

**Note:** Measurements must be done over a close fitting garment

**How to Measure**

1. Chest: measure with arms held out at shoulder height, over bust/chest and across back.
2. Waist: measure around the natural waistline.
3. Hip: measure around the widest part of the hip, parallel to the floor.
4. Torso: keeping the tape against the back, from the centre of the shoulder, down the front, through the crotch, and up the back to the starting point.
5. Crotch Length: measure from centre front waist, passing under crotch to centre back waist.
6. Arm Length: measure from edge of shoulder to bottom of wrist bone, done on a straight arm.
7. Upper Arm: measure on a straight arm around the bicep.
8. Wrist: measure around the wrist bone.
9. Inseam: Measure the inside length of the leg from the crotch to the middle of the anklebone.
10. Ankle: measure just above the anklebone.
11. Skirt Length: measure from the side waist along outside of leg to the desired length.

**Mens Pants Only:** Please provide waist, hip and outseam measurements.

Outseam: From the natural waistline, along the outside of the leg to, the bottom of the ankle bone.

