CLIENT DETAILS

Ladies measurement guide

Please complete your details below, then record your measurements beside the illustrations on pages 2-4.

PERSONAL INFORMATION

FIRST NAME

LAST NAME

EMAIL

DATE

HEIGHT / UNIT (CM OR IN)

WEIGHT / UNIT (KG OR LB)

BEFORE YOU MEASURE

Wear a properly fitting bra and a soft, close-fitting garment that does not squeeze the body. Ask someone to help and stand naturally. Keep the tape level and comfortably snug without compressing the body.

Tie a string at your upper-body waist and leave it in place as a reference. Follow the neck allowance and trouser fit guidance beside the relevant illustrations.

MEASUREMENT UNITS

Use inches or centimetres consistently. Weight may be in kg or lb.

Measurements entered in: [ ] inches (in) [ ] centimetres (cm)

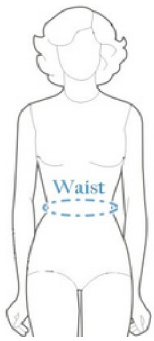
Send the completed guide using the contact details below. For help with tape placement, send us a photo.

01 / UPPER BODY

The foundation of your fit

Wear a properly fitting bra. Keep the waist string in place as your reference. Record all measurements consistently in inches or centimetres.

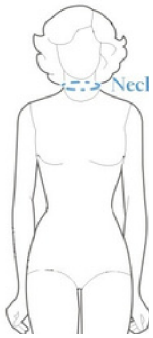
A Waist



Tie a string at waist level. Measure around the waist at the string, keeping the tape comfortably snug without squeezing.

Measurement

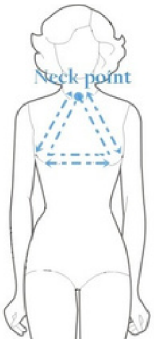
B Neck



Measure around the neck, neither tight nor too loose. Include the collar allowance you would like.

Measurement

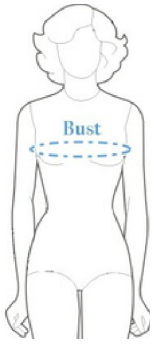
C Neck point to bust



Measure from the neck point to the left bust point, then to the right bust point. Also measure the distance between the two bust points. Record all three distances separately.

Left | Right | Between

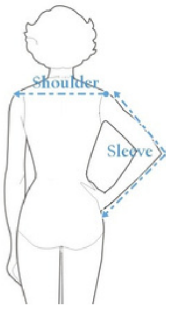
D Bust



Measure around the fullest part of the bust. Keep the tape level around your body.

Measurement

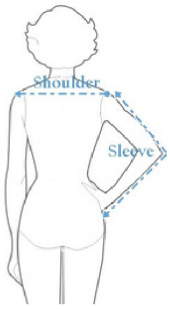
E Shoulder width



Measure from the left shoulder end to the right shoulder end. For a slim fit, use the higher shoulder points; use the regular shoulder points for a regular fit.

Measurement

F Sleeve length



Measure from the shoulder end to your desired sleeve end. The original standard is the distance from shoulder to thumb tip minus 3 1/2 inches (8.9 cm). Record your chosen length.

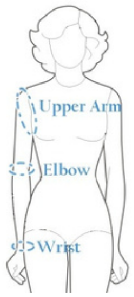
Measurement

01 / UPPER BODY CONTINUED

Shape, balance & length

These measurements apply to shirts, blazers, jackets, vests, dresses and overcoats. Garment lengths differ; use the same neck starting point.

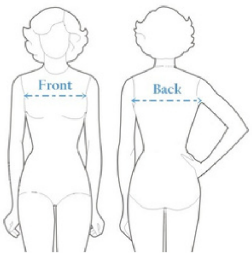
G Upper arm, elbow & wrist



Measure around the upper arm, around the elbow and around the wrist. Record each circumference separately.

Upper arm	Elbow	Wrist

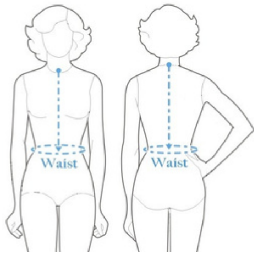
H Front & back width



Measure across the front from the left armpit to the right armpit. Repeat across the back, from armpit to armpit. Record both widths.

Front	Back

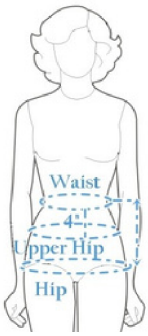
I Neck point to waist



Measure from the neck point to the waist string at the front. Repeat at the back. Record the front and back lengths separately.

Front	Back

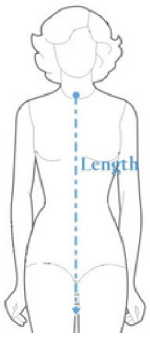
J Upper hip & hip



Measure around the upper hip 4 inches (10.2 cm) below the waist string. Measure around the fullest hip. Also record the vertical distance from the waist string to that hip level.

Upper hip	Hip	Waist-hip

K Garment length



Measure from the neck point to your desired hem. This applies to shirts, blazers, jackets, vests, dresses and overcoats. Record the garment and its length below; use additional space for other garments.

Garment	Length

Additional garment lengths

Garment: _____

Length: _____

02 / LOWER BODY

Skirts & trousers

Choose your waistband position before measuring. Skirts and trousers differ in length. Crotch and leg measurements apply to trousers.

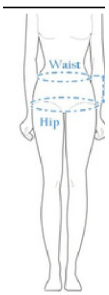
L Waist



Measure exactly where you want the trouser or skirt waistband to sit: medium, extra high or extra low. Keep the tape neither too tight nor too loose.

Measurement

M Hip & hip position

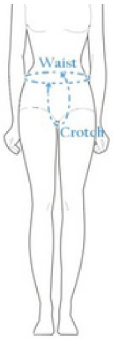


Measure around the fullest part of the hips. Also record the vertical distance from the chosen waistline to that hip level.

Hip

Waist-hip

N Crotch



Measure from the front waistband through the crotch to the back waistband. Choose a higher crotch for slim fit or a looser crotch for loose pleated trousers. You may measure a well-fitting old pair and note any + or - adjustment.

Measurement

O Thigh, knee & ankle



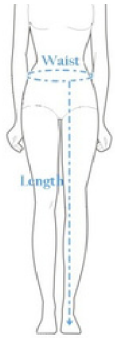
Measure around the fullest thigh, around the knee and around the ankle. Record each circumference separately.

Thigh

Knee

Ankle

P Skirt / trouser length



Measure from the chosen waistline down to the desired hem. Record your skirt and trouser lengths separately.

Skirt

Trousers

Style references: countryroadfashions@gmail.com