

Measurement Guide

Step 1 - Neck



How To:

Place the measuring tape around the neck at the height where the collar would normally rest. This will be just below your Adam's apple. Stand relaxed. Do not crane your neck out or squeeze your chin down.

Step 2 - Chest



How To:

Stand up straight with your arms hanging straight by your sides. Breathing normally, have your friend wrap the tape measure under your armpits around the largest part of your chest. In the back, you want the tape measure to wrap across your shoulder blades. The tape measure should be snug, but not tight.

Step 3 - Stomach



How To:

Measure the widest part of your stomach or mid section. Ensure the measuring tape is not too tight.

Step 4 – Hips



How To:

First look in a mirror and identify the widest part of your buttocks. Then place the tape measure at this location and measure around the circumference of your hips and buttocks.

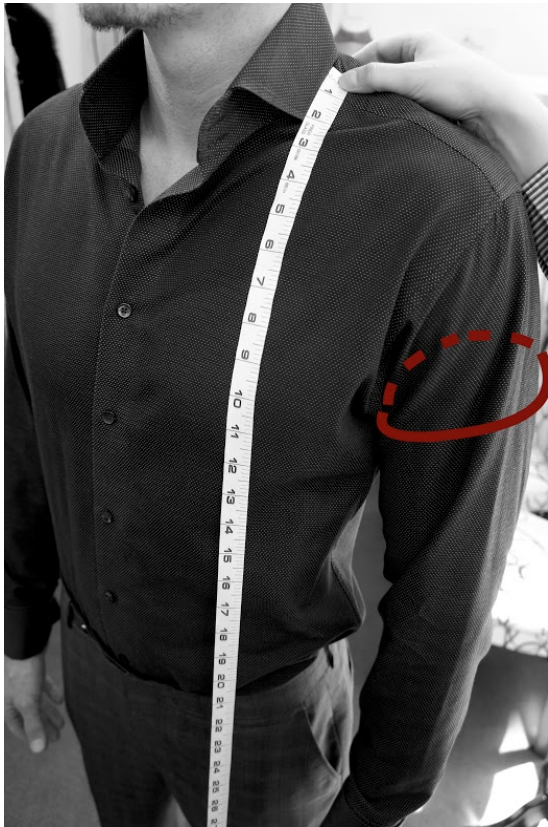
Step 5 – Length



How To:

Measure from your shoulder to just below your hip area, or where you would like your shirt to end. (see image on left)

Step 6 - Bicep



How To:

Hold the end of a seamless measuring tape atop the highest point of the bicep.

Wrap the measuring tape straight around your upper arm and read the measurement where the tape overlaps the end at the highest point of the bicep to determine the circumference of your upper arm.

Step 7 - Arm Hole

How To:

Place the tape measure under your armpit and around the top of your arm. To ensure a comfortable fit, take the armhole measurement with one finger inside the tape measure.

Step 8 - Shoulder Width



How To:

Locate your shoulder points - where the shoulder meets the arm.

Position the edge of the tape measure flat against your back at the first shoulder point. Then measure up and over the curve of your shoulders, across your back, then back down to the outside edge of the other shoulder point.

Step 9 - Sleeve Length



How To:

The sleeve measurement should be taken from exactly the same point you used earlier for the "Shoulder" measurement. Measure down to the point in line with knuckle as shown in the image. Do not bend your arms.

Step 10 - Wrist / Cuff



How To:

Measure the actual wrist size around your wrist bone.