MEASUREMENT GUIDE

Women's measurements, *measuring yourself*.

The same thirty-six points, for taking on yourself. Take them in centimetres or inches, over the bra you will wear with the garment — with a second person for the points that say so. 01–24 are our tailors' sheet, 25–36 women's; take those 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, the sleeves to the hand, the bust points, the skirt lengths and the seated rise 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 the bra you will wear with the garment, well fitted, and light clothing — the bust and shoulder points move with the bra. No shoes for the lengths to the floor. Waist to Hem is taken in the shoes the hem will be worn with.

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 trousers sit, usually below the natural waist — is what Trouser Waist (17) wraps and where Half Back Length (16), Trouser Outseam (18) and Crotch (20) start.

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

Thirty-six points, *in order*.

01–24 are our tailors' sheet, 25–36 women's; take those marked for your garment.

> The women's points are provisional: newer than the men's, and still being confirmed at fittings. The numbers you send are the ones we work from; a point refined later is taken again with you at your fitting, never from a guess.

01 Neck

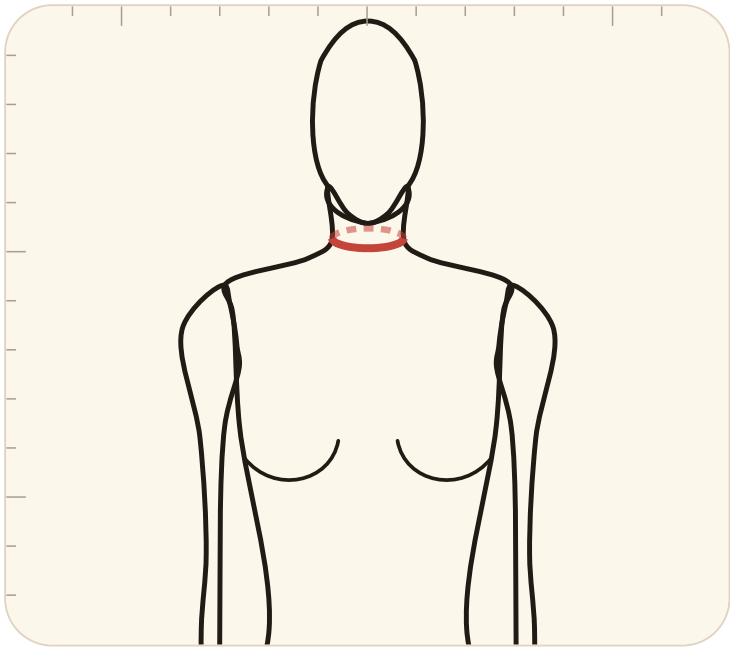
FOR JACKET

CM / IN

Usually 34–40.5 cm · 13 1/4–16 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, just above the dip at the base of the throat (the sternal notch).



01 · NECK · FRONT

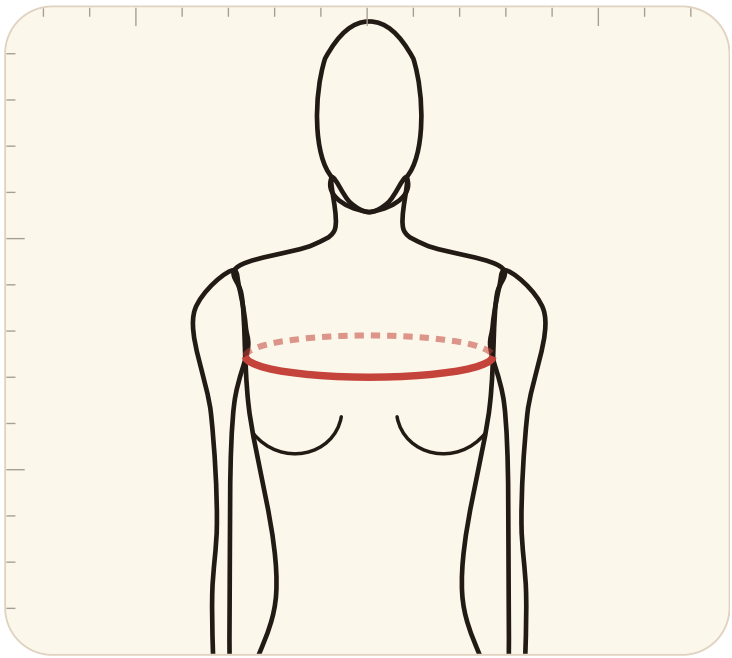
02 High Bust

FOR JACKET

CM / IN

Around the chest high up, above the bust and directly under the arms, tape level.

Where. Above the bust, high on the chest and directly under the arms.



02 · HIGH BUST · FRONT

03 Full Shoulder Width

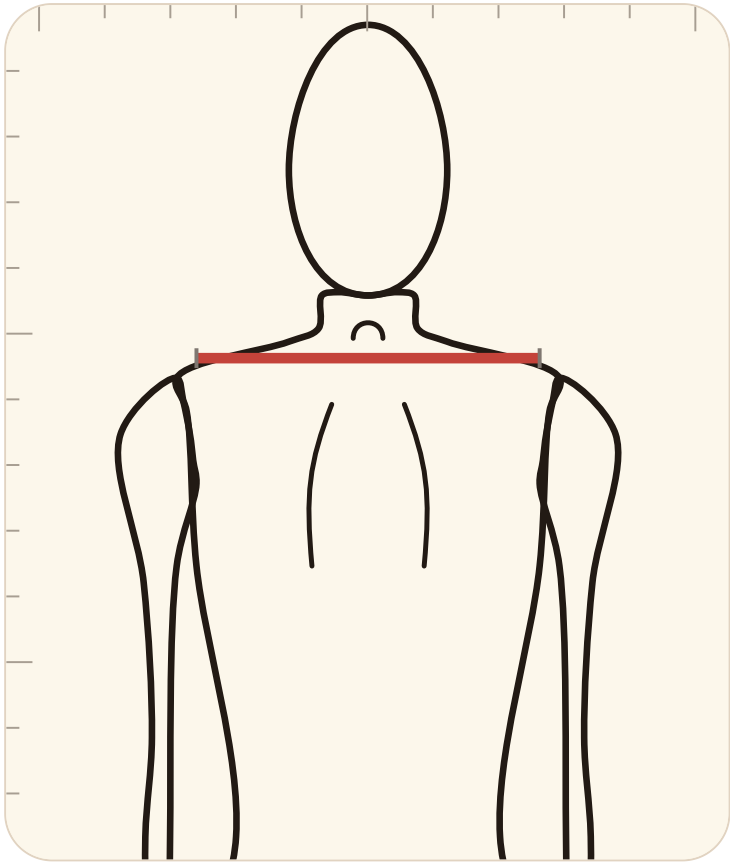
FOR JACKET

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

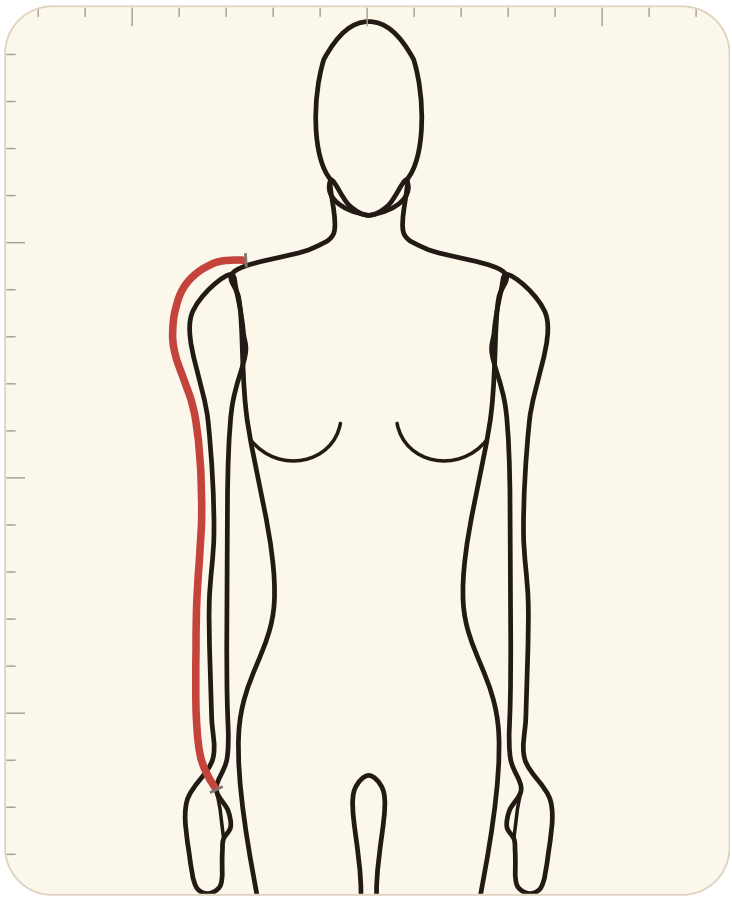
CM / IN

Usually 57–69 cm · 22 1/2–27 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

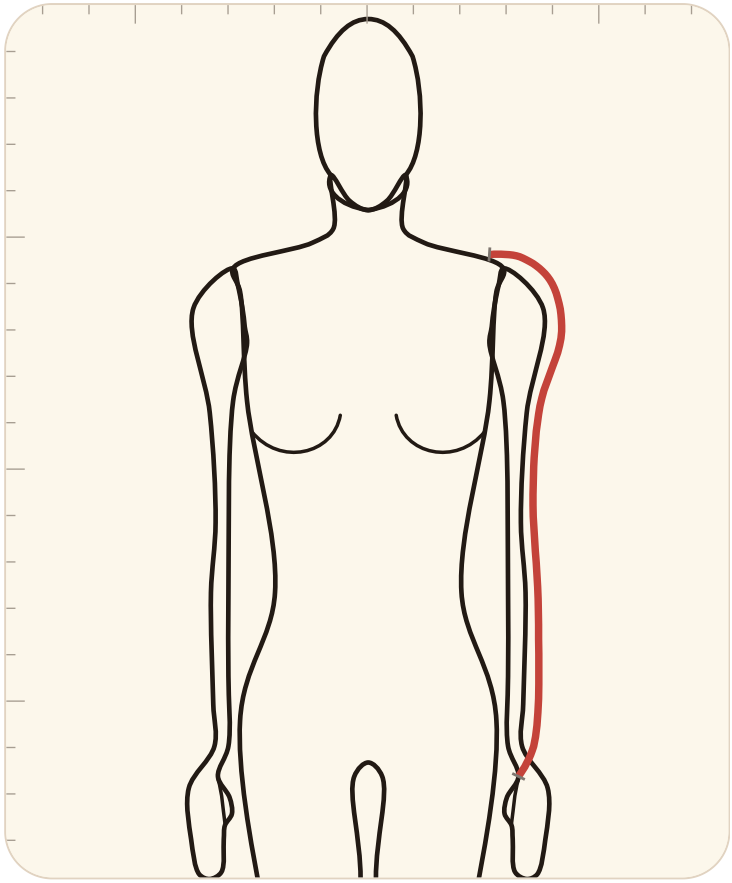
CM / IN

Usually 57–69 cm · 22 1/2–27 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

