**CHEST:** Measure around the chest, making sure the tape does not slide down the back.

**WAIST:** Measure around the largest part of the stomach in the front, with the tape near the smallest part of your back.

**HIPS:** Measure around the hips one inch below the jeans belt band.

**FRONT LENGTH:** Measure from the base of the neck, down to the bottom of your jeans belt band. Then, add 1 inch. (2.5 cm)

**ARM LENGTH:** With your arms down and relaxed, measure from the shoulder bone to the smallest part of the wrist. *(Note that we will add to that measurement to obtain the correct sleeve length.)*

**WRIST:** Measure around the smallest part of the wrist just below the wrist bone.

**BUST DART:** For women, measure from the top shoulder seam to the fullest part of the bust.
**SHOULDERs**: Measure from the tip of your shoulder bone, across the back of your neck, to the tip of the shoulder bone on the other side. *(Note: the tape should NOT be held straight across your back, but instead should arc slightly upwards near your neck.)*

**BACK LENGTH**: Measure from the base of your neck to the bottom of the jeans belt band, then add 5 in (13 cm) to that measurement.

**UNDERARM LENGTH**: From the armpit, measure to the smallest part of the wrist.

**NECK**: Measure around at the base of the neck, NOT the smallest part of your neck.

**FOREARM**: Measure around the largest part of the forearm while relaxed.

**BICEPS**: Measure around the largest part of the biceps while relaxed.

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**Please call if you have questions:**

1 (503) 235-0959