MEASUREMENT GUIDE

Men's measurements, *measuring yourself.*

The same twenty-four points, for taking on yourself. Take them in this order, in centimetres or inches, over a shirt, and note each one as you go — with a second person for the points that say so. The order is our tailors' sheet order; take the points marked for your garment.

BEFORE YOU START

How to measure

> Measuring yourself is less exact than being measured. The back and the nape, the lengths to the floor, the crotch and the sleeves to the hand cannot be taken well alone — ask someone to hold the tape for those, and take every number twice. Where a number looks off, we will ask before anything is cut.

01 The points that need a second person say so, on the point. The rest you can take alone.

02 A mirror is not a substitute — it reverses you. Measure from the drawings, which face you as a tailor would.

03 Stand straight and relaxed, arms at your side unless a point says otherwise. If two readings disagree, take a third and keep the pair that agree.

04 Use a soft tape. Wear a shirt, not a jacket; no shoes for the lengths to the floor.

05 The figures face you, as your tailor does: your right side is on the left of the drawing, and each point says which side in words.

06 In the drawings the tape is red on a screen: a ring round the body for a girth, a run with a tick at each end — or a line at the floor, the chair or the waistband — for a length; dashed where it passes behind the body.

07 Around the body the tape sits snug, never tight — you should be able to slide a finger under it. The lengths to the floor are the exception: where a point says tape tight, pull it straight and tight.

08 Four points share one line: the trouser waistband — where your belt normally sits — is what Trouser Waist (17) wraps and where Half Back Length (16), Trouser Outseam (18) and Crotch (20) start. On a shirt, find it by where your trousers sit.

09 Measure in centimetres or in inches, whichever your tape has — we work in both. Round to the nearest half centimetre or quarter inch.

10 "Usually" beside a point is where nine in ten measured adults fall (the middle 90 % of a large body survey). A number outside it is not wrong, only worth a second look; a point with no range has no survey figure we trust for it.

11 We read every number against the ones around it; if one looks off we come back to you before we cut.

THE POINTS

Twenty-four points, *in order.*

The order is our tailors' sheet order; take the points marked for your garment.

01 Neck

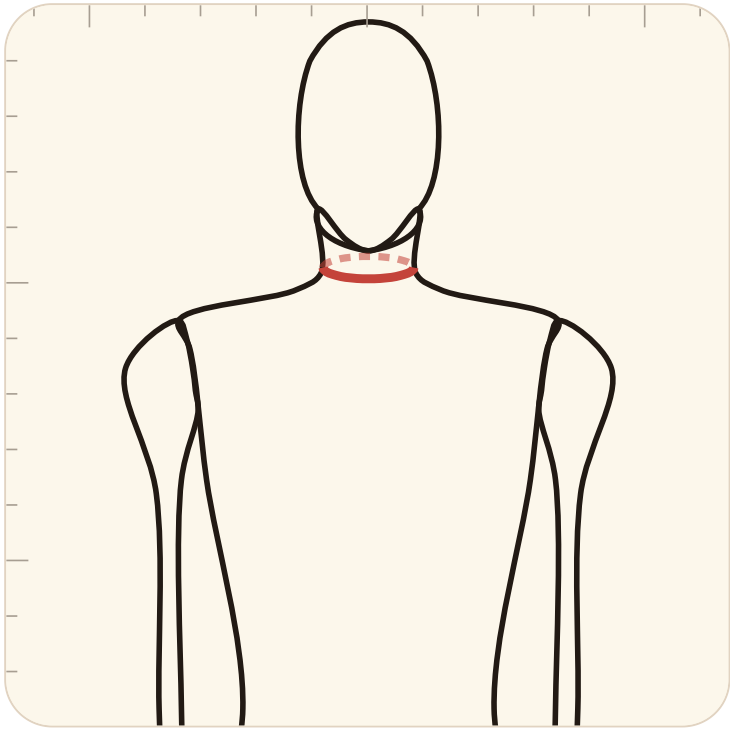
FOR JACKET

CM / IN

Usually 39.5–48 cm · 15 1/2–19 in

Around the neck at collar height, tape comfortably touching the skin with enough room that you are not restricted.

Where. The lower section of the neck, below the Adam's apple and above the sternal notch.



01 · NECK · FRONT

02 Full Chest

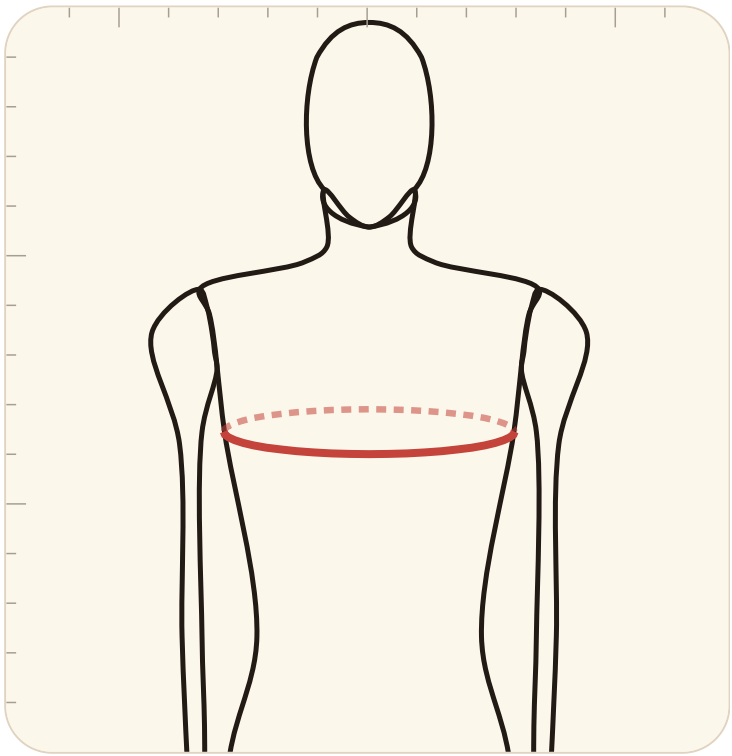
FOR JACKET

CM / IN

Usually 92–121 cm · 36 1/4–47 3/4 in

Around the fullest part of the chest and body, snug and horizontal, arms at your side. Take a normal breath, do not puff out your chest, and double-check.

Where. The fullest part, under the arms and shoulder blades, across the nipples.



02 · FULL CHEST · FRONT

03 Full Shoulder Width

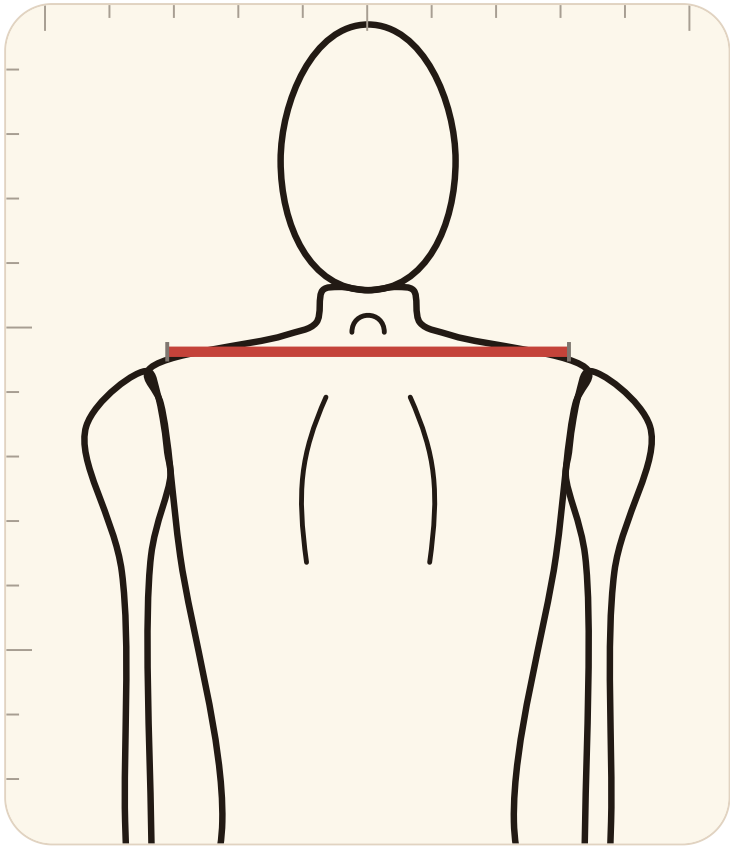
FOR JACKET

CM / IN

Second person. It cannot be taken well alone — ask someone to hold the tape.