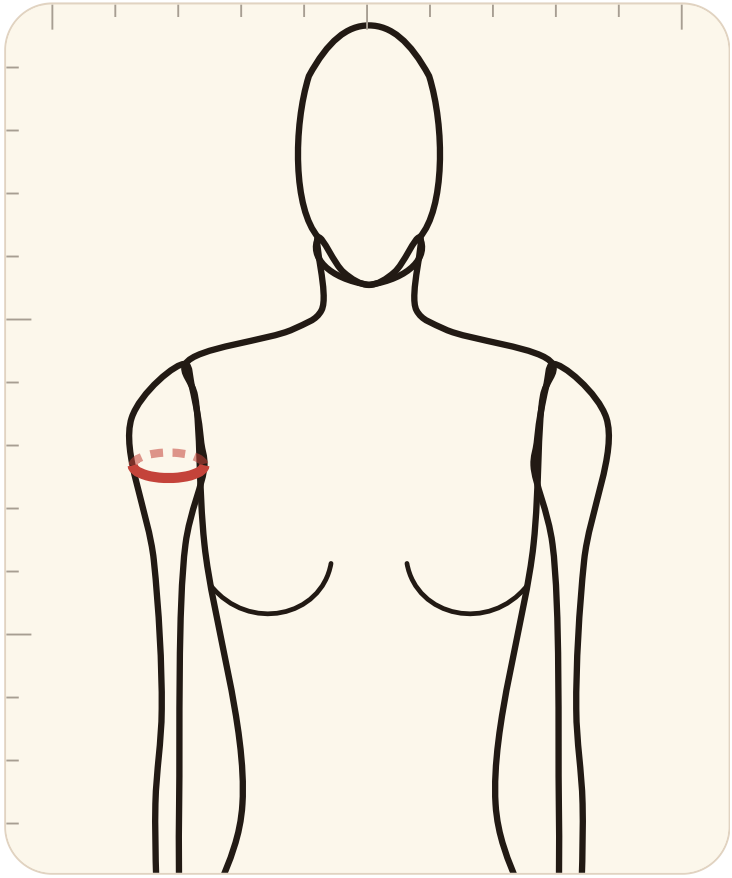
06 Bicep

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

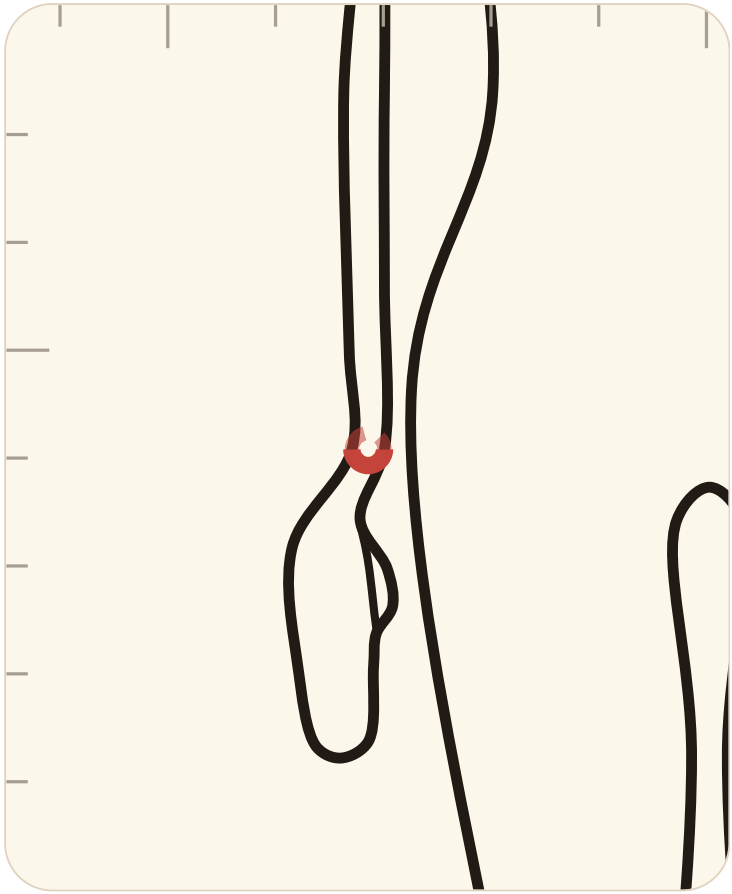
FOR JACKET

CM / IN

Usually 14–17 cm · 5 1/2–6 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

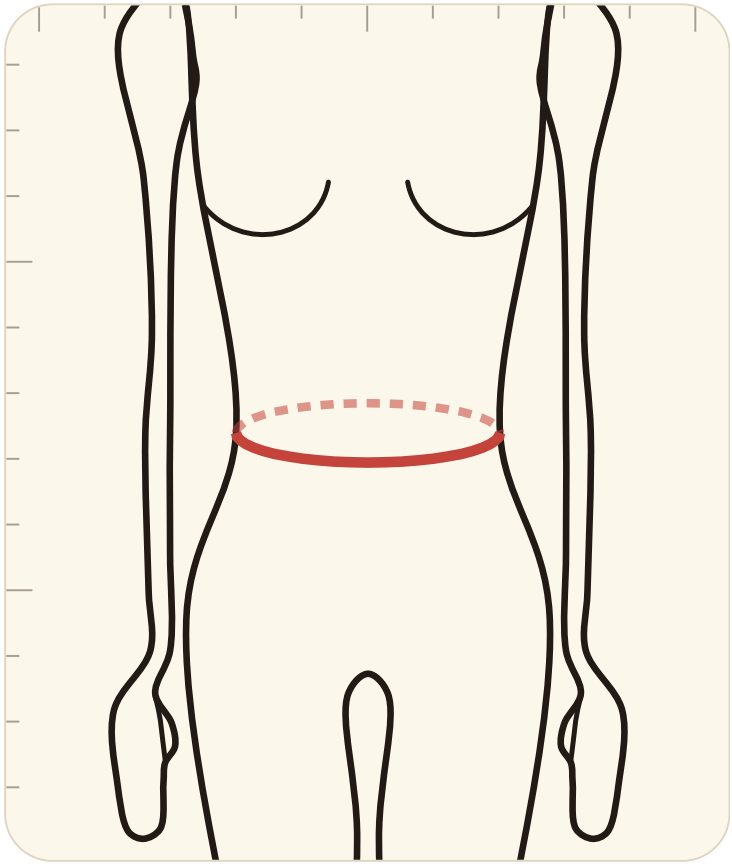
08 Waist (narrowest)

FOR EVERY GARMENT

CM / IN

Around the narrowest part of the torso, tape horizontal.

Where. The narrowest part of the torso, usually a little above the navel — bend to one side and the crease that forms is the waist.



08 · WAIST (NARROWEST) · FRONT

09 Hips / Seat

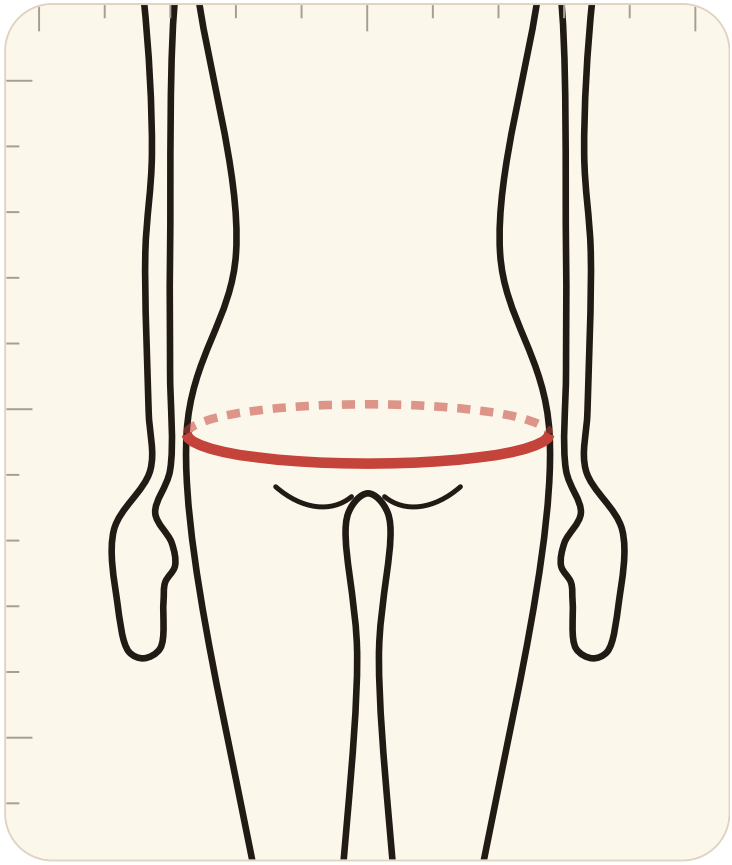
FOR EVERY GARMENT

CM / IN

Usually 90–116 cm · 35 1/4–45 3/4 in

Around the fullest part of the hips and seat, about 20 cm (8 in) below the waist. Waist to Hip (point 31) records the exact level.

