

**MEN'S BODY**

**MEASUREMENTS**

**FOR A TRAD**

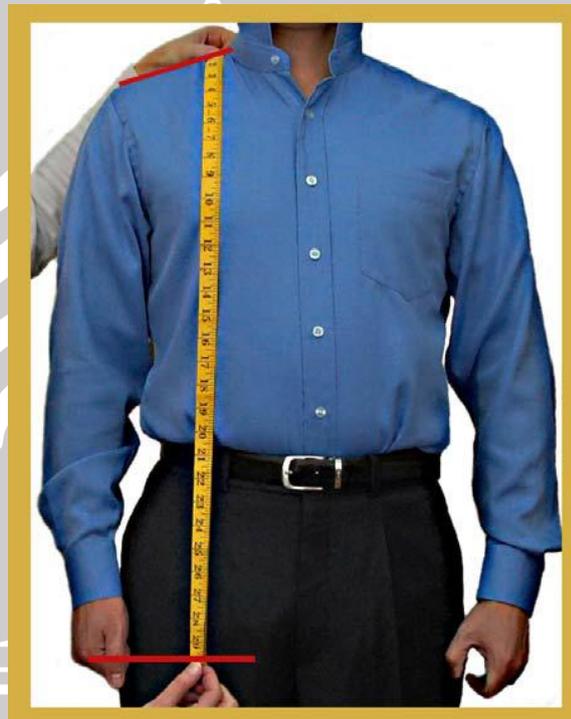
**STITCHMEISTER**

FASHION

# TUNIC

All measurements should be taken in inches and the person being measured should stand straight at all times.

- **Length:** place the beginning of the tape rule at the highest point of the shoulder where it meets the neck, measure vertical down (no tilting) over the chest and belly all the way down to the mid-thigh or as desired by the person you're measuring. Usually, i ask where is preferable for them.



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- **Shoulder width:** Measure from one end of the shoulder (shoulder joint) to the other. See picture below.



- **Neck:** place the tape at the base of the neck and measure round it, making sure it's not too tight and not too loose. Ask the person in question how comfortable it feels. Preferably, they should be putting on a t-shirt for this so a shirt collar doesn't get in the way and so your measurement is accurate.  
When taking the measurement, make sure you record at the point where the beginning of the tape rule meets the calibration (not the overlap)

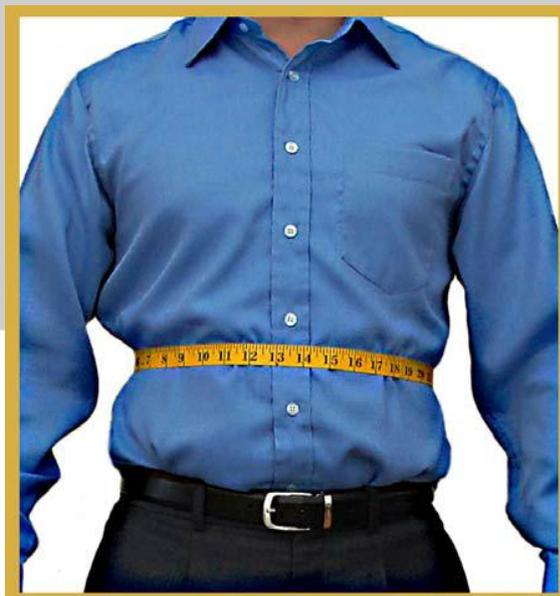


- **Long sleeve:** place the beginning of the tape at the middle of the neck bone at the back, measure over the shoulders and all the way down to the wrists at his sides. His arms should be kept vertically straight like a soldier at attention.
- **Short sleeve:** similar to the long sleeve, except that you stop the measurement just a little before the elbow. Ask where is desired by the person

