

KNOW YOUR MEASUREMENTS - SHIRTS AND TEES

See yourself as you really are is the key to a good online shopping experience. Knowing your measurements will help you make better choices the next time you purchase your threads online. You can use these measurements for business shirts and polo's, as well as basic tees.

What you need: Cloth measuring tape + your body.

Neck: _____ mm

Find the vertebra at the base of the neck, then use the tape measure to take the circumference. You should be able to fit 1 - 2 finger/s under the tape measure.

Shoulder: _____ mm

From the base of the neck, measure to the tip of the shoulder. Look for the space where the bone bumps out.

Chest: _____ mm

Stand tall and wrap the tape measure around the trunk of your chest, just under the arm pits. The tape measure should be level with the nipples. For a comfortable fitting shirt, slide your fist under the tape measure

Biceps: _____ mm

Wrap the tape measure around your upper arm, at the widest point. This is usually in the middle.

Waist: _____ mm

The tape measure will wrap around the waist, level with the belly button. However, if you have a wider mid section, measure just under the rib cage at your widest point.

Arm: _____ mm

Bend the arm at 90°. Start measuring from the tip of the shoulder bone to the tip of the elbow, then from the elbow to a section just past the wrist bone.