Across the back from the end of the right shoulder to the end of the left shoulder. Double-check.

Where. End of shoulder to end of shoulder. The end of the shoulder is where the horizontal plane of the shoulder intersects the vertical plane of the arm. Taken across the curve of the back: it is not the sum of the two half shoulders (13 and 14), which run to the neck.



03 · FULL SHOULDER WIDTH · BACK

04 Right Sleeve

FOR JACKET

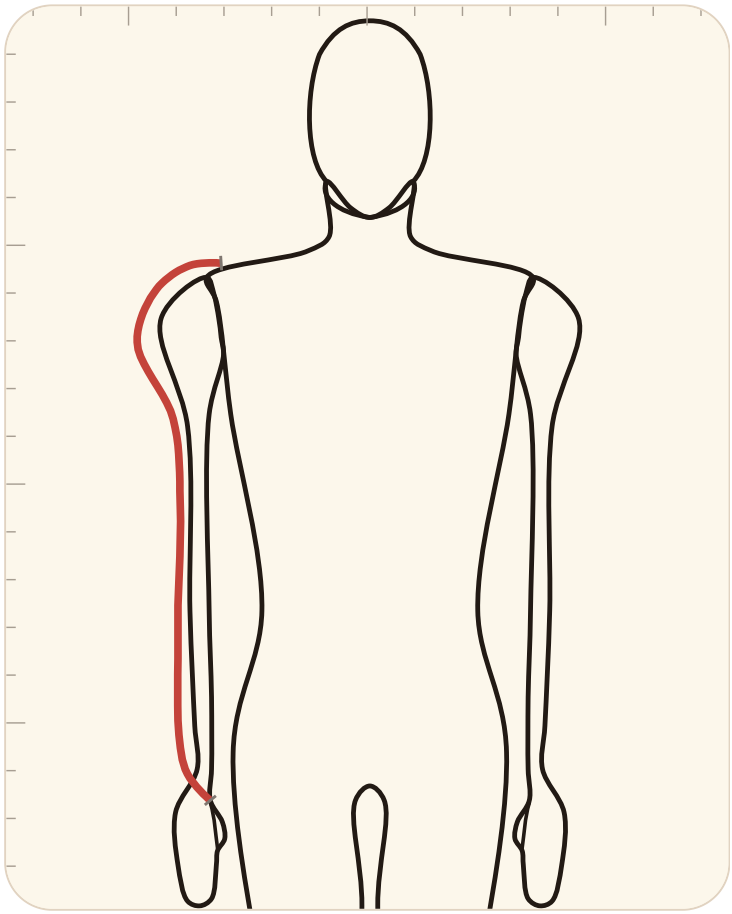
CM / IN

Usually 62.5–74.5 cm · 24 1/2–29 1/4 in

Second person. It cannot be taken well alone — ask someone to hold the tape.

From the end of the right shoulder to the pinch of the right hand. Double-check.

Where. The pinch is where the base of the thumb and the base of the index finger meet, about an inch (2.5 cm) above the index knuckle.



04 · RIGHT SLEEVE · FRONT

05 Left Sleeve

FOR JACKET

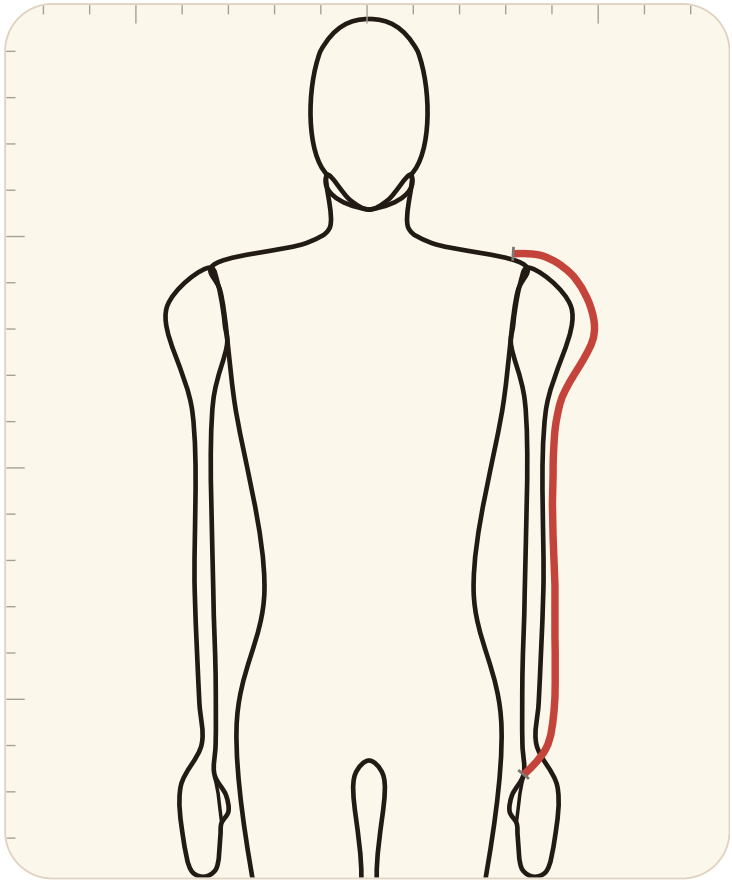
CM / IN

Usually 62.5–74.5 cm · 24 1/2–29 1/4 in

Second person. It cannot be taken well alone — ask someone to hold the tape.

From the end of the left shoulder to the pinch of the left hand. Double-check.

Where. The same two landmarks as the right: the end of the shoulder, where its line meets the arm's, and the pinch — where the base of the thumb and the base of the index finger meet, about an inch (2.5 cm) above the index knuckle.



05 · LEFT SLEEVE · FRONT

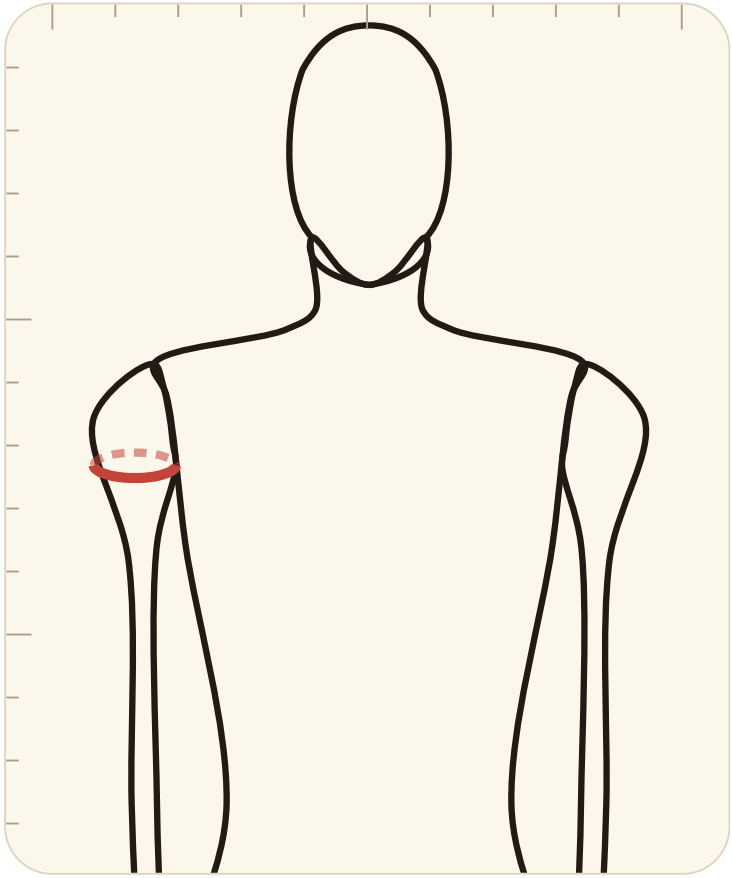
06 Bicep

FOR JACKET

CM / IN

Around the fullest part of the bicep with the arm relaxed at your side. One side only — the right, as drawn.