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

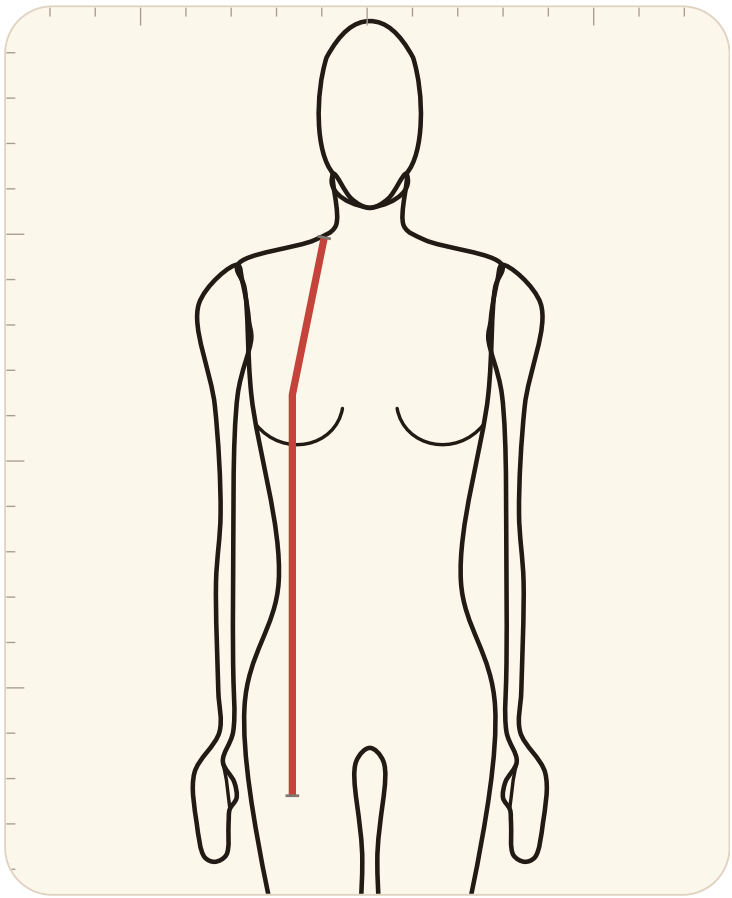
10 Front Jacket Length

FOR JACKET

CM / IN

Straight down the front from the base of the neck, over the fullest part of the bust, to the point level with your thumb knuckle.

Where. From the base of the neck, down the front over the fullest bust, to the point level with the thumb knuckle.



10 · FRONT JACKET LENGTH · FRONT

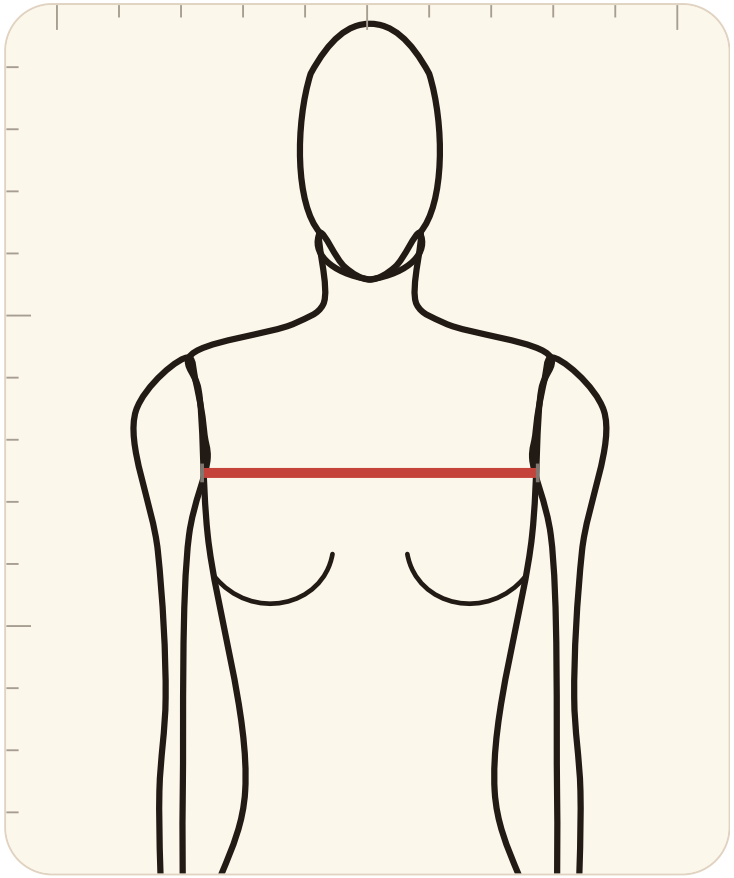
11 Front Chest Width

FOR JACKET

CM / IN

Across the front above the bust, from one front-armhole crease to the other. Do not measure across the fullest bust.

Where. Above the bust, across the front from armhole crease to armhole crease, not across the bust point.



11 · FRONT CHEST WIDTH · FRONT

12 Back Width

FOR JACKET

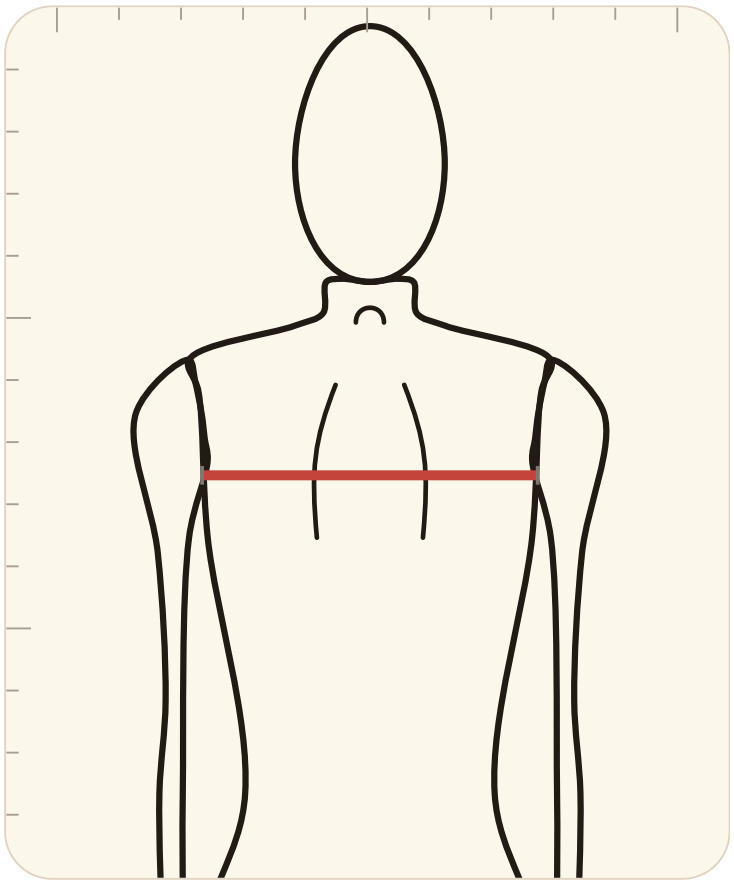
CM / IN

Usually 32.5–42.5 cm · 12 3/4–16 3/4 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 High Bust.



12 · BACK WIDTH · BACK

13 Half Shoulder Width (Right)

FOR JACKET

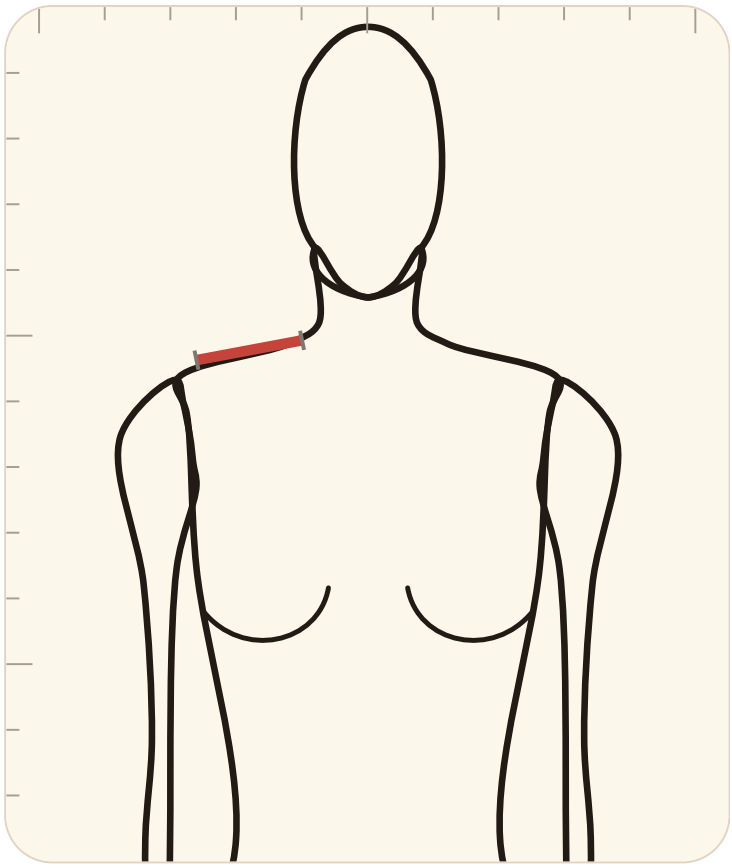
CM / IN

Usually 12–15.5 cm · 4 1/2–6 1/4 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

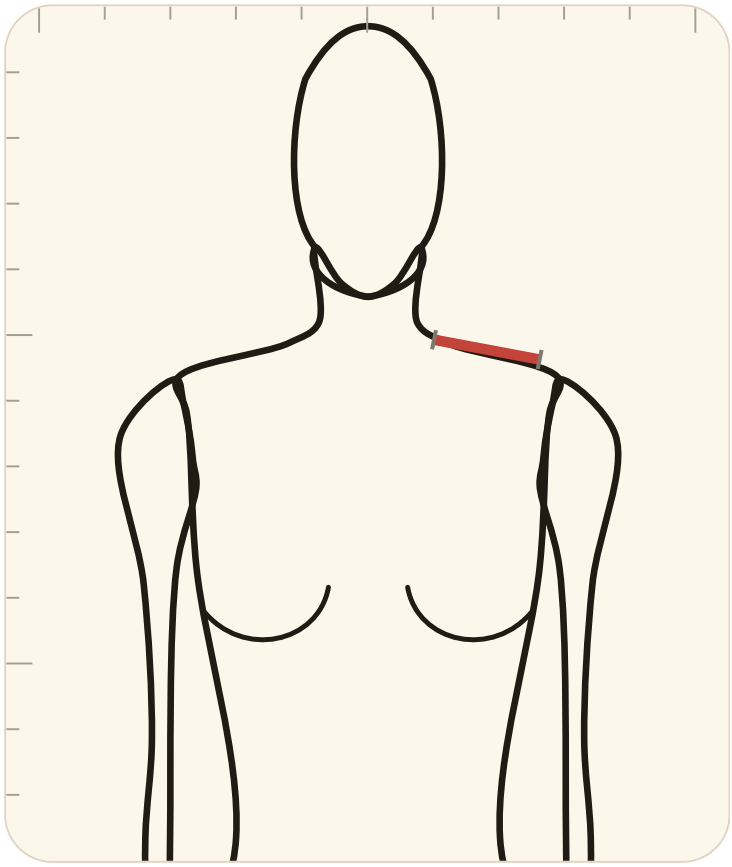
CM / IN

Usually 12–15.5 cm · 4 1/2–6 1/4 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

