

Complete Measurement Guide

You Need: A Fabric Tape Measure & Ten to twenty minutes.

We recommend When Measuring:

- If you can get assistance from a friend when measuring *although the majority of the measurements can easily be self-taken, we have found the process to be faster if you have someone readily available to assist you. We also find it to be the best fit possible for you later.*
- You wear a good fitting dress-shirt and slacks *if you do not have these items, any form-fitting clothing will suffice. No jeans and empty your pockets!*

About Measuring

- When taking measurements the tape should be held flat against the body; it should be held snug enough so not droop, but never so tight as to feel restrictive.
- All measurements should be taken to the nearest quarter (.25) inch.
- Do not add wiggle room to your measurements. We will adjust the fit based off of your selected preferences and build. All measurements are “skin measurements”.
- More measurement specific questions? [Visit our website for more information and video tutorials on how to measure yourself properly!](#)

How to Submit this Information

- Fax us your full measurements to 1-859-972-1350.
- Email a scanned copy of the summary page to Sales@SuitsofStyle.com
- Give us a call and submit your information over the phone.

Contact Us via Our 24hour Voice System:

- **(213)-SUITS55, (732) SUITS 41,**
- Email: cs@SuitsofStyle.com

Please answer the following:

1. Height _____
2. Weight _____
3. Shoe Size (USA) _____
4. Watch Hand Right / Left
5. Skin Color _____
6. Hair Color _____
7. Eye Color _____
8. Jean Size _____

Describe any problems you usually have with non-tailored clothing.

What did you wear while being measured? (IMPORTANT)

- Body Stance



__ Normal ____



_ Forward Leaning



_____ Erect ____

- Shoulder slope



Normal ____



Steep ____



Flat ____

- chest description



Thin ____



Fit ____



Normal ____



Muscular ____



Large ____

- Your stomach description



Thin ____



Normal ____



Medium ____



Large ____

- Your seat shape



Thin ____



Normal ____



Curved ____



Large ____

1. Neck

- Measure around your neck at the height where your collar, if buttoned, would be.
- This measurement should be taken along the lower section of the neck, below your Adams Apple and above your Sternal Notch.
- The tape should be comfortably touching the skin, with enough room so that you do not feel restricted.
- My Neck is _____._____ inches.



2. Full Chest

- Measure around the chest and body at its fullest part (typically right under the armpits and shoulder blades, right across the nipples).
- Hold the tape against the body tight enough so that it does not slip down, but not so tight that it restricts breathing. It should be “snug”.
- Make sure the tape is horizontal and the person's arms are by their side; then take a normal breath and measure.
- Do not puff out your chest
- Double check this measurement.
- My Full Chest is _____._____ inches.



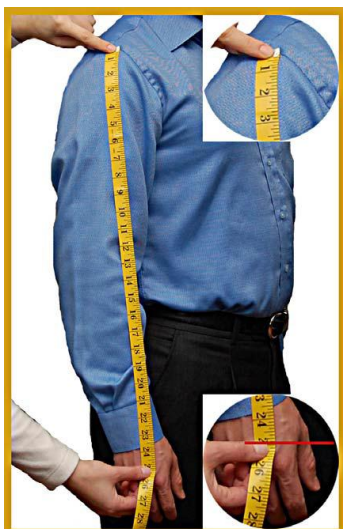
3. Full Shoulder Width

- Measure from the end of the right shoulder to the end of the left shoulder.
- We define the “End of the Shoulder” as where the horizontal plane of the shoulder intersects the vertical plane of the arm (see illustration).
- Double check measurement.
- My Full Shoulder Width is _____._____ inches.



4. Right Sleeve

- Measure from the end of the right shoulder to the “Pinch” of the right hand.
- The “Pinch” of the hand is found where the base of the thumb and the base of the index finger intersect (approximately 1 inch above the index finger knuckle).
- Double check this measurement.
- Right Sleeve is _____._____ inches.



5. Left Sleeve

- Measure from the end of the left shoulder to the “Pinch” of the left hand.
- Double check this measurement.
- Left Sleeve is _____ . _____ inches.



6. Bicep

- Measure around the fullest part of the bicep with the arms by your side.
- You need only measure one side.
- My Bicep is _____._____ inches.