Where. The fullest part of the upper arm.



06 · BICEP · FRONT

07 Wrist

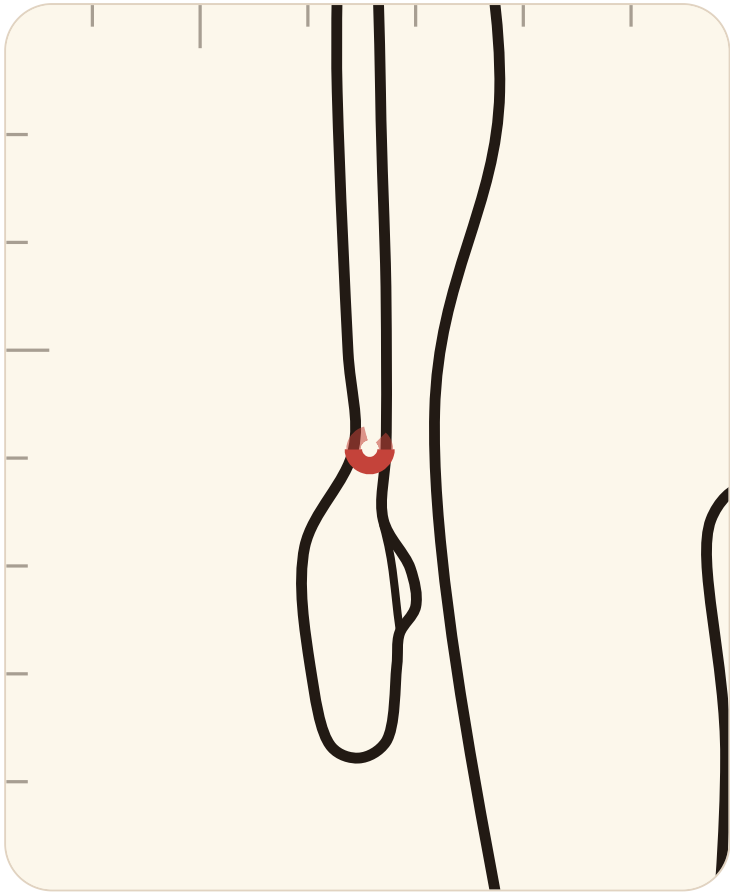
FOR JACKET

CM / IN

Usually 16–19.5 cm · 6 1/4–7 3/4 in

Around the fullest part of the wrist. One side only — the right, as drawn.

Where. Over the wrist bone — the knob on the outside of the wrist — with the hand relaxed; that is the fullest part.



07 · WRIST · FRONT

08 Waist / Stomach (Jacket Waist)

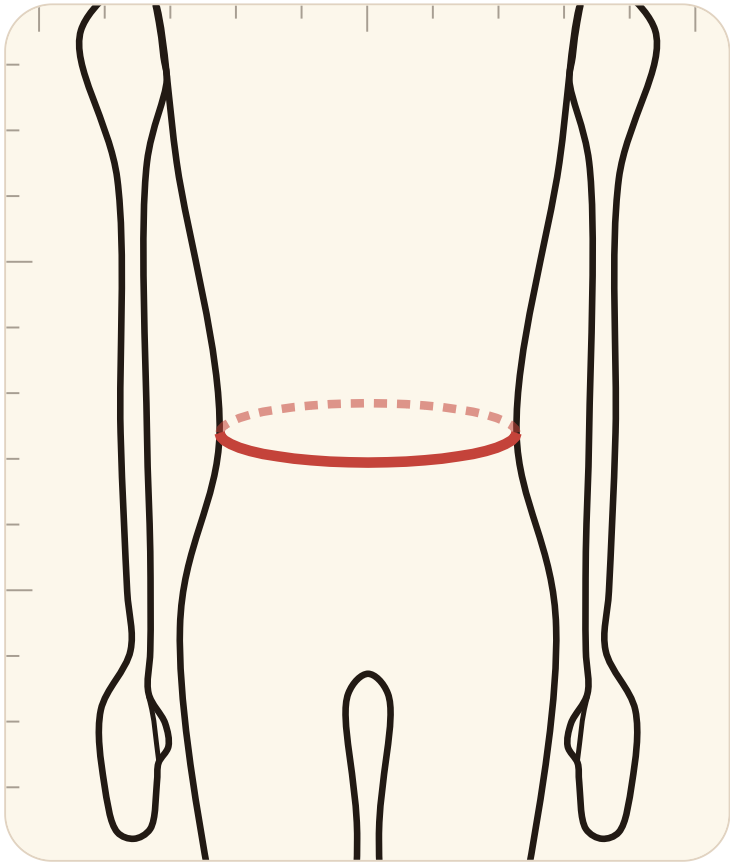
FOR EVERY GARMENT

CM / IN

Usually 76.5–113.5 cm · 30–44 3/4 in

Around the fullest part of the waist and stomach, or right below the bottom ribs, whichever is greater.

Where. The jacket's waist: level with the navel on most men, or where the stomach is fullest — not the belt line, which is Trouser Waist (17), lower down.



08 · WAIST / STOMACH (JACKET WAIST) · FRONT

09 Hips / Seat

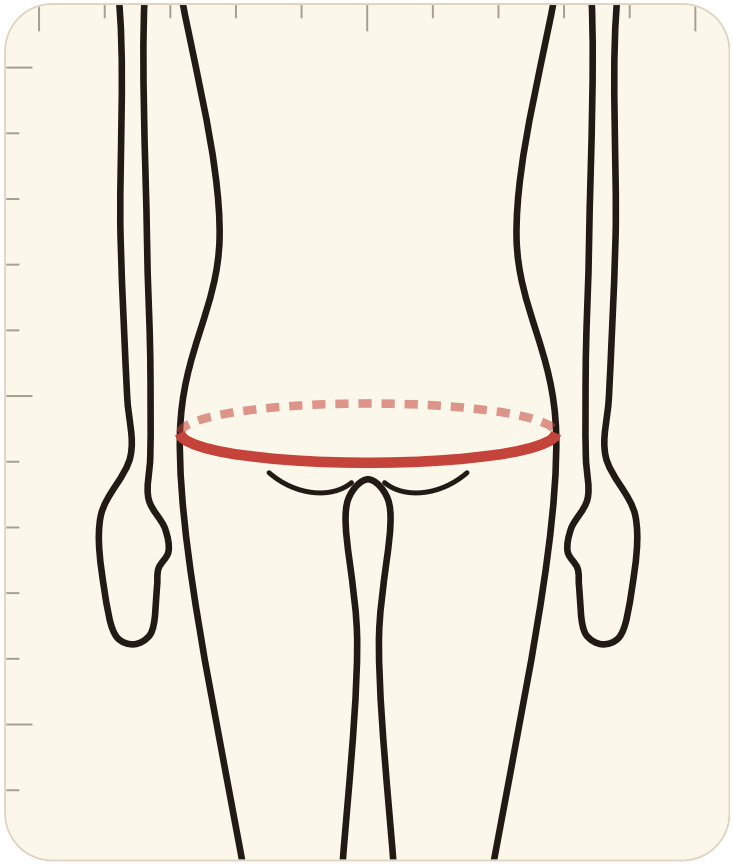
FOR EVERY GARMENT

CM / IN

Usually 89.5–115 cm · 35 1/4–45 1/4 in

Around the fullest part of the hips and buttocks.

Where. The fullest part of the seat: over the buttocks at their fullest, a hand's width above the crotch, the tape level all the way round — never at the top of the thighs.