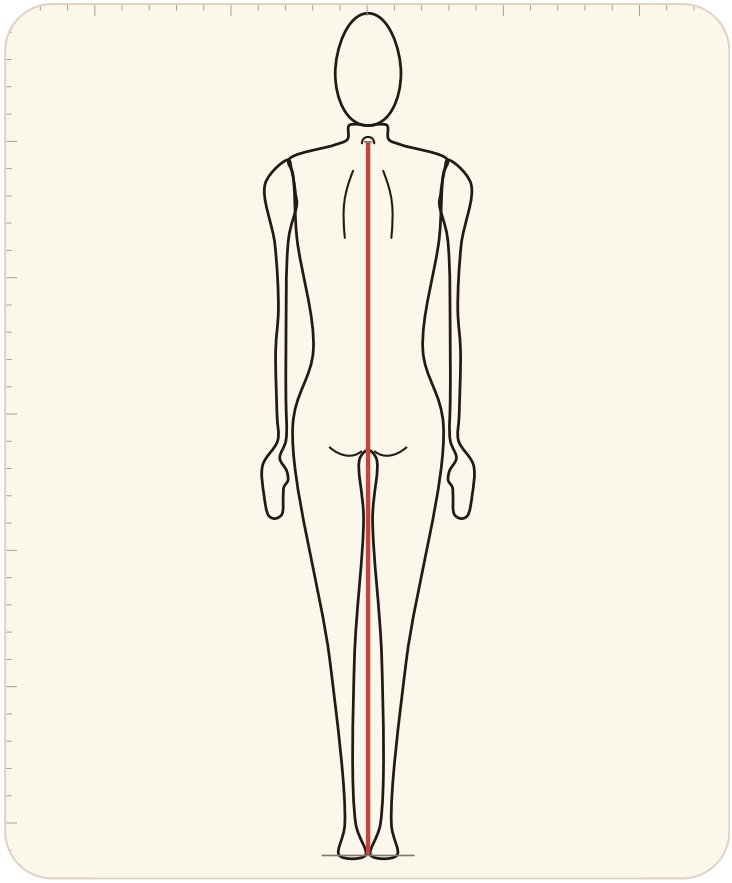
CM / IN

Usually 130–150 cm · 51–59 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

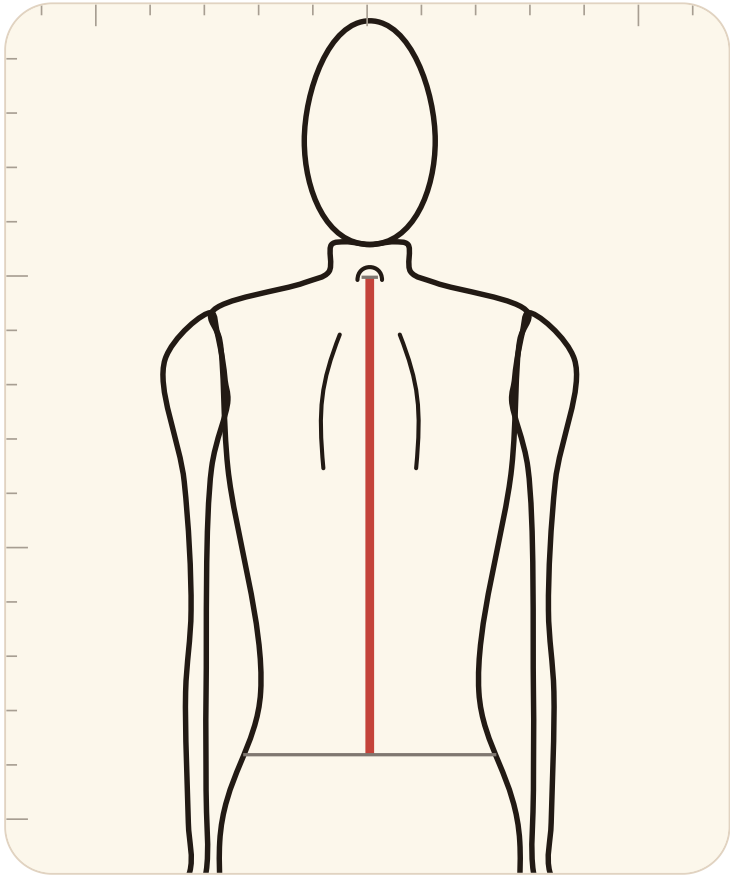
FOR JACKET

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

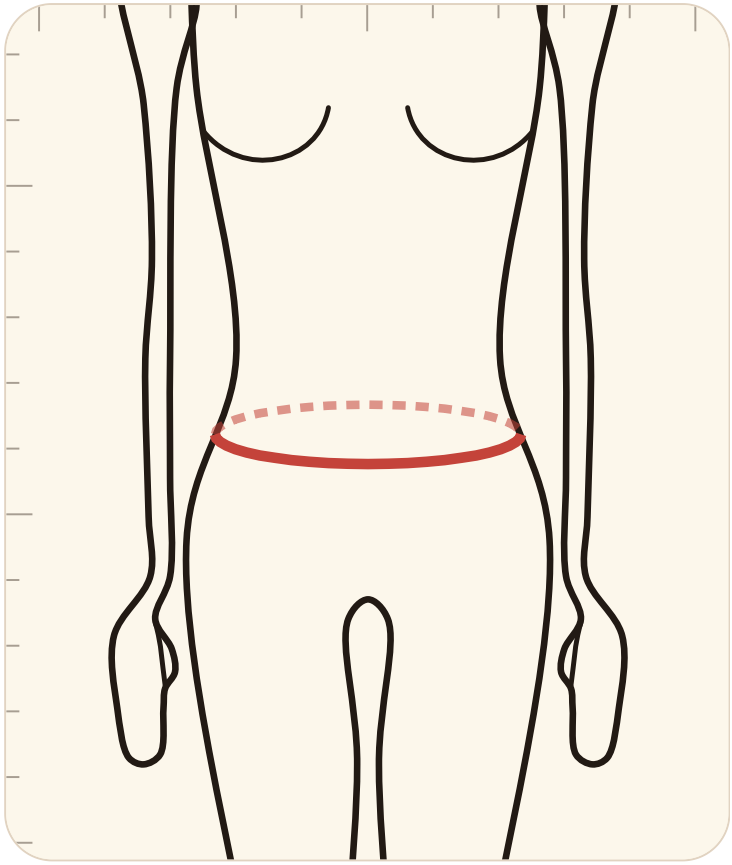
17 Trouser Waist

FOR TROUSERS

CM / IN

Around the waist where your trousers sit, snug, then relax and take the measurement. This is usually lower and larger than Waist (narrowest) — they are two different points.

Where. Where your trousers sit — below the natural waist for most trousers, at it for high-waisted ones; the same line Half Back Length (16), Trouser Outseam (18) and Crotch (20) start from.



17 · TROUSER WAIST · FRONT

18 Trouser Outseam

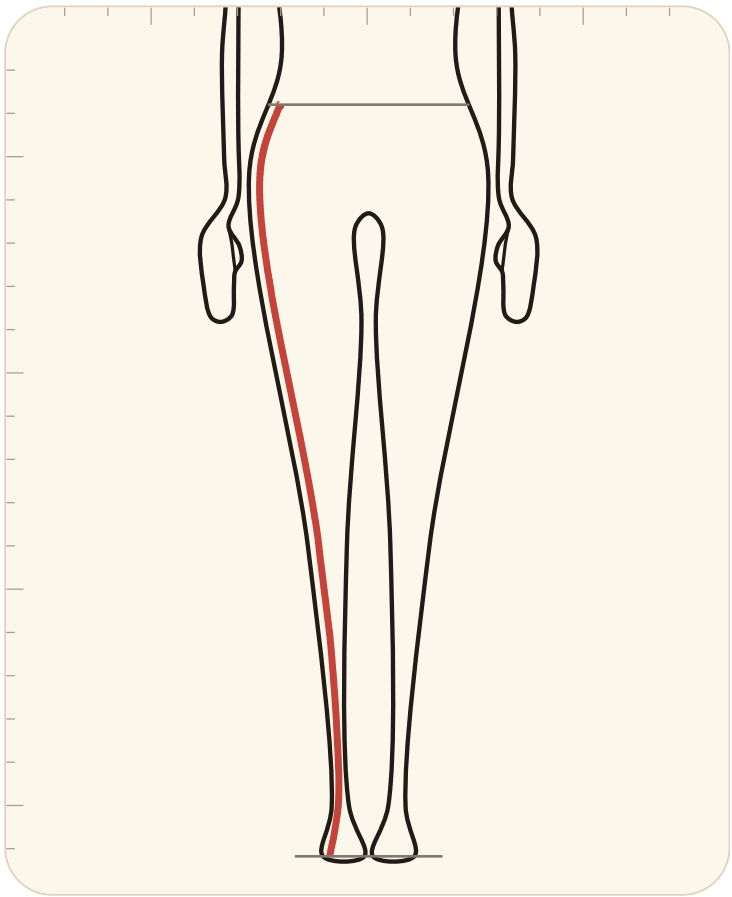
FOR TROUSERS

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

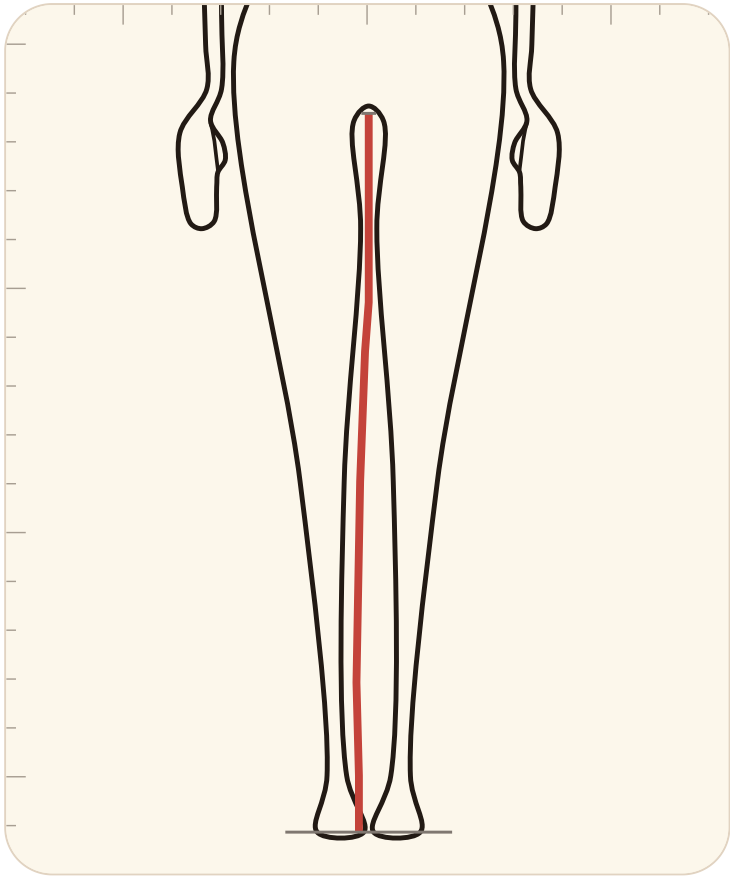
CM / IN

Usually 71–86 cm · 28–33 3/4 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

