# **MEASURING GUIDE**



# LADIES

Measure your body. Do not measure over shirts or slacks. Hold tape measurer close but not tight against the body.

#### BUST

Measure across fullest part of bust/chest keeping arms relaxed at sides. Keep tape measure straight and parallel to the floor.

## WAIST

Measure at your natural waistline at its smallest part.

## LOW WAIST

Measure the widest point of your hip., approximately 8" below your natural waist.

## LOW WAIST

Measure the protruding points of your hip bones, approximately 3" below your natural waist.

# INSEAM

Measure the inside of your leg from crotch down to the top of the shoe. Or, measure a similar style of pants that fit well. Measure from the crotch seam to the hem.

## **MEN & UNISEX**

For men, as a general rule, the number of inches measured will equal your size. Measure your body. Do not measure over shirts or slacks.

## NECK

Measure around base of neck (lowest part). Number of inches equals neck size.

## SLEEVE LENGTH

Start from the center of the back of neck and measure across the shoulder to the elbow and down the wrist.

## WAIST

Measure your natural waist at the height you normally wear your pants. Keep tape measurer straight across back.

#### INSEAM

Measure the inside of your leg from crotch down to the top of the shoe. Or, measure a similar style of pants that fit well. Measure from the crotch seam to the hem.