09 · HIPS / SEAT · BACK

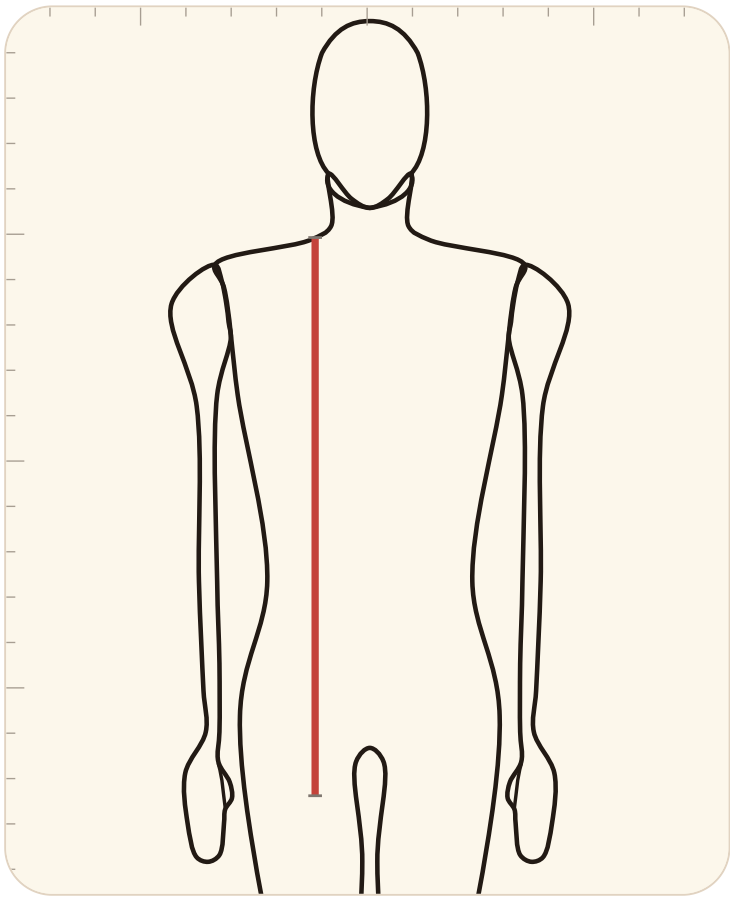
10 Front Jacket Length

FOR JACKET

CM / IN

Straight down the front from the base of the neck to the point level with your thumb knuckle.

Where. The base of the neck, right or left side, down to the point level with the thumb knuckle.



10 · FRONT JACKET LENGTH · FRONT

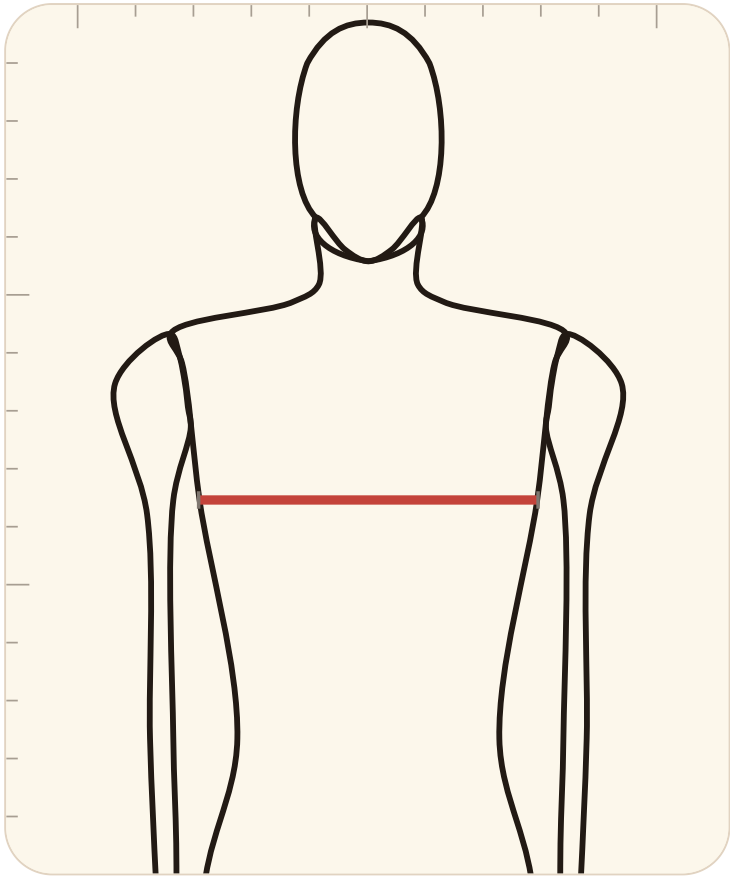
11 Front Chest Width

FOR JACKET

CM / IN

Arms at your side, across the front from the front of the right armpit, across the nipples, to the front of the left armpit. Do not measure under the arms.

Where. The front part of the Full Chest — not under the arms.



11 · FRONT CHEST WIDTH · FRONT

12 Back Width

FOR JACKET

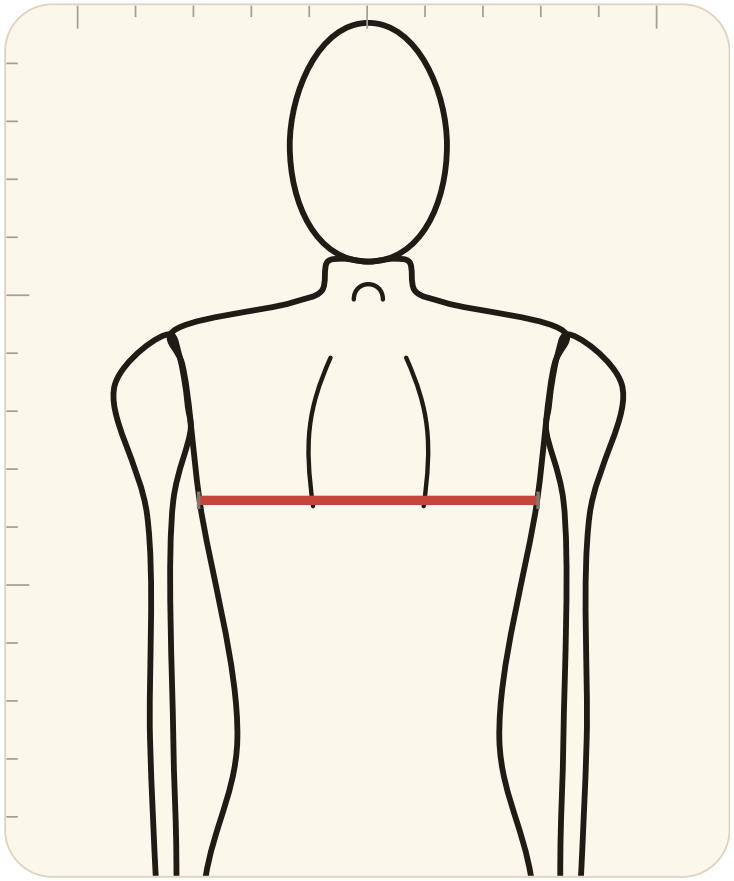
CM / IN

Usually 37–49.5 cm · 14 1/2–19 1/2 in

Second person. It cannot be taken well alone — ask someone to hold the tape.

Arms at your side, across the back from the back of the right armpit, across the shoulder blades, to the back of the left armpit. Do not measure under the arms.

Where. Back of the right armpit, across the shoulder blades, to the back of the left armpit. Not under the arms. The back part of the Full Chest.