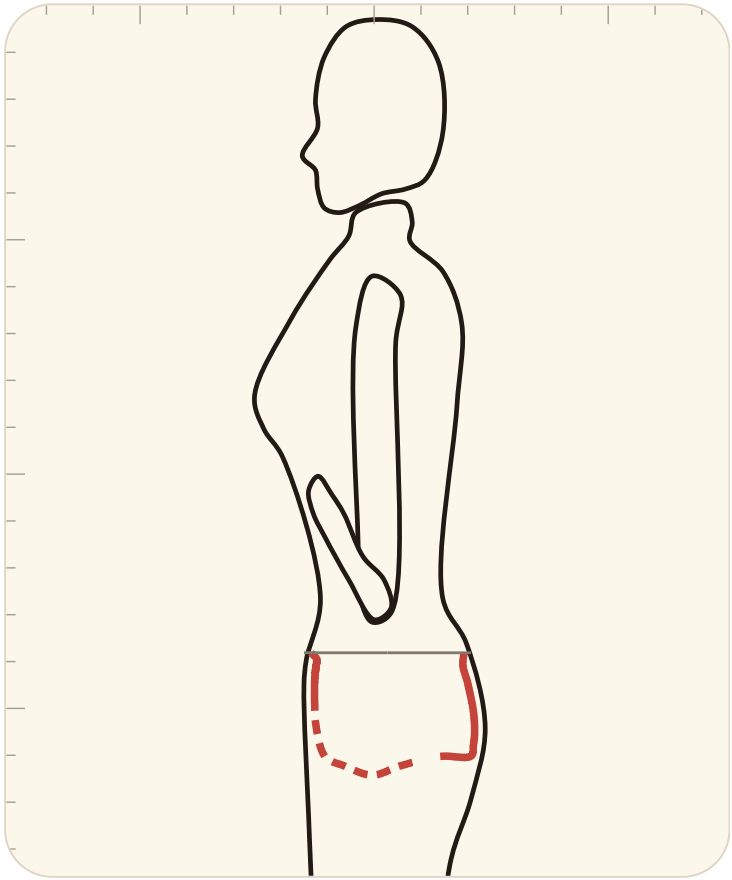
FOR TROUSERS

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

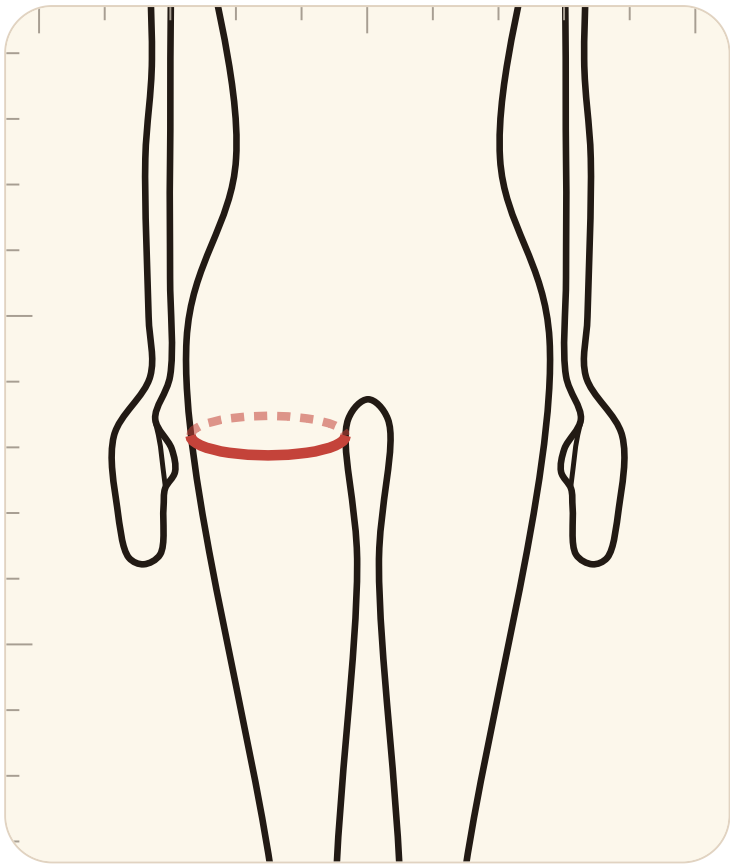
FOR TROUSERS

CM / IN

Usually 52.5–71.5 cm · 20 1/2–28 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

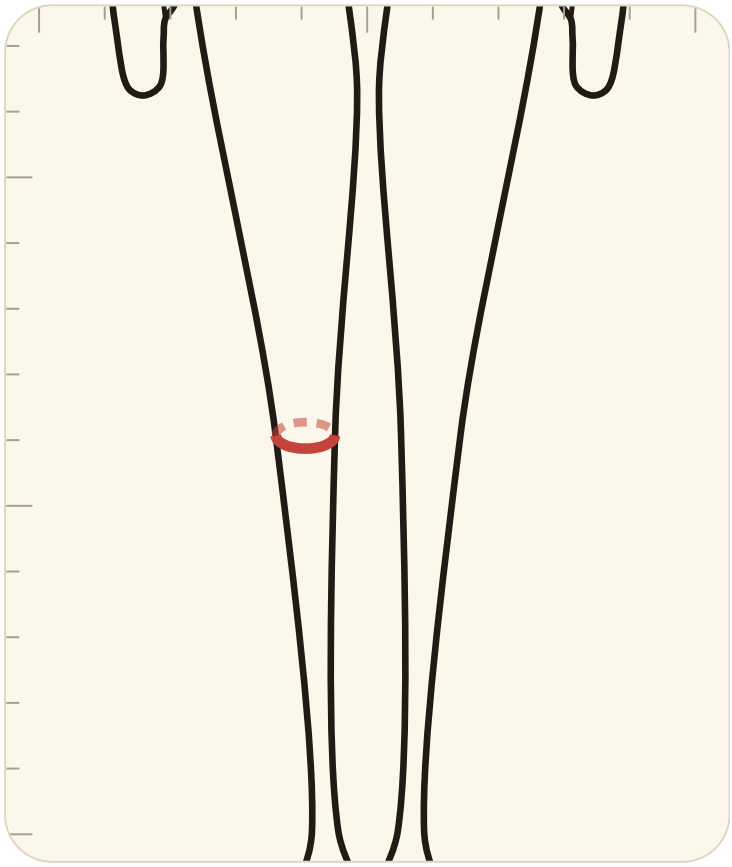
22 Knee

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

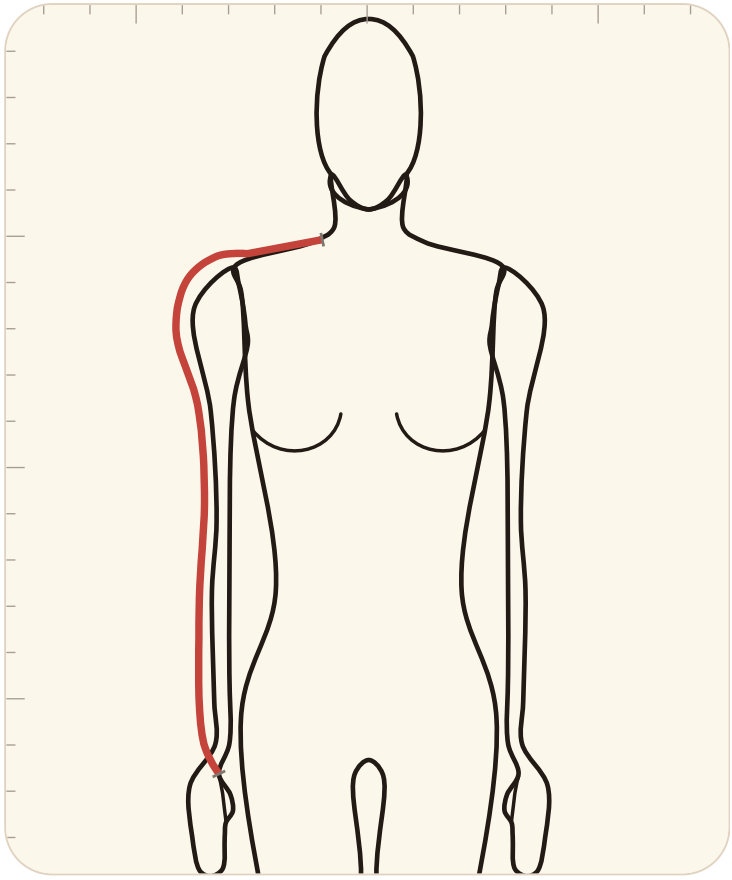
CM / IN

Usually 69.5–83 cm · 27 1/2–32 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

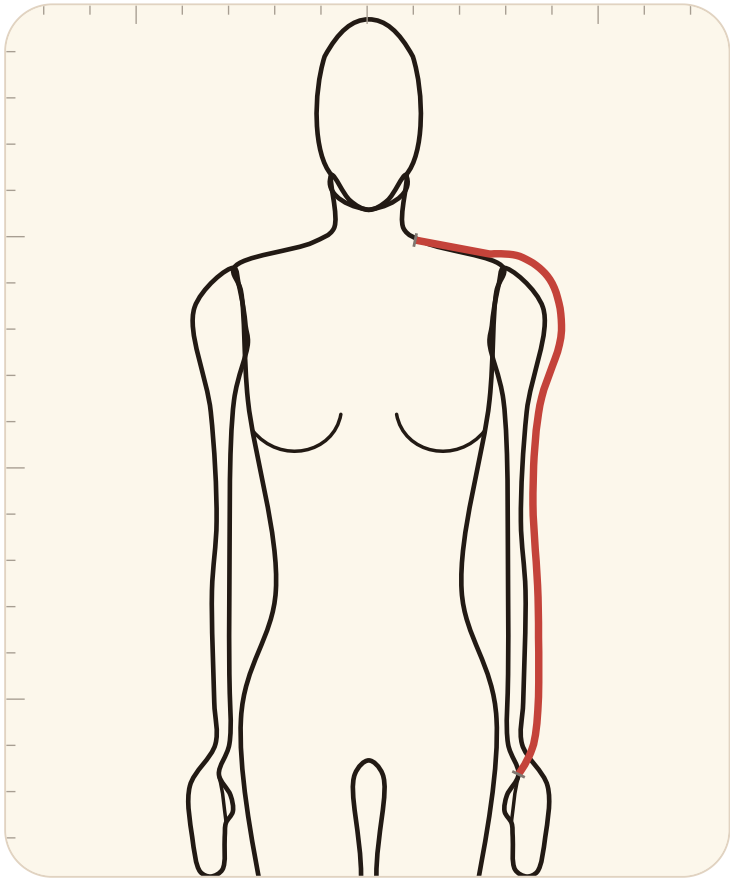
CM / IN

Usually 69.5–83 cm · 27 1/2–32 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

