CLIENT DETAILS

# 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 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)

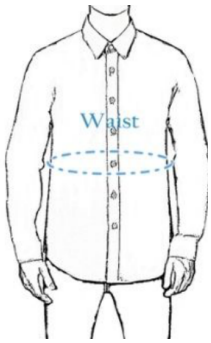
Send the completed guide using the contact details below. For help with tape placement, send us a photo.

01 / UPPER BODY

# The foundation of your fit

Use the waist string as the reference for A, C and K. Follow the same starting point when recording different garment lengths.

## A Waist & stomach




Tie a string at waist level and measure around it. Also record the stomach circumference at its fullest level. This upper-body reference waist is separate from the trouser waistband position (M).

| Waist | Stomach |
|---|---|
| | |

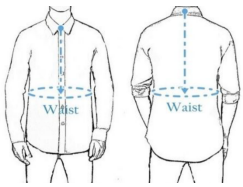
## B Neck




Measure around the neck directly below the larynx. Keep the tape neither tight nor loose, allowing one finger for comfort. Include your preferred collar allowance.

| Measurement |
|---|
| |

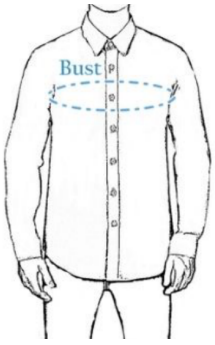
## C Neck to waist




From the neck point shown, measure down to the waist string at the front, then repeat at the back. Record both lengths separately.

| Front | Back |
|---|---|
| | |

## D Chest / bust




Measure around the fullest part of the chest or bust, with the tape high beneath the underarms and level around the back.

| Measurement |
|---|
| |

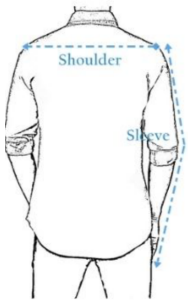
## E Shoulder width




Across the back, measure from the point where one shoulder meets the arm to the matching point on the other side. For a slim fit, use the higher shoulder points; use the regular 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.

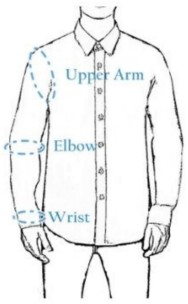
| Left | Right |
|---|---|
| | |

01 / UPPER BODY CONTINUED

# Shape, balance & length

Record circumferences around the body, and widths across the body. For J and C, enter front and back measurements separately.

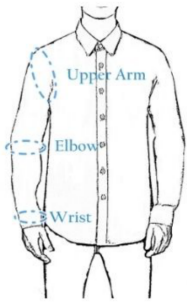
## G Upper arm




Measure around the upper arm. Keep the arm relaxed and the tape comfortably snug.

Measurement

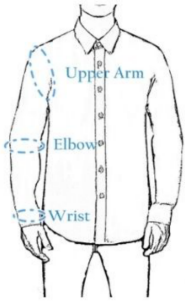
## H Elbow




Measure around the elbow. Record the circumference without pulling the tape tight.

Measurement

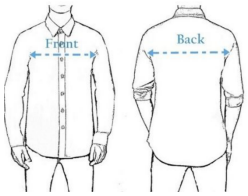
## I Wrist




Measure around the wrist at the wrist level shown. Record the circumference.

Measurement

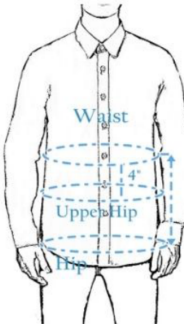
## J Front & back width




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

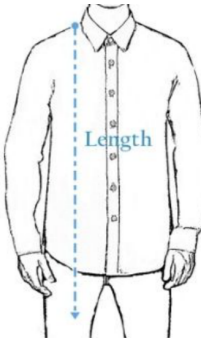
## K Upper hip & hip




Measure the upper-hip circumference 4 inches (10.2 cm) below the waist string. Then measure around the fullest hip, including the buttocks. Also record the vertical distance from the waist string to that fullest hip level.

Upper hip | Hip | Waist-hip

## L Garment length




Measure from the neck / bottom-collar point to your chosen hem. Jackets should generally reach your knuckles with arms relaxed at your sides. Use the same starting point for shirts, vests and overcoats. Record each length below.

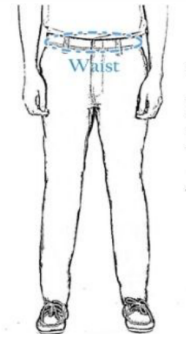
Shirt | Jacket | Vest | Coat

02 / LOWER BODY

# Trousers & shorts

Choose where you want your waistband to sit before measuring. Use that same waistline for M, N, O and Q. Trousers and shorts use the same method; their lengths differ.

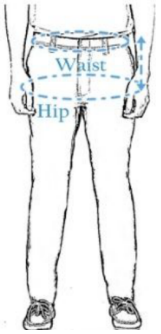
## M Trouser waist




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

Measurement

## N Hip & hip position

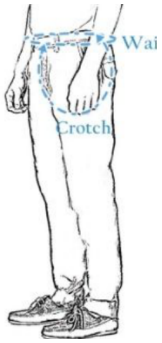



Measure around the fullest part of the hips and buttocks. Also record the vertical distance from the chosen trouser waistline to this hip level.

Hip

Waist-hip

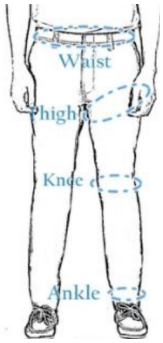
## O Crotch




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

## P Thigh, knee & ankle



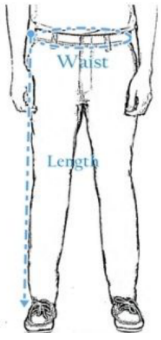

Measure around the fullest thigh, around the knee, and around the ankle. Enter all three circumferences separately. Note your preferred fit when returning the form.

Thigh

Knee

Ankle

## Q Trouser / short length




Measure down the outside leg from the chosen waistline to the desired hem. For traditional long trousers, measure to the heel. For a fashion length or shorts, choose your preferred hem. Record each length below.

Trousers

Shorts

## R Cuff / leg opening




Record the desired circumference of the finished cuff or leg opening. This is a garment measurement and is separate from your ankle circumference (P).

Measurement

Photo enquiries: countryroadfashions@gmail.com