12 · BACK WIDTH · BACK

13 Half Shoulder Width (Right)

FOR JACKET

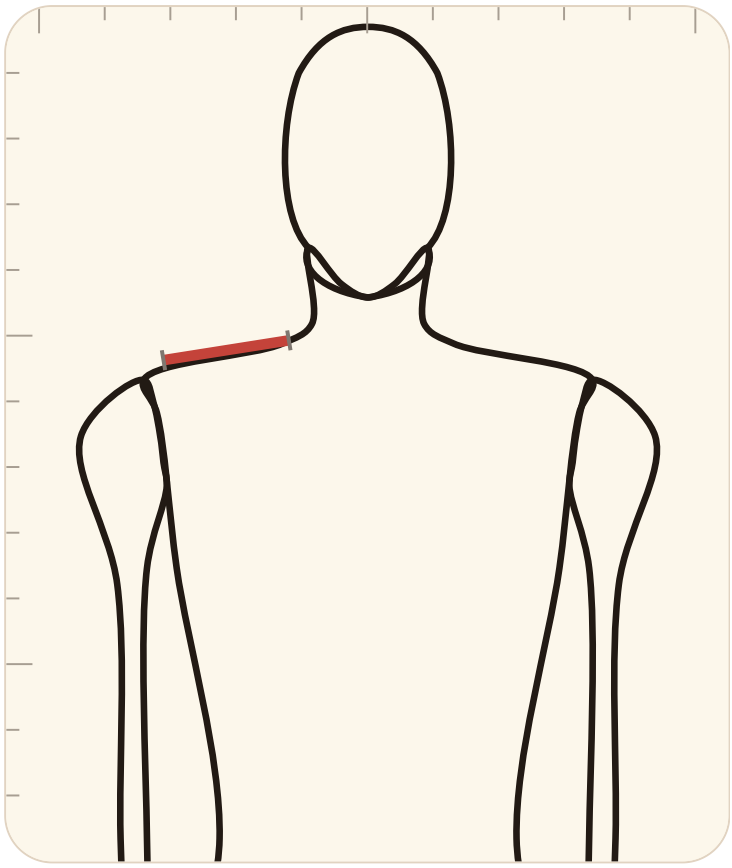
CM / IN

Usually 13–17 cm · 5–6 3/4 in

Easier together. A second pair of hands makes it quicker and truer.

From the end of the right shoulder to the base of the right side of the neck.

Where. End of the right shoulder to the base of the right side of the neck. The side of the neck is where the vertical plane of the neck intersects the horizontal plane of the shoulder.



13 · HALF SHOULDER WIDTH (RIGHT) · FRONT

14 Half Shoulder Width (Left)

FOR JACKET

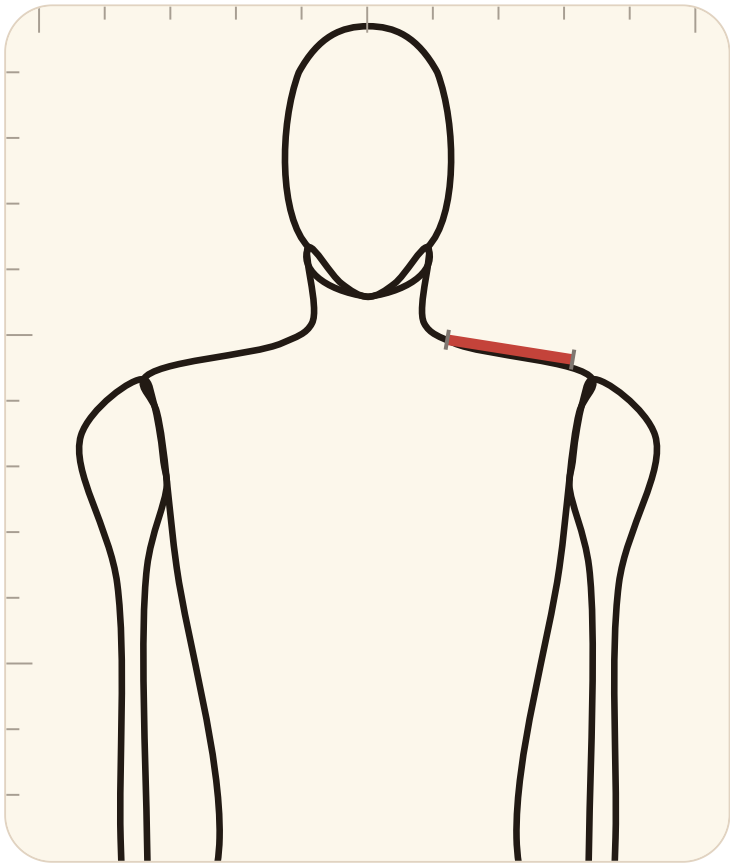
CM / IN

Usually 13–17 cm · 5–6 3/4 in

Easier together. A second pair of hands makes it quicker and truer.

From the end of the left shoulder to the base of the left side of the neck.

Where. The same two landmarks as the right: the end of the shoulder and the side of the neck, where the neck's line meets the shoulder's.



14 · HALF SHOULDER WIDTH (LEFT) · FRONT

15 Full Back Length

FOR JACKET

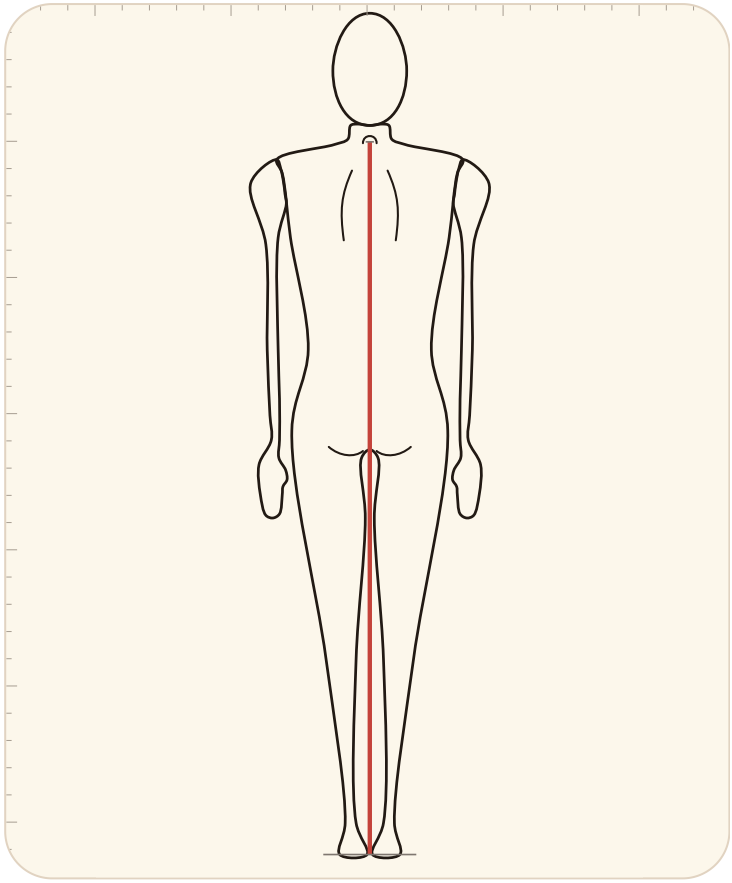
CM / IN

Usually 141.5–162.5 cm · 55 1/2–64 in

Second person. It cannot be taken well alone — ask someone to hold the tape.

From the base of the back of the neck to the floor. Stand straight once the neck bone is located. No shoes. Double-check.

Where. The base of the back of the neck (the 7th cervical bone, found by tilting the head forward until the knobby bone shows) to the floor.



15 · FULL BACK LENGTH · BACK

16 Half Back Length

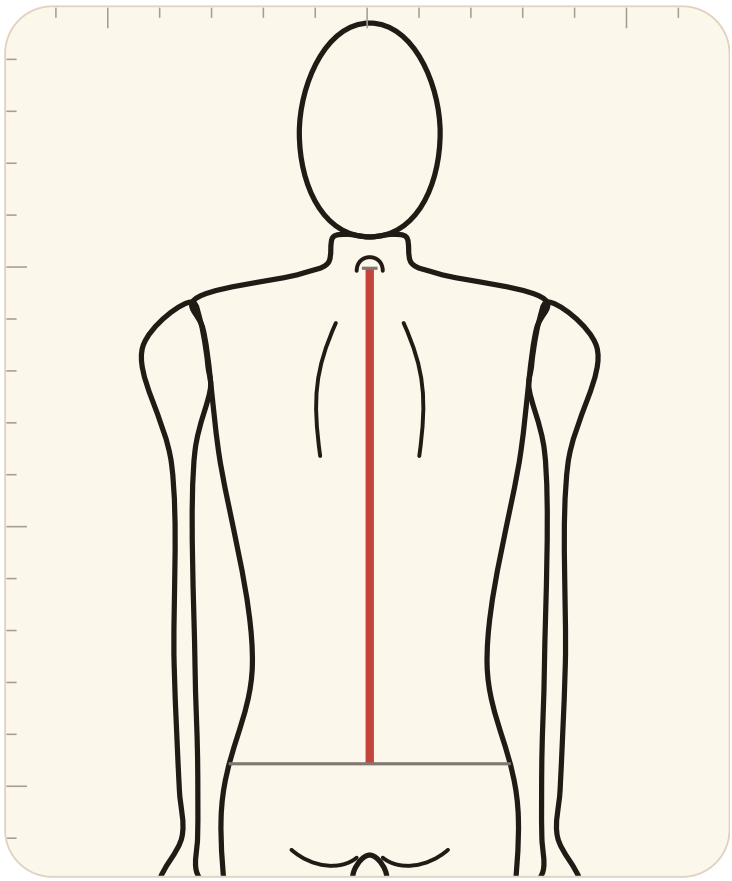
FOR JACKET

CM / IN

Second person. It cannot be taken well alone — ask someone to hold the tape.