25 Full Bust

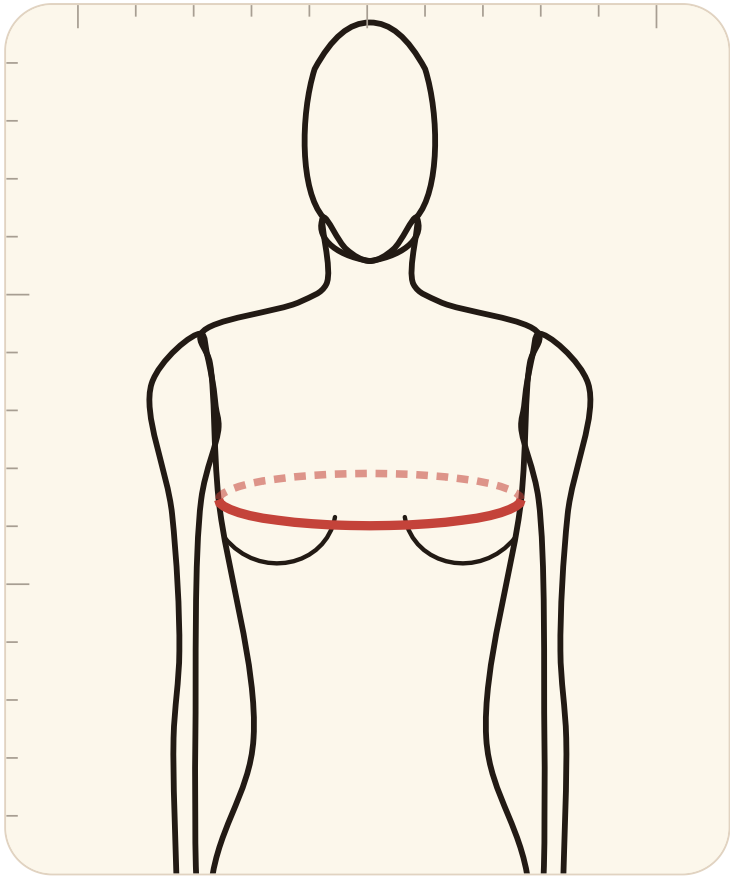
FOR JACKET

CM / IN

Usually 82–109.5 cm · 32 1/4–43 1/4 in

Around the fullest point of the bust, tape level and parallel to the floor.

Where. Over the bust points, the tape level all the way round — level at the back means over the shoulder blades, not dipping under them.



25 · FULL BUST · FRONT

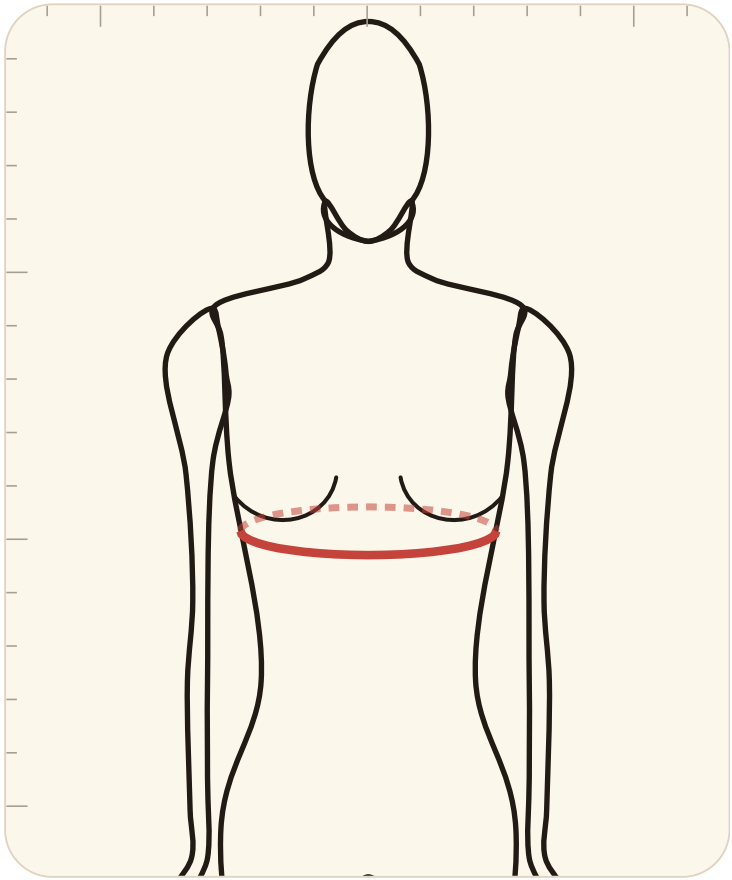
26 Under Bust

FOR JACKET

CM / IN

Around the rib cage directly under the bust, tape level.

Where. Where the bra band sits: the ribs directly under the bust, the tape level.



26 · UNDER BUST · FRONT

27 Shoulder to Bust Point

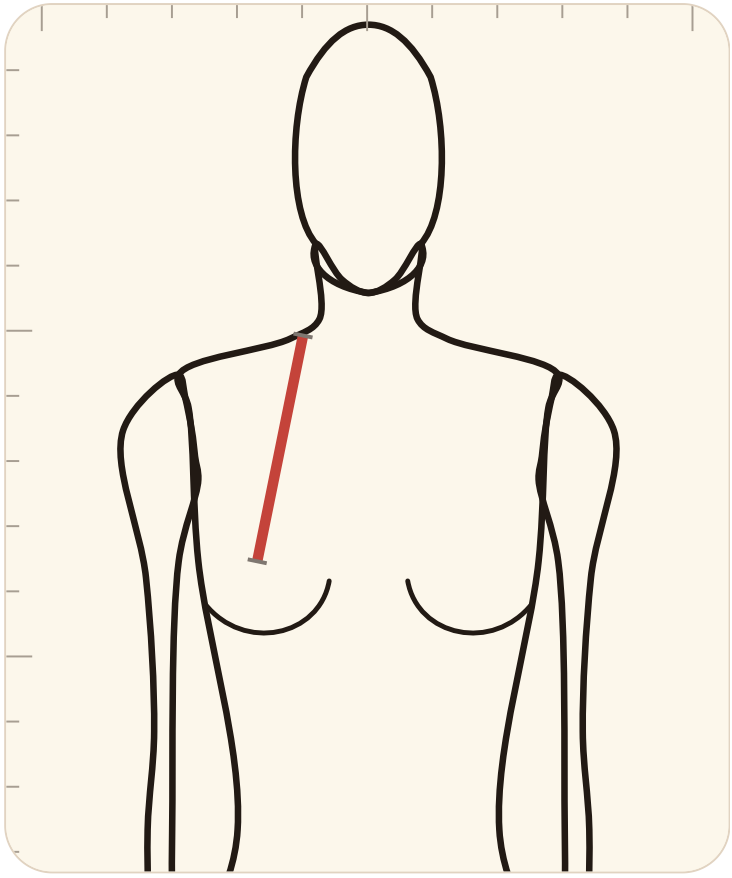
FOR JACKET

CM / IN

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

From the side of the neck, where the shoulder begins, down to the fullest point of the bust.

Where. The side of the neck, where the shoulder begins (the neck-shoulder point), down to the bust point. Locates the bust dart.



27 · SHOULDER TO BUST POINT · FRONT

28 Bust Point to Bust Point

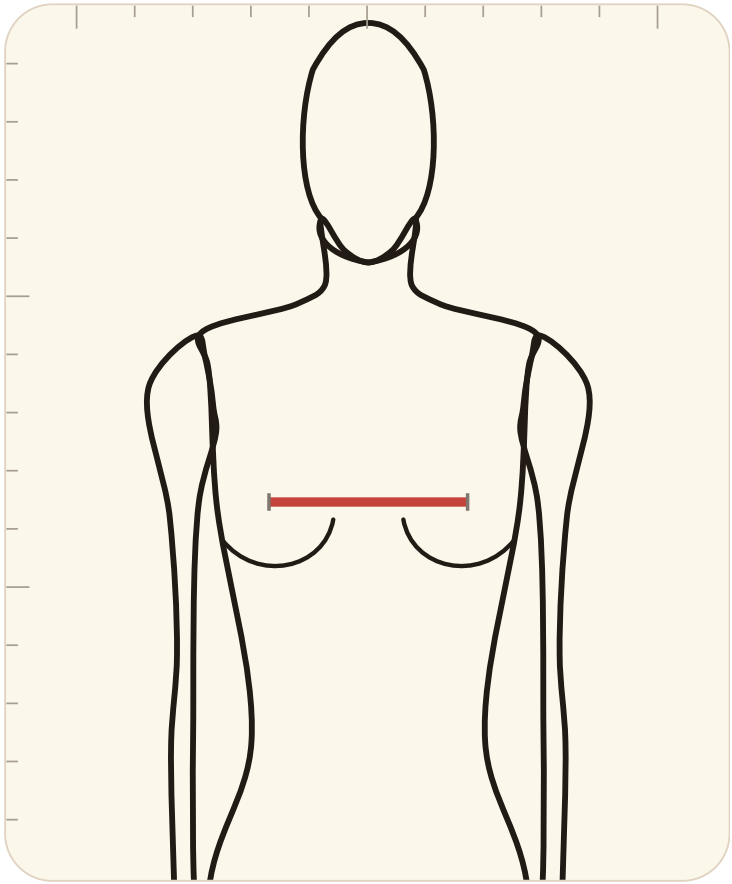
FOR JACKET

CM / IN

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

Straight across from the left bust point to the right.

Where. Apex to apex, straight across, the tape held level and not pulled tight.



