

# HOW TO MEASURE

USE THIS GUIDE TO  
BE ASSURED OF A COMFORTABLE FIT.

## MEN'S

**A. NECK SIZE:** Measure neck as illustrated, holding tape snugly. Read number of inches as size. Or take a shirt with a collar that fits you well. Lay the collar flat, and measure from center of collar button to far end of buttonhole.

**B. SLEEVE LENGTH:** Hold arm chest high, bent slightly at elbow. Measure from bottom of collar at center of back around elbow to far end of wristbone as illustrated.

**C. CHEST SIZE:** Place tape measure around fullest part of the chest and over clothing, keeping it up under arms and around the shoulder blades. Number of inches is your size.

**D. WAIST SIZE:** Measure around waist, over shirt (not over pants) at height you normally wear your pants. Hold tape as snugly or as loosely as you want your pants to fit. Number of inches is your size.

**E. INSEAM:** Measure inseam as illustrated from base of crotch seam to the top of the shoe to be worn. Number of inches is your size. Or take a pair of pants (not jeans) that fits you well. Measure from the crotch seam to the bottom of the pants.

## WOMEN'S

**A. BUST SIZE:** Measure around shoulder blades, under the arms and around the fullest part of the bust over clothing.

**B. WAIST SIZE:** Measure around waist, over blouse (not over slacks) at the height you normally wear your slacks. Hold tape as snugly or as loosely as you want your slacks to fit.

**C. HIP SIZE:** Measure around the fullest part of the hips - normally 7 to 8 inches below natural waistline. Stand with feet together.

**D. INSEAM:** Measure inseam as illustrated from base of crotch seam to the top of the shoe to be worn. Number of inches is your size. Or take a pair of slacks (not jeans) that fits you well. Measure from the crotch seam to the bottom of the slacks.

**NOTE:** Because women's figures may vary and different types of garments are designed to fit the figure in various ways, this information should be used only as a guide.