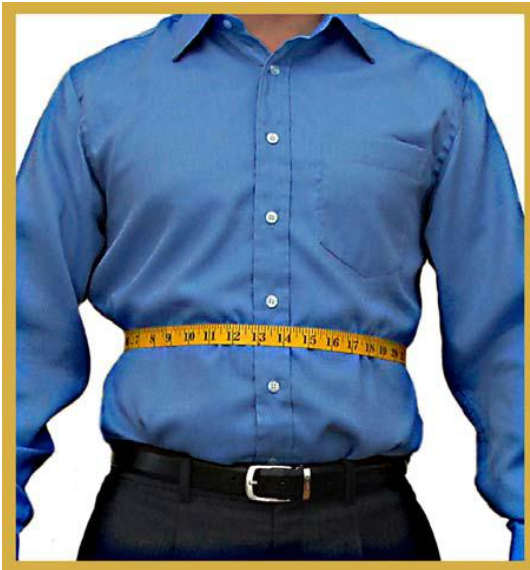
7. Wrist

- Measure around the fullest part of the wrist.
- You need only measure one side.
- Wrist is _____._____ inches.



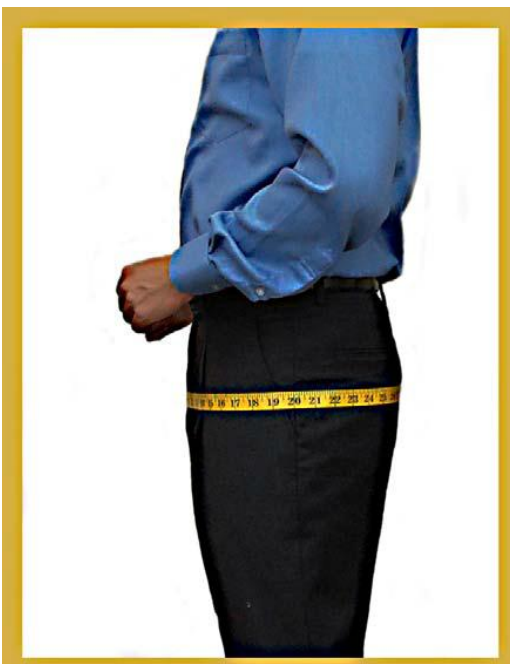
8. Waist / Stomach

- Measure around the fullest part of the waist/stomach or right below your bottom ribs, whichever is greater.
- Jacket Waist is _____ inches.



9. Hips/Seat

- Measure around the fullest part of your hips and buttocks.
- My Hips/Seat is _____ inches.



10. Front Jacket Length

- Measure straight down the front from the base of the neck (right or left side) to the point level with your thumb knuckle.
- My Front Jacket Length is _____ . _____ inches.



11. Front Chest Width

- With the person's arms by their side, measure across the front of the chest.
- Start at the front of the right armpit, continue measuring across the nipples, and then stop at the front of the left armpit. Do not measure under the arms.
- This is the front part of the full chest measurement we took in step 2.
- My Front Chest Width is ____ . ____ inches.



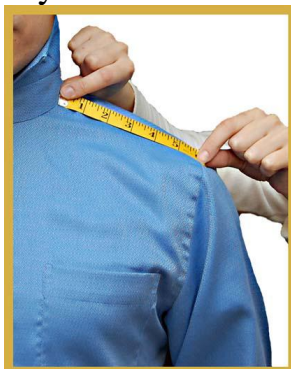
12. Back Width

- With the person's arms by their side, measure across the back.
- Start at the back of the right armpit, continue measuring across the shoulder blades, and then stop at the back of the left armpit. Do not measure under the arms.
- This is the back part of the full chest measurement we took in step 2.
- My Back Width is _____.____ inches.



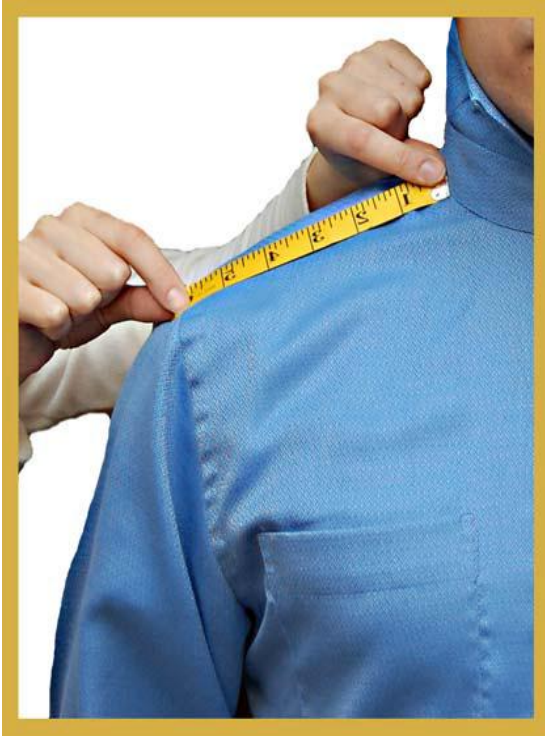
13. Half Shoulder Width (Right)

- Measure from the end of the right shoulder to the base of the right side of the neck.
- We define the “Side of the Neck” as the point at which the vertical plane of the neck intersects the horizontal plane of the shoulder.
- My Half Shoulder Width (Right) is _____.____ inches.



