

INSTRUCTIONS FOR TAKING SELF MEASUREMENTS

*Please round off all measurements to the closest ½ inch/1.27 cm
size.*

Tape measure should be snug but not tight

WOMEN

Bust (take it at the fullest part of the bust)

Waist (place tape measure just above bellybutton)

Hip (take at the fullest part of your hips)

Inseam (measure from crotch to floor)

MEN

Neck (place tape measure just below the Adam's apple)

Chest (place under your armpits around the largest part of chest)

*Sleeve (with arm relaxed at your side and slightly bent, measure
from centre back neck over point of shoulder, down outside of
the arm to just below the wrist)*

*Shoulder (measure from shoulder point to shoulder point where arm
and shoulders intersect)*

Waist (place measuring tape where your belt normally sits)

Inseam (measure from crotch to floor)

*Jacket length (measure from base of neck to thumb knuckle when
arms are at your side)*