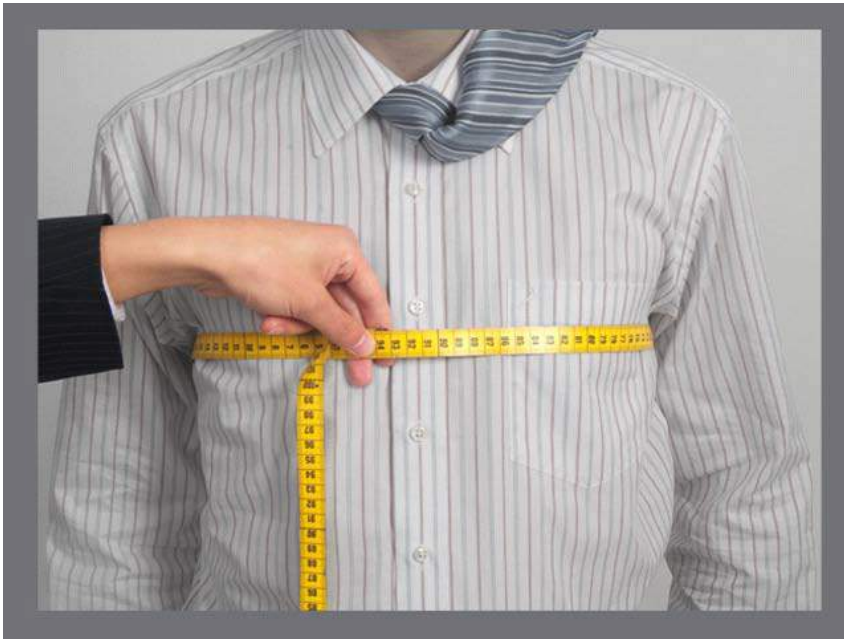


# Neck



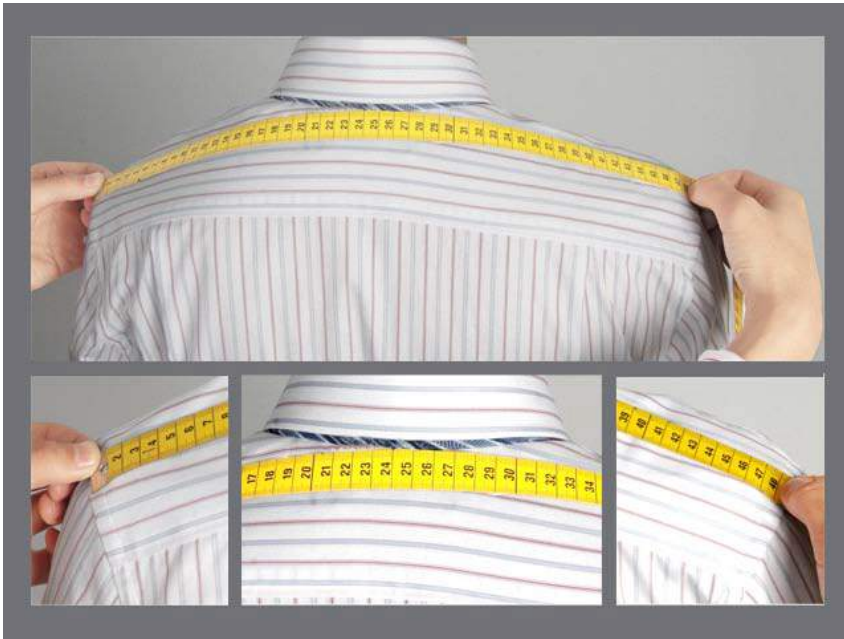
- Measure around neck with 1 finger allowance

# Chest



- Measure across the widest part of the chest (normally over the nipples)
- Leave 2 fingers allowance

# Shoulder



- Measure from left shoulder point across the back to the right shoulder point
- Tip: The shoulder point is where the shoulder and arm intersect

# Front Shoulder



- Measure from the right shoulder point across the front of your body to the left shoulder point

# Sleeve



- Measure from the shoulder point to point where wrist meets hand bone

# Bicep



- Measure around the fullest part of the bicep
- Leave 1 finger allowance
- Tip: You can also flex before taking the measurement

# L&R Wrist



- Measure around the wrist
- Leave 1 finger allowance

# Stomach



- Measure across the belly button with 2 fingers allowance



# Nape to Waist

- Measure from the base of the neck to the middle of your stomach



# Back Waist Height

- Measure from the stomach line to the top of the belt



# Front Waist Length

- Find the point where the neck and shoulder intersect
- Measure from that point to stomach line



# Front Waist Height

- Measure from the stomach line to the top of the belt



# Back Jacket Length

- Measure from the base of the neck, down the middle of your back and over your butt, to the desired length of your jacket/shirt
- Note: Jackets should cover your butt



# Waist



- Measure around the waist (just above where you would wear your pants). Allow 2 finger allowance

# Seat (Hips)

- Measure around the fullest part of the hips
- Leave 2 fingers allowance



# Thigh

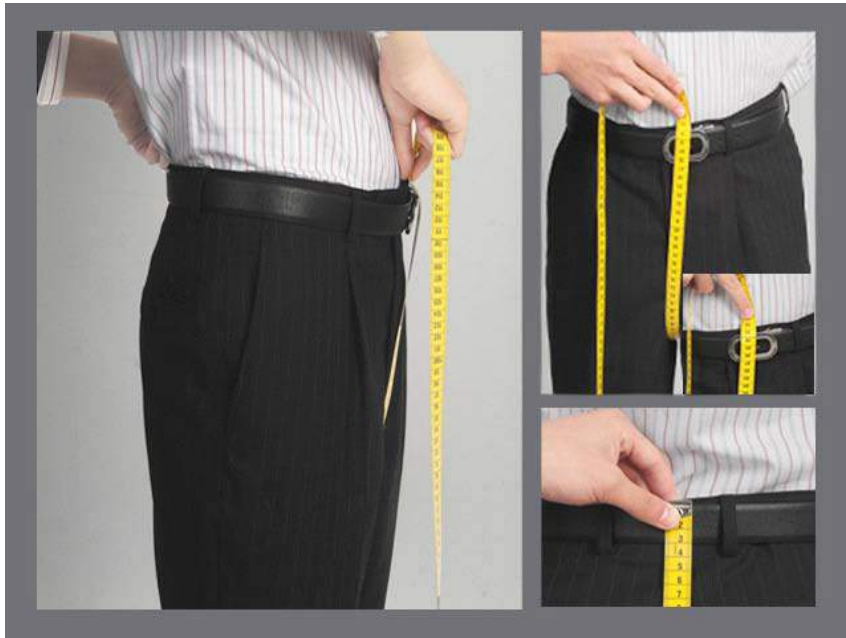
- Measure around the widest part of the thigh
- Leave 2 fingers allowance





# U-Rise

- Start at the top of the belt and measure through your legs to the top of the belt on the back
- Tape should be snug but comfortable



# Pant Length

- Measure from the top of the belt to  $\frac{1}{2}$ " above the bottom of your shoe
- Tip: Be sure to wear dress shoes for this measurement

