATER | |
| L. TUNIC SWEATER | |
| M. UNDERARM TO WAIST | |
| N. WAIST TO SHORT SWEATER | |
| O. WAIST TO REGULAR SWEATER | |
| P. WAIST TO LONG SWEATER | |
| Q. WAIST TO TUNIC LENGTH SWEATER | |
| R. NIPPLE TO NIPPLE | |
| S. FRONT SHOULDER TO UNDERBUST | |
| T. BACK SHOULDER TO UNDERBUST | |