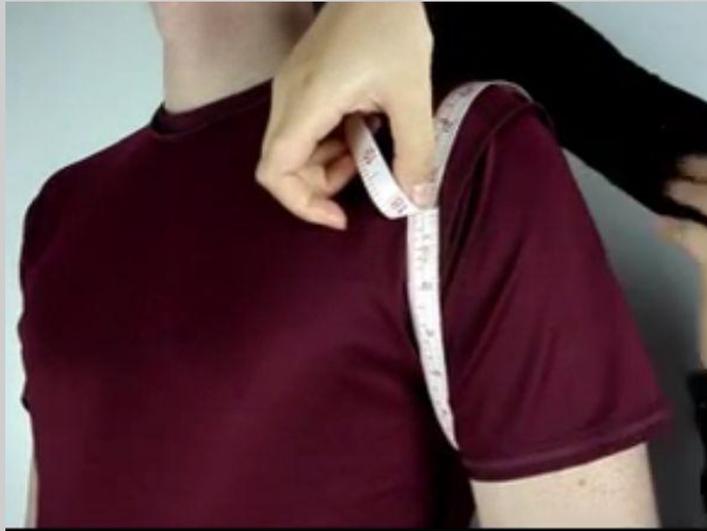
- **Chest circumference:** Measure around the chest and body at its fullest part (typically right under the armpits and shoulder blades, right across the nipples).
  - Hold the tape against the body tight enough so that it does not slip down, but not so tight that it restricts breathing. It should be “snug”.
  - Make sure the tape is horizontal and the person's arms are by their side; then take a normal breath and measure.
  - Do not puff out your chest
  - Double check this measurement



- **Tommy/Waist:** Measure round the belly button and take measurements with one finger in the tape.



- **Arm scye( arm hole circumference):** round the shoulder joint, under the armpit. Free up a bit to be comfortable and as desired by the person



- **Bicep:** Measure around the fullest part of the bicep with the arms by his side. You need only measure one side and free up the tape a bit as desired by the person. Please ask.



- **Mid-arm:** measure at the elbow level, his arms straight and free up the tape to his comfort. Pls ask
- **Wrists:** With the arms straight down, measure the same way you measured the elbow but at the wrists. That's how tight the cuffs will be. Free up a bit and ask pls.



- **Head:** Take the head circumference measurement at the fullest part of the head. No freeing up here, although it shouldn't be super tight either. Just the exact measurement.

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# PANTS

- **Outside length:** placing the tape at this trouser waist (ask where he normally places his pants just in case), measure all the way down to his ankles or below, as desired by him. Do ask where to stop. He must be looking straight, not bent or slouched in any way.



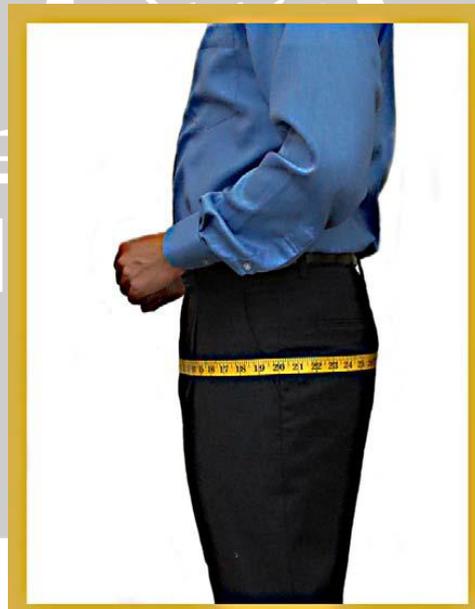
- **Inside length:** From immediately below his crotch, measure all the way down to where you stopped the outside length.



- **Trouser Waist:** Measure around your waist at the level where he would normally wear his pants belt.
  - With the tape measure snug around your waist, relax, and take the measurement.
  - Don't be alarmed if this measurement seems larger than expected; off-the-rack pants are normally labelled as being smaller than what they really are.



- **Hip:** Measure round the fullest part of his buttocks/hip bone.



- **Thigh circumference:** Measure round the thigh of one leg at the widest point, just below the crotch. Loosen up the tape to his comfort and ask how tight he'd like it.



- **Knee circumference:** Measure round the knee of one leg, loosen up the tape to his comfort. Ask how tight he'd like it.



- **Ankle circumference:** Measure round the ankle of one leg, loosen up the tape to his comfort. Ask how tight he'd like it.
- **Waist to knee:** From his trouser waist, measure vertically down to his knee.

<b><u>SUMMARY OF MEASUREMENTS TO BE TAKEN (IN INCHES)</u></b>	
<b>TUNIC</b>	<b>PANTS</b>
Length	Outside length
Shoulder width	Inside length
Neck	Trouser Waist
Long sleeve	Hip
Short sleeve	Thigh circumference
Chest circumference	Knee circumference
Tommy/Waist	Ankle circumference
Arm scye( arm hole circumference):	Waist to knee
Bicep	
Mid-arm	
Wrists	
Head	

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