14. Half Shoulder Width (Left)

- Measure from the end of the left shoulder to the base of the left side of the neck.
- My Half Shoulder Width (Left) is _____ inches.



15. Full Back Length

- Measure from the base of the back of the neck to the floor.
- We define the “base of the back of the neck” as the point at which the 7th cervical bone is located. To easily find this point, have the person being measured tilt his head forward so that the “knobby” bone at the base of the neck becomes obvious. Once located, you can have the person stand straight again and then measure.
- No shoes please!
- Double check this measurement.
- Full Back Length is _____._____ inches.



16. Half Back Length

- Measure from the base of the back of the neck to the top of the pants waistband area.
- Half Back Length is _____._____ inches



17. Trouser Waist

- Measure around your waist at the level where you would normally wear your pants belt.
- With the tape measure snug around your waist, relax, and take the measurement.
- Don't be alarmed if this measurement seems larger than expected; off-the-rack pants are normally labeled as being smaller than what they really are.
- Trouser Waist is _____ inches.



18. Trousers' Outseam

- Measure from the top of your pants waistband to the floor along the outside of your leg.
- Make sure the tape is tight, that you are standing straight, and then measure. No shoes please!
- Double check this measurement.
- Trousers' Outseam is _____ inches.



19. Trousers' Inseam

- Measure from the lowest part of your crotch area to the floor.
- Make sure the tape is tight along the inside of your leg, that you are standing straight, and then measure. No shoes please!
- Trousers' Inseam is _____._____ inches.



20. Crotch

- Measure from the front top of the pant's waistband to the back top of the pant's waistband.
- Make sure not to take this measurement too tight.
- Crotch Measurement is _____._____ inches.



21. Thigh

- Measure around your thigh at its widest point.
- You need measure only one side.
- My Thigh is _____._____inches.



22. Knee

- Measure around your knee at its widest point.
- You need only measure one side.
- My Knee is _____._____inches.



23. Right Full Sleeve

- Measure from the base of the right side of the neck to the pinch of the right hand
- This is a “check” measurement. This measurement should be within a half-inch of measurements 4 and 13 combined. If not, recheck those two measurements.
- Right Full Sleeve is _____._____ inches.

24. Left Full Sleeve

- Measure from the base of the left side of the neck to the pinch of the left hand
- This is a “check” measurement. This measurement should be within a half-inch of measurements 5 and 14 combined. If not, recheck those two measurements.
- Left Full Sleeve is _____._____ inches.



Information Summary

(This form is for use if you plan to email us a scanned copy of your information)

Answers to the Questionnaire

1. Height _____
2. Weight _____
3. Shoe Size _____
4. Watch Hand Right / Left
5. Skin Color _____
6. Hair Color _____
7. Eye Color _____
8. Jean Size _____

Describe any problems you usually have with non-tailored clothing.

What did you wear while being measured? (**IMPORTANT**)

- *How do you stand* _____
- *Your shoulder slope* _____
- *Your chest description* _____
- *Your stomach description* _____
- *Your seat shape* _____
- *Your body proportions* _____

Measurements

1. Neck _____ inches
2. Full Chest _____ inches
3. Full Shoulder Width _____ inches
4. Right Sleeve _____ inches
5. Left Sleeve _____ inches
6. Bicep _____ inches
7. Wrist _____ inches
8. Waist/Stomach _____ inches
9. Hips/Seat _____ inches
10. Front Jacket Length _____ inches
11. Front Chest Width _____ inches
12. Back Width _____ inches
13. Half Shoulder Width (Right) _____ inches
14. Half Shoulder Width (Left) _____ inches
15. Full Back Length _____ inches
16. Half Back Length _____ inches
17. Trouser Waist _____ inches
18. Trouser Outseam _____ inches
19. Trouser Inseam _____ inches
20. Crotch _____ inches
21. Thigh _____ inches
22. Knee _____ inches
23. Right Full Sleeve _____ inches
24. Left Full Sleeve _____ inches