From the base of the back of the neck to the top of the trouser waistband.

Where. From the same neck bone as Full Back Length (15), down the centre of the back to the top of the waistband where your trousers sit — the line Trouser Outseam (18) and Crotch (20) start from too.



16 · HALF BACK LENGTH · BACK

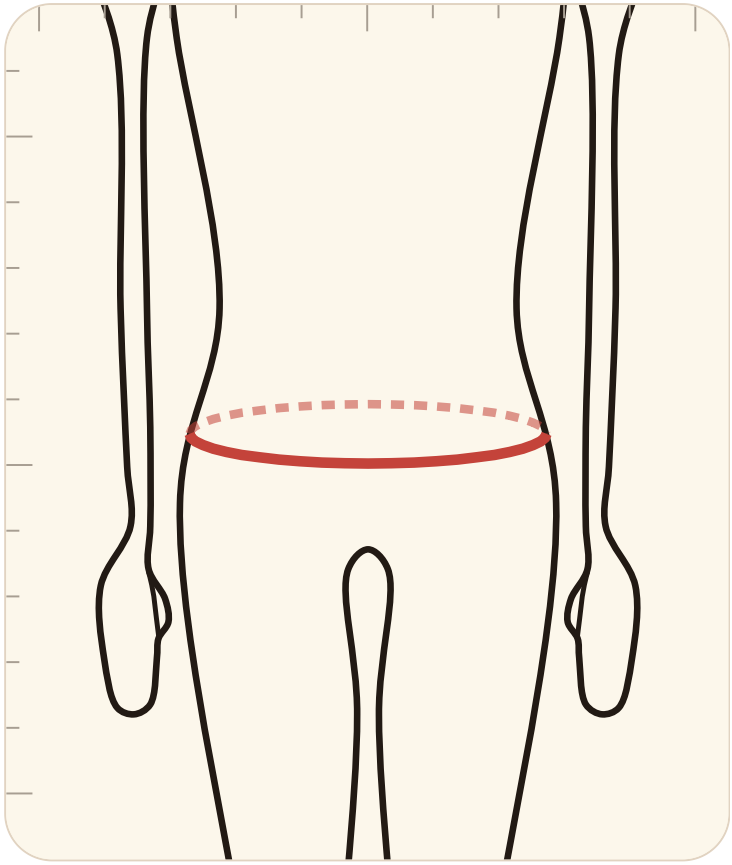
17 Trouser Waist

FOR TROUSERS

CM / IN

Around the waist where your belt normally sits, snug, then relax and take the measurement.

Where. The level where the belt normally sits. Measure it — off-the-rack trousers are labelled smaller than actual.



17 · TROUSER WAIST · FRONT

18 Trouser Outseam

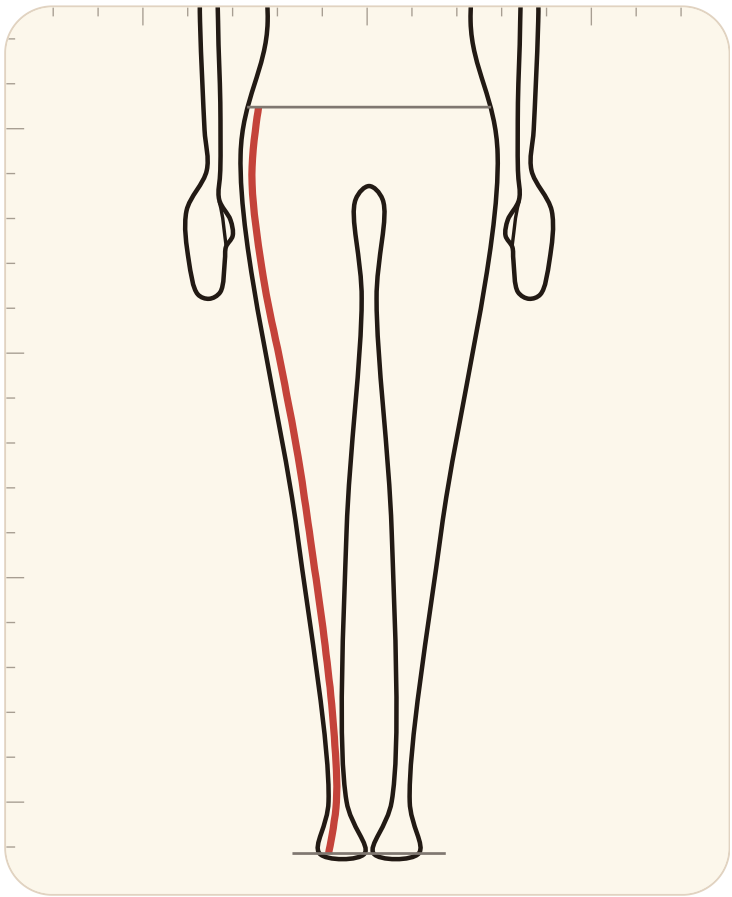
FOR TROUSERS

CM / IN

Second person. It cannot be taken well alone — ask someone to hold the tape.

From the top of the waistband down the outside of the leg to the floor, tape tight, standing straight. No shoes. Double-check.

Where. Down the outside seam of the leg: from the top of the waistband where your trousers sit — the same line as Half Back Length (16) and Crotch (20) — to the floor beside the heel.



18 · TROUSER OUTSEAM · FRONT

19 Trouser Inseam

FOR TROUSERS

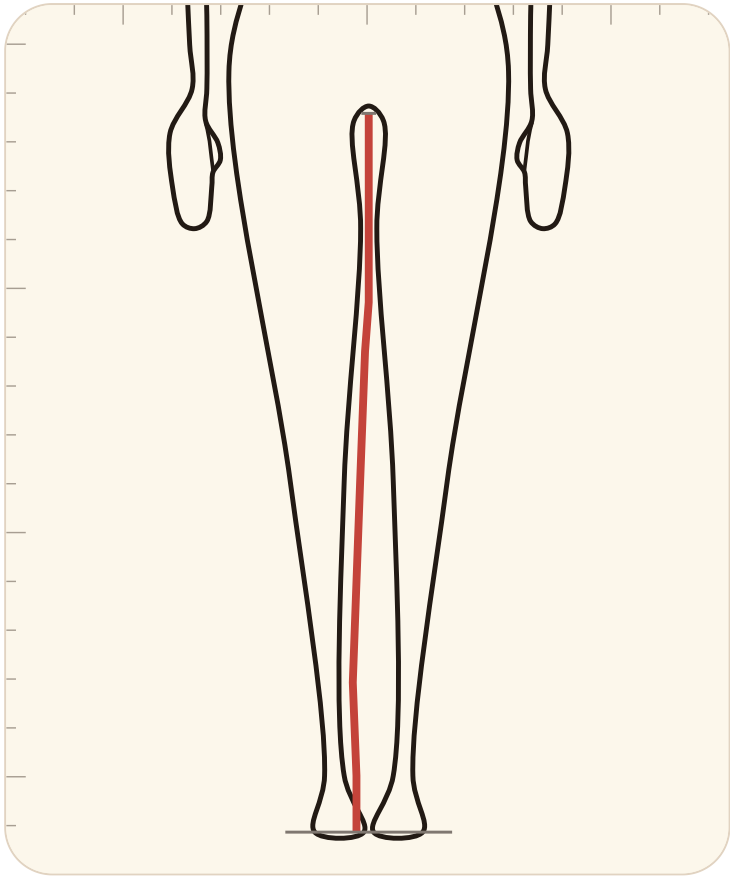
CM / IN

Usually 77–92.5 cm · 30 1/4–36 1/2 in

Second person. It cannot be taken well alone — ask someone to hold the tape.

