

- 1. Height** Stand straight against a wall without your shoes. Measure from the top of your head to the bottom of your feet.
- 2. Neck** Measure around the base of your neck where a collared shirt would fit, or measure a collarband on a shirt that fits you well. Lay the collarband flat. Measure from the beginning of the button hole to the centre of the button.
- 3. Chest** Measure well under your arms, across your shoulder blades and over the fullest part of your chest. Hold the tape firmly, but not tightly. Be sure the tape is level and straight across your back. Stand naturally.
- 4. Sleeve** Bend elbow slightly. Start at the centre, back of the neck and measure across the shoulder to the elbow and down to the wrist.
- 5. Waist** First, remove your belt. Then, measure over shirt (not over pants) at the position you normally wear your pants. Hold the tape firmly, but not tightly.
- 6. Hips** Stand with your heels together. Measure around the fullest part of your hips, holding the tape measure level.
- 7. Inseam** Use similar style pants that fit you well. Lay them flat, with the front and back creases smooth. Measure along the inside seam of one leg from the bottom of the hem to the crotch.

Size/Tag	26	28	29	30	31	32	34	36	38
Waist	30	32	33	34	35	36	38	40	42