28 · BUST POINT TO BUST POINT · FRONT

29 Nape to Waist (Front)

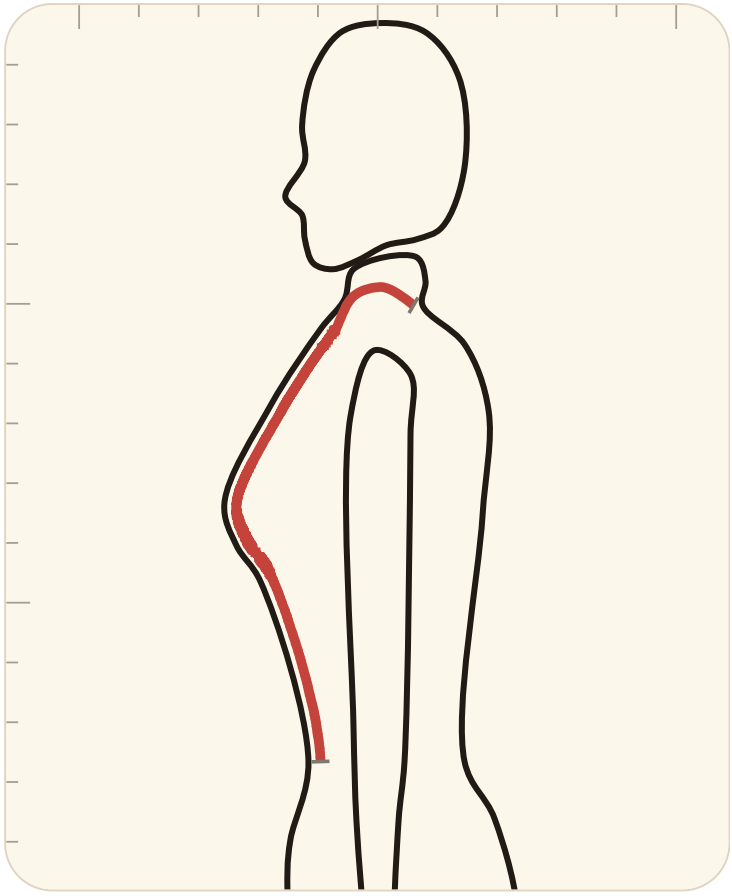
FOR JACKET

CM / IN

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

From the nape, over the shoulder and over the fullest bust, down to the natural waist at the centre front.

Where. From the nape, over the shoulder and out over the bust at its widest, back in to the natural waist at the centre front.



29 · NAPE TO WAIST (FRONT) · SIDE

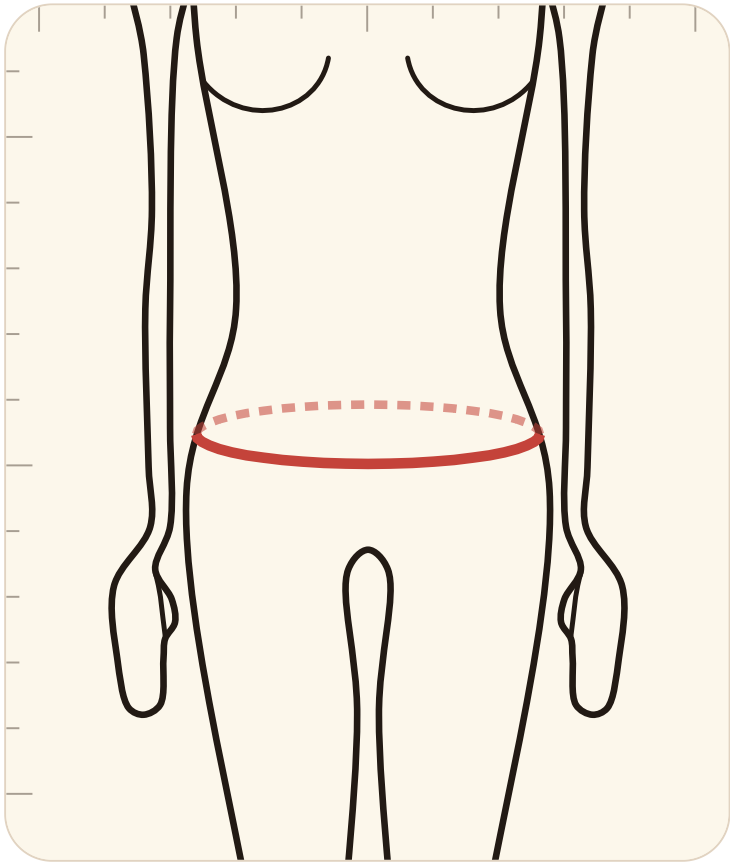
30 High Hip

FOR TROUSERS · SKIRT

CM / IN

Around the upper hip, about 8 to 10 cm (3 to 4 in) below the waist.

Where. The top of the hip bones, a hand's width below the waist — where a low waistband would sit.



30 · HIGH HIP · FRONT

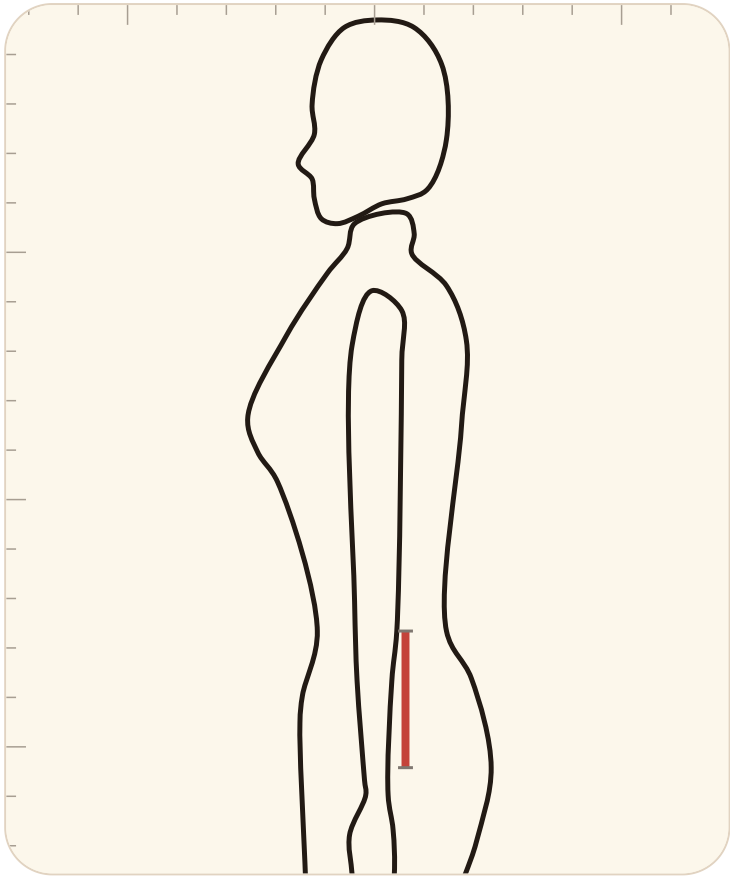
31 Waist to Hip

FOR TROUSERS · SKIRT

CM / IN

Straight down from the waist to the fullest part of the hip, about 20 cm (8 in).

Where. Vertical drop from the waist to the full-hip level.



31 · WAIST TO HIP · SIDE

32 Waist to Knee (skirt)

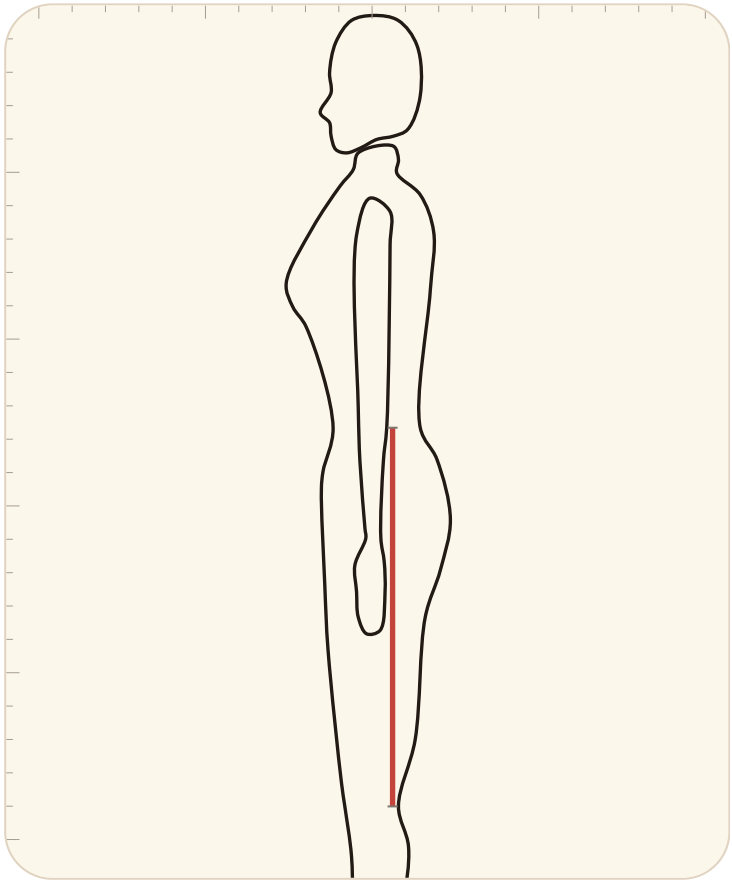
FOR SKIRT

CM / IN

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

Straight down from the waist to the knee.

Where. From the natural waist straight down the side to the middle of the kneecap.



32 · WAIST TO KNEE (SKIRT) · SIDE

33 Waist to Hem (skirt)

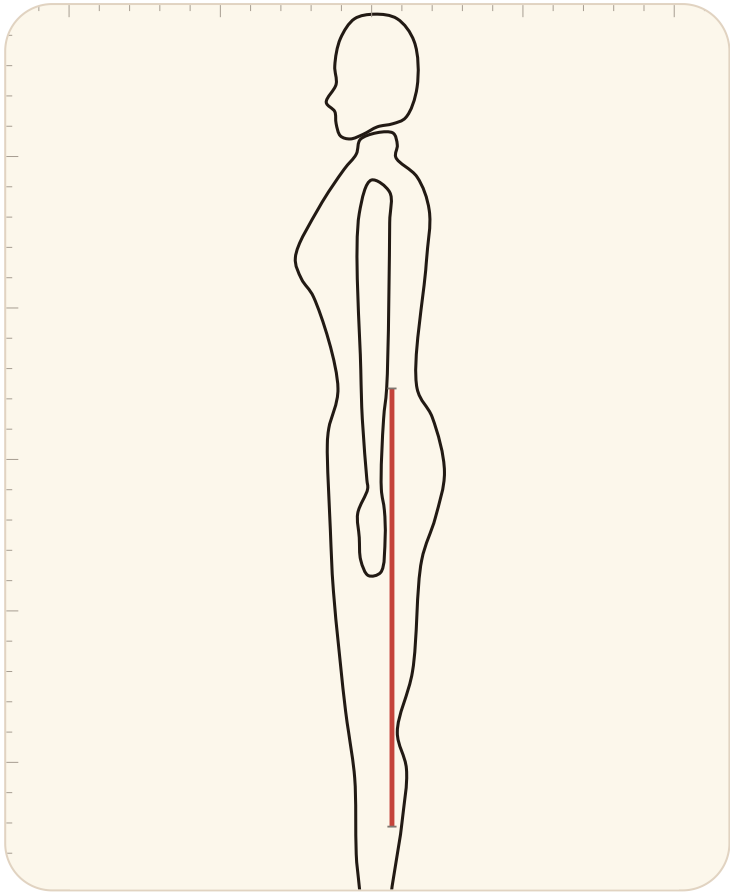
FOR SKIRT

CM / IN

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

Straight down from the waist to the finished skirt length you want.

