



MEASURING INSTRUCTIONS

Measurements should be taken when wearing as little clothes as possible. Clothes should not influence body form in any significant way or impede precise measurement taking. For females, bust measurements should be taken when wearing an unpadded bra; the bra should fit well and be made of thin material. The bra should not forcibly move breasts or influence their shape unnaturally (ISO 8559). Please use a measuring tape (preferably 2m long). Hold the tape with light pressure, but ensuring that body parts are not being pressed down. Indicate all measurements are in centimeters (cm) and round them to the nearest cm.

1. Height
Vertically measured distance between the top of the head and the soles of the feet, measured on persons standing upright without shoes and feet together.
2. Neck
Measure around the base of your neck on the level of 7th neck vertebra.
3. Bust/Chest
Measure the bust at the fullest part. Measure all around the body (total circumference).
4. Waist
Measure the waist where the body bends. It helps to bend side to side to identify exactly where to measure. You should put an elastic band around the waist to mark the correct placement. **PLEASE KEEP THE BAND ON YOUR WAIST FOR FURTHER MEASUREMENTS.**
5. Hips
Measure the hips at the fullest part, usually around the seat.
6. Thigh
Measure the thigh just below the crotch, at about the fullest point. Measure all around the thigh, keeping the tape horizontal and level with the floor.
7. Knee
Measure the circumference around your knee on its middle.
8. Calf girth
Measure the circumference around your calf at its widest point, usually roughly $\frac{3}{4}$ of the way up from the ankle.
9. Ankle
Measure the ankle all around, at the narrowest point (where the ankle flexes).
10. Upper arm
Measure around the widest section of the upper arm located above the elbow.
11. Elbow
Measure the circumference around elbow on its middle.
12. Forearm
Measure around the widest section of the forearm located below the elbow.
13. Wrist
Measure the wrist all around, at the narrowest point.
14. Shoulder length
Measure the distance between your neck and the middle of the shoulder bone.
15. Arm length
Measure from the top of the arm (find the bone at the shoulder/top of the arm) to the wrist (find the bone at the side of the wrist), **WITH THE ELBOW BENT 90°.**
16. Elbow to wrist
Measure the distance between the middle of the elbow bent 90° and the wrist bone.
17. Armpit height
Vertical distance between the waist and the armpit close to the side of the body.
18. Torso front girth
From the collarbone down to the crotch and up to the 7th neck vertebra. Standing upright.
19. Crotch height
Measure the height from the crotch to the floor. Standing upright legs together. Could be useful to hold a thick book or a little box between the legs and measure from its top. **THIS IS IMPOSSIBLE TO DO ON YOURSELF!**
20. Knee height
Measure from the middle of the knee to the floor standing upright.
21. Cross back
Measure from armpit to armpit, arms are down.
22. Back waist length
Measure from the most prominent bone at base of the neck to the natural waistline.
23. Waist height
Measure from the line of the waist taken previously to the floor standing upright.
24. Crotch depth
Sit on a firm chair and measure from the waist to the top of the chair seat. It may be easier to use a ruler for this measurement.
25. Bust depth*
∩-shaped distance from one most protruding part of the bust to another over the neck.
26. Front height*
∩-shaped distance over the neck between two points on the waist under the most protruding parts of the bust. Measuring tape should run on the body shape.

* Measures 25 and 26 are for female type of body only.

