

Body Measurements Guide

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1. Shirt Neck

Wrap the tape around your neck where your shirt collar would be.

Imagine this is your actual shirt collar and adjust to your desired size.



2. Jacket/Shirt Length

Pop Your Collar. Place the tape where the shoulder and neck seams meet.

Measure straight down to the desired length, usually around the thumb joint.



3. Chest Size

Measure around the widest part of your chest, usually around the nipples.

Leave room for 1 finger.



4. Stomach Size

Measure around the widest part of your stomach, usually around the belly button.



5. Jacket Hips

Measure the widest part of your hips, usually where your bum peaks.

Measure snug with room for one finger.



6. Shoulder Size

Place the tape where the shoulder and armhole seam meet on a well-fitting shirt.

Measure straight across.



7. Sleeve Length

Place the tape where the shoulder and armhole seam meet on a well-fitting shirt.

Measure straight down your arm to your desired length.



8. Bicep Size

At the top of the armpit, measure the width of your bicep.

Measure snug with room for one finger.



9. Wrist Size

Measure around the wrist bone.

Leave room for one finger.



10. Pants Length

Start from the top of the pants' waistband.

Measure along the side pants seam to the bottom of your pants or roughly 1 to 1.5 inches from the ground.



11. Waist

Have the tape follow the top of your pants the whole way around.

Imagine the tape is your actual pants' waist and adjust to your desired snugness.

It is not uncommon for your measured size to be a few inches different from the label size in your pants.

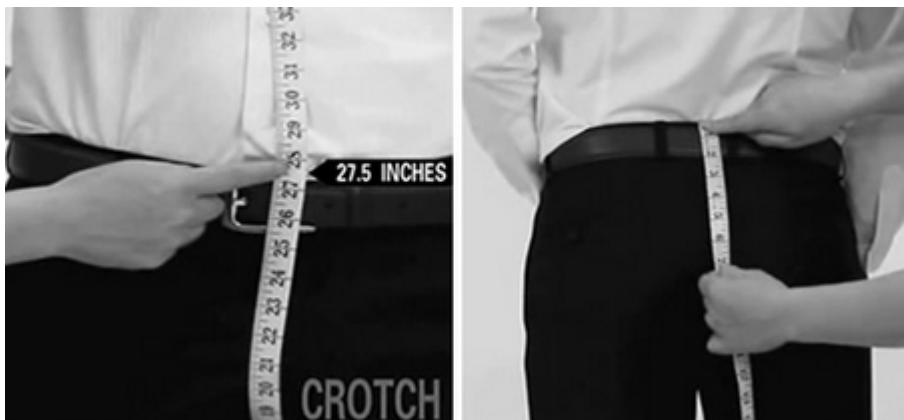


12. Crotch

Place the tape at the middle of your waist.

Follow the crotch seam through your legs, up to the front of the pants.

Measure snug.



13. Thigh Size

Starting at the top of your inseam, measure around your thigh.

Measure snug with room for one finger.



14. Knee Size

Measure around your knee cap, snug, with room for one finger.