Where. Vertical from the waist to the desired hem.



33 · WAIST TO HEM (SKIRT) · SIDE

34 Scye Depth (armhole)

FOR JACKET

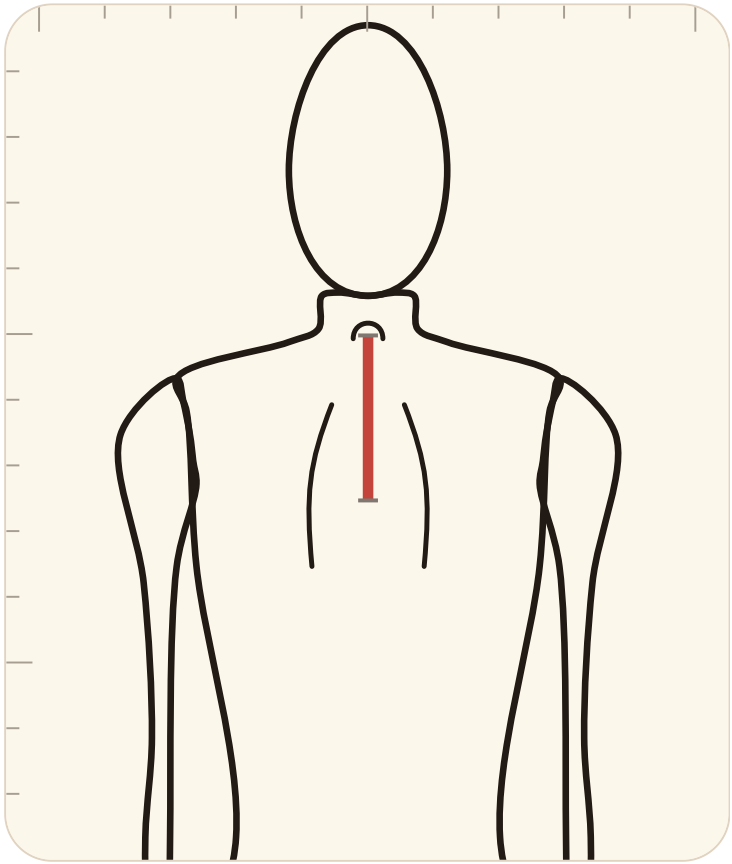
CM / IN

Usually 13–18 cm · 5–7 1/4 in

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

At centre back, from the nape down to the level of the bottom of the armhole.

Where. Centre back, nape down to the underarm/armhole level.



34 · SCYE DEPTH (ARMHOLE) · BACK

35 Nape to Waist (Back)

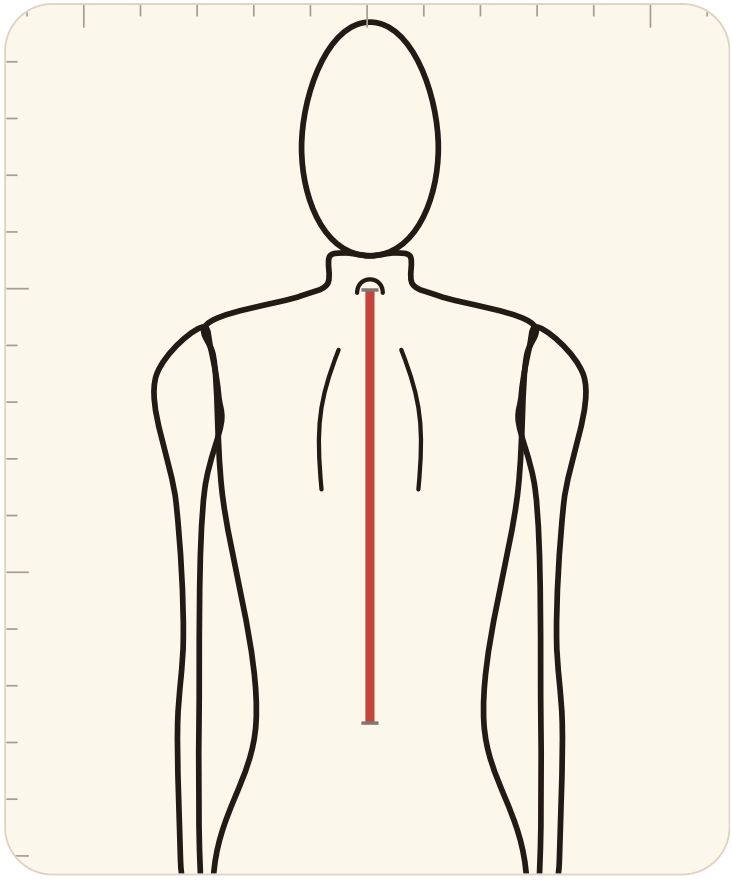
FOR JACKET

CM / IN

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

From the nape straight down the centre back to the natural waist.

Where. From the nape down the centre back to the natural (narrowest) waist.



35 · NAPE TO WAIST (BACK) · BACK

36 Body Rise (seated)

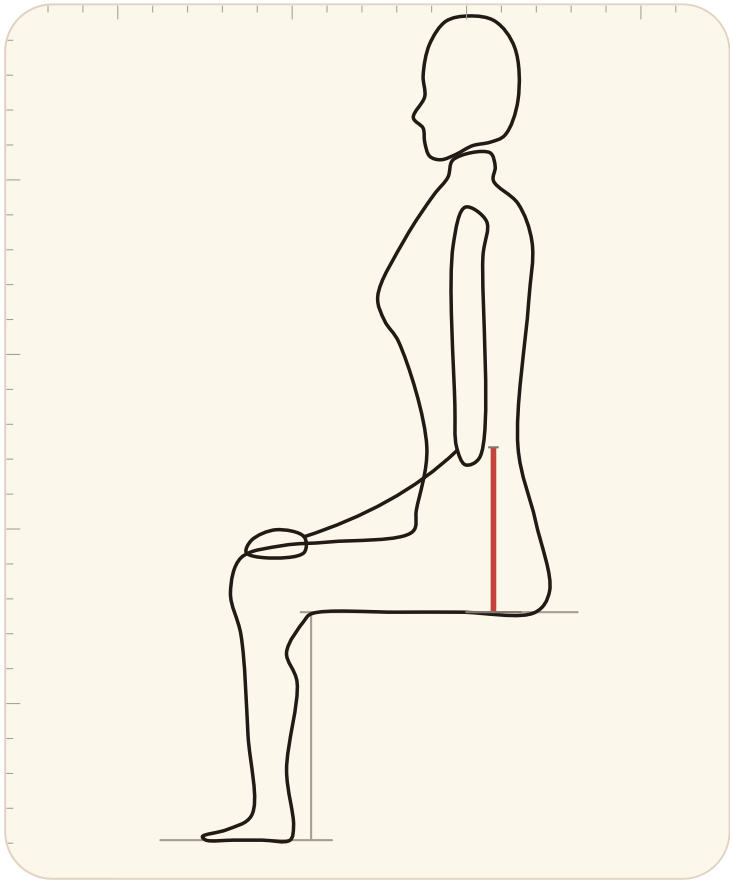
FOR TROUSERS · SKIRT

CM / IN

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

Sit on a hard flat chair and measure straight down the side from the natural waist to the chair seat.

Where. Seated on a hard flat chair, the vertical distance from the natural waist to the chair seat — never from a waistband.



36 · BODY RISE (SEATED) · SIDE

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 High Bust — 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 4.5 cm or one and three quarters 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.
29 > 35	Nape to Waist (Front) is usually longer than Nape to Waist (Back) — the front travels over the bust, and by how much depends on you. Note both; if they look unusual together, we will ask before anything is cut.
17 >= 08	Trouser Waist is never smaller than Waist (narrowest); they are equal only if your trousers sit at the natural waist. If yours is smaller, take both again.
25 > 26	Full Bust is always longer than Under Bust. If yours is not, take both again.

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	_____	19	Trouser Inseam crotch to the floor, inside leg	_____
02	High Bust above the bust, under the arms	_____	20	Crotch waistband to waistband, between the legs	_____
03	Full Shoulder Width shoulder end to end, across the back	_____	21	Thigh around the widest thigh	_____
04	Right Sleeve shoulder end to the pinch of the hand	_____	22	Knee around the widest knee	_____
05	Left Sleeve shoulder end to the pinch of the hand	_____	23	Right Full Sleeve side of neck to the pinch of the hand	_____
06	Bicep around the fullest upper arm	_____	24	Left Full Sleeve side of neck to the pinch of the hand	_____
07	Wrist around the wrist	_____	25	Full Bust around the fullest bust	_____
08	Waist (narrowest) around the narrowest waist	_____	26	Under Bust around the ribs, under the bust	_____
09	Hips / Seat around the fullest hips and seat	_____	27	Shoulder to Bust Point side of the neck to the bust point	_____
10	Front Jacket Length over the bust to the thumb knuckle	_____	28	Bust Point to Bust Point bust point to bust point, across	_____
11	Front Chest Width armhole to armhole, above the bust	_____	29	Nape to Waist (Front) nape over the bust to the front waist	_____
12	Back Width armpit to armpit, across the back	_____	30	High Hip around the upper hip, below the waist	_____
13	Half Shoulder Width (Right) shoulder end to the side of the neck	_____	31	Waist to Hip waist down to the fullest hip	_____
14	Half Shoulder Width (Left) shoulder end to the side of the neck	_____	32	Waist to Knee (skirt) waist down the side to the knee	_____
15	Full Back Length nape to the floor	_____	33	Waist to Hem (skirt) waist down the side to your hem	_____
16	Half Back Length nape to the trouser waistband	_____	34	Scye Depth (armhole) nape to the armhole level, centre back	_____
17	Trouser Waist around, where the trousers sit	_____	35	Nape to Waist (Back) nape to the natural waist, centre back	_____
18	Trouser Outseam waistband to the floor, outside leg	_____	36	Body Rise (seated) natural waist to the chair, seated	_____