From the lowest part of the crotch down the inside of the leg to the floor, tape tight, standing straight. No shoes.

Where. From the fork, where the legs meet, straight down the inside of the leg to the floor beside the ankle bone.



19 · TROUSER INSEAM · FRONT

20 Crotch

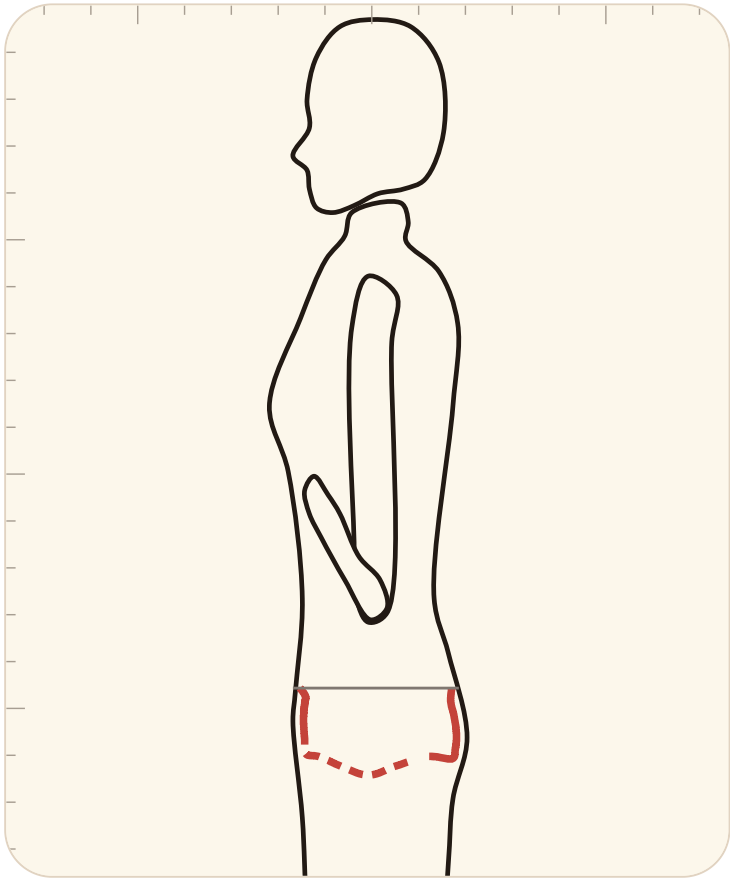
FOR TROUSERS

CM / IN

Second person. It cannot be taken well alone — ask someone to hold the tape.

From the front top of the waistband to the back top of the waistband. Do not take this measurement too tight.

Where. From the front top of the waistband, down between the legs, to the back top of the waistband.



20 · CROTCH · SIDE

21 Thigh

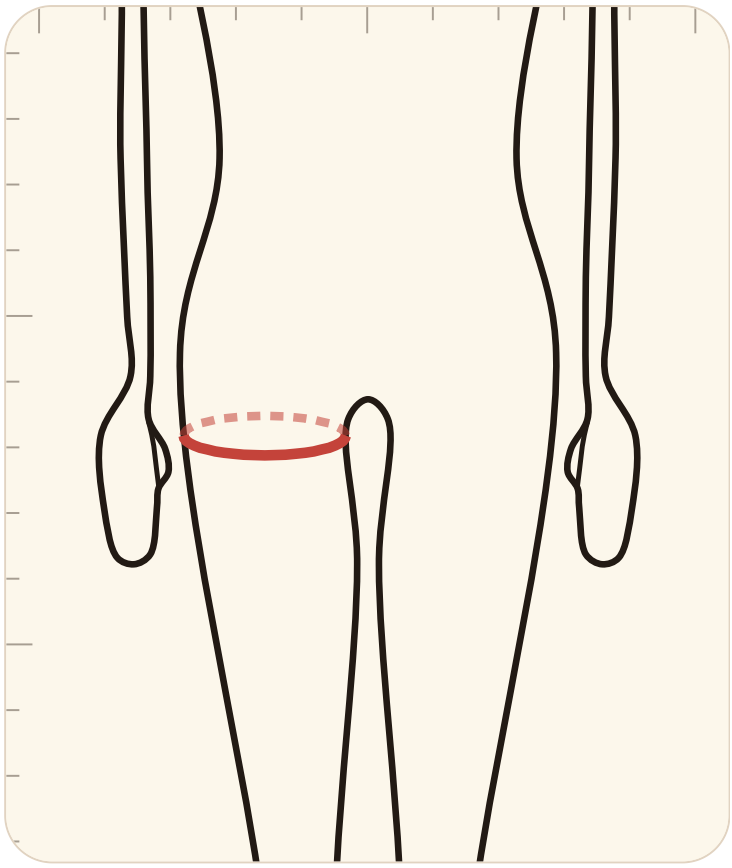
FOR TROUSERS

CM / IN

Usually 53–72.5 cm · 20 3/4–28 1/2 in

Around the thigh at its widest. One side only — the right, as drawn.

Where. Just under the seat, where the thigh is fullest — usually within a hand's width of the crotch — the tape level.



21 · THIGH · FRONT

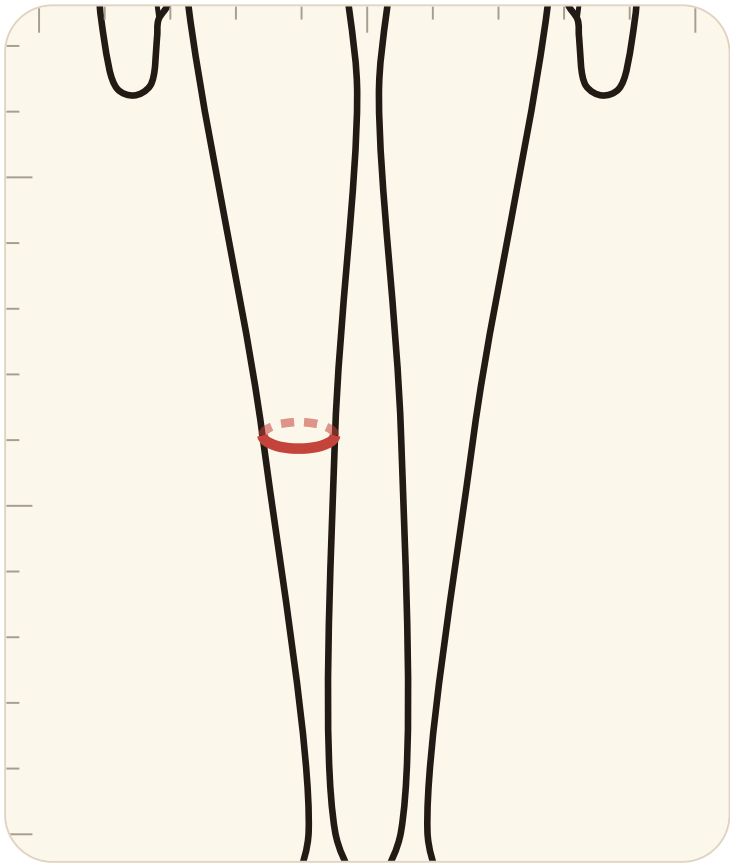
22 Knee

FOR TROUSERS

CM / IN

Around the knee at its widest. One side only — the right, as drawn.

Where. Over the kneecap with the leg straight, the tape level round the middle of the knee.



22 · KNEE · FRONT

23 Right Full Sleeve

FOR JACKET

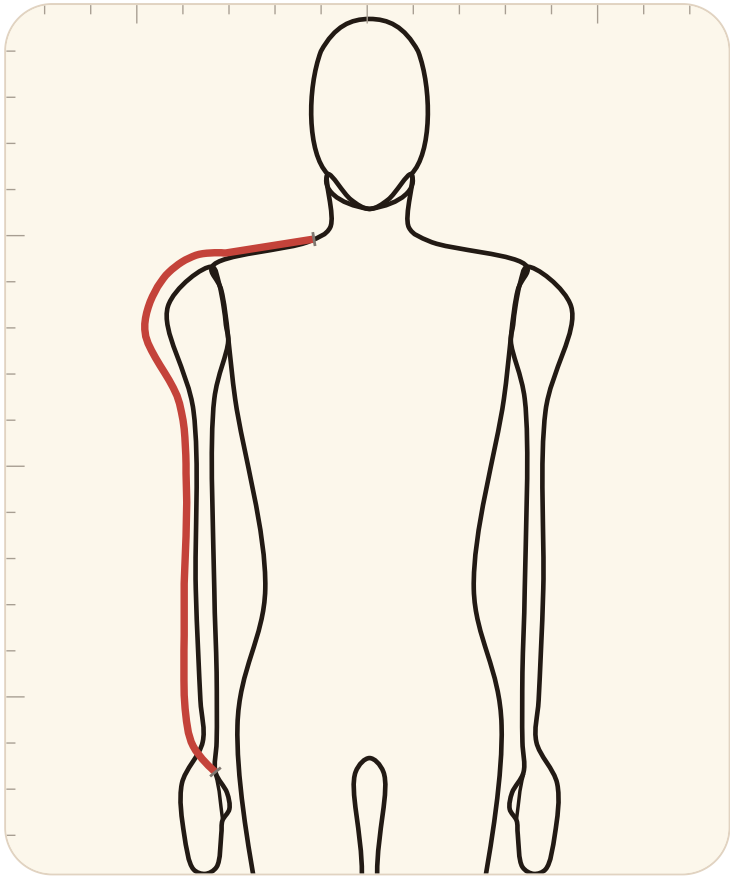
CM / IN

Usually 76.5–90.5 cm · 30 1/4–35 3/4 in

Second person. It cannot be taken well alone — ask someone to hold the tape.

From the base of the right side of the neck to the pinch of the right hand. This is a check measurement: it should fall within 1.3 cm or half an inch of the Right Sleeve and Half Shoulder Width (Right) combined; if not, recheck those two.

Where. The side of the neck — the same point as Half Shoulder Width (13) — over the shoulder end and down to the pinch, where Right Sleeve (04) ends.



23 · RIGHT FULL SLEEVE · FRONT

24 Left Full Sleeve

FOR JACKET

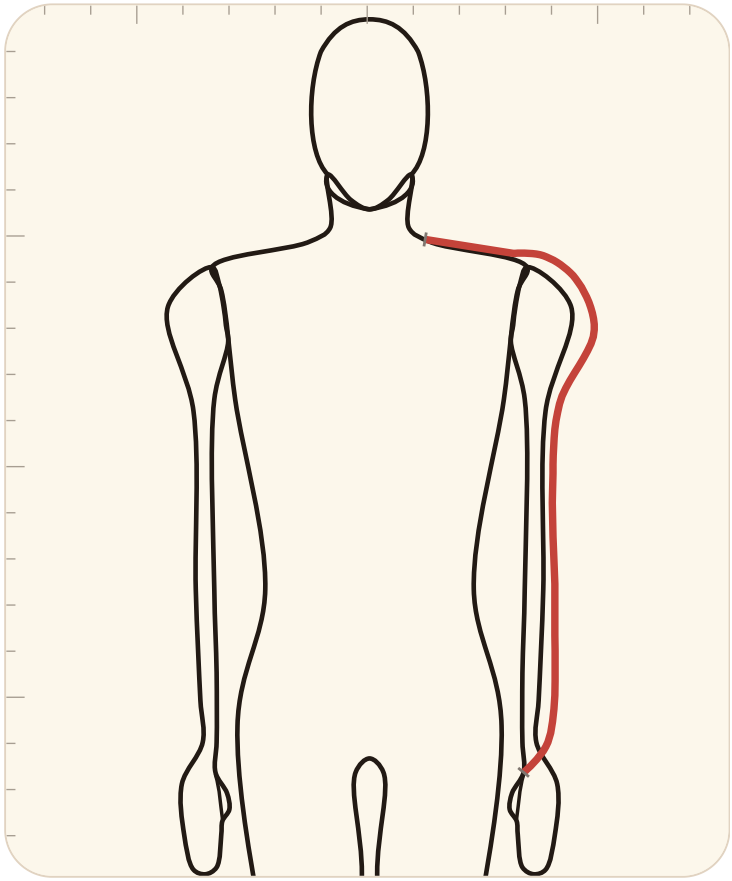
CM / IN

Usually 76.5–90.5 cm · 30 1/4–35 3/4 in

Second person. It cannot be taken well alone — ask someone to hold the tape.

From the base of the left side of the neck to the pinch of the left hand. This is a check measurement: it should fall within 1.3 cm or half an inch of the Left Sleeve and Half Shoulder Width (Left) combined; if not, recheck those two.

Where. The side of the neck — the same point as Half Shoulder Width (14) — over the shoulder end and down to the pinch, where Left Sleeve (05) ends.



24 · LEFT FULL SLEEVE · FRONT

THE CHECKS

Before you send them, *a few checks*.

These are the checks we run on your numbers before we cut. None rejects a measurement, but a failed check usually means one point was taken from the wrong place. The checks matter more when you measure yourself.

23 = 04 + 13	Right Full Sleeve should equal Right Sleeve plus Half Shoulder Width (Right), within 1.3 cm or half an inch. If it does not, take Right Sleeve and Half Shoulder Width (Right) again.
24 = 05 + 14	Left Full Sleeve should equal Left Sleeve plus Half Shoulder Width (Left), within 1.3 cm or half an inch. If it does not, take Left Sleeve and Half Shoulder Width (Left) again.
11 + 12 < 02	Front Chest Width plus Back Width should come to less than Full Chest — the girth includes what runs under the arms; the two widths do not. If it does not, take both widths again.
18 > 19	Trouser Outseam is always longer than Trouser Inseam. If yours is not, take both again.
15 = 16 + 18	Full Back Length should equal Half Back Length plus Trouser Outseam, within 5 cm or two inches. If it does not, take Half Back Length and Trouser Outseam again.
04 ~ 05	Right Sleeve and Left Sleeve should agree within 1.3 cm or half an inch. A larger difference is not wrong — note it, and we will ask.
13 ~ 14	Half Shoulder Width (Right) and Half Shoulder Width (Left) should agree within 1.3 cm or half an inch. A larger difference is not wrong — note it, and we will ask.
23 ~ 24	Right Full Sleeve and Left Full Sleeve should agree within 1.3 cm or half an inch. A larger difference is not wrong — note it, and we will ask.

YOUR NUMBERS

Every number, *on one sheet.*

Write each beside its name as you take it — in centimetres or inches, whichever your tape has — and keep the sheet: it is the one place all of them sit together, and what you read from when you send them.

Measured in _____ (centimetres or inches — write which)

Name _____ Date _____ Garment _____

01	Neck around the neck, at collar height	_____	13	Half Shoulder Width (Right) shoulder end to the side of the neck	_____
02	Full Chest around the fullest chest	_____	14	Half Shoulder Width (Left) shoulder end to the side of the neck	_____
03	Full Shoulder Width shoulder end to end, across the back	_____	15	Full Back Length nape to the floor	_____
04	Right Sleeve shoulder end to the pinch of the hand	_____	16	Half Back Length nape to the trouser waistband	_____
05	Left Sleeve shoulder end to the pinch of the hand	_____	17	Trouser Waist around, where the belt sits	_____
06	Bicep around the fullest upper arm	_____	18	Trouser Outseam waistband to the floor, outside leg	_____
07	Wrist around the wrist	_____	19	Trouser Inseam crotch to the floor, inside leg	_____
08	Waist / Stomach (Jacket Waist) around the fullest waist or stomach	_____	20	Crotch waistband to waistband, between the legs	_____
09	Hips / Seat around the fullest seat	_____	21	Thigh around the widest thigh	_____
10	Front Jacket Length neck base down to the thumb knuckle	_____	22	Knee around the widest knee	_____
11	Front Chest Width armpit to armpit, across the front	_____	23	Right Full Sleeve side of neck to the pinch of the hand	_____
12	Back Width armpit to armpit, across the back	_____	24	Left Full Sleeve side of neck to the pinch of the hand	_____