

MEASURING GUIDE



- CF Center Front
- CB **C**enter **B**ack
- HPS Highest Point of the Shoulder on Neckline
- When measuring horizontally around the body, make sure the measuring tape is parallel to the floor level.
- When measuring vertically, make sure the measuring tape is perpendicular to the floor.

	ABOVE WAIST	
1	Neck	Wrap tape lightly around the neck, measure above the collar bone
2	Shoulder Length	From the end of neck to the tip of shoulder
3	Bust Length	From neckline at CF to bust apex
4	Waist Length	On CF & CB, from neckline to waistline
5	HPS to Waist	Measure from HPS to waistline at CF/CB
6	Shoulder Slope	Measure left/right shoulder tip to waistline at CF/CB.
7	Across Chest	Measure 5" /13cm from HPS, take chest width from left to right armscye line
8	Across Shoulder	Lay tape on the back shoulder curve, measure from left to right shoulder tip
9	Apex to Apex	From bust apex to apex on bustline
10	Over Bust	Wrap tape comfortably under armpit, above bust
11	Bust	Measure the fullest part of the bust
12	Under Bust	Measure around the rib cage, right under the breast
13	Waist	Measure around the thinnest part of your waist
14	Underarm to Waistline	Measure along side seam, from armscye to waistline
	BELOW WAIST	
15	Abdomen	On CF, measure 3-1/2"/ 9cm from waistline, then measure around the body
16	Hip	Measure around the widest part of your hip
17	Waist to Hip	Measure distance from waistline to hipline at CF
18	Waist to Knee	Measure length from waistline to knee perpendicular to floor
19	Waist to Floor	Measure length from waistline to floor perpendicular to floor
20	Side to Floor	At side seam, lay tape onto body from waist to hip, and straight down to floor
21	Crotch Depth	Waistline to lowest part of the crotch
22	Crotch Length	Wrap comfortably along crotch, from front waistline to back waistline
23	Inseam	Measure from crotch to floor
24	Thigh	Measure around the thigh below the crotch, at the fullest point
25	Knee	Measure around the knee cap
26	Calf	Measure around mid-calf, at the fullest point
27	Ankle	Measure the narrowest part of the ankle
	ARM	
28	Armscye	Wrap from shoulder tip, and go underarm along the edge of bust & chest
29	Bicep	Wrap around the widest part of the upper arm, around 1" / 2.5cm from armpit
30	Elbow	Bend the arm then wrap around the elbow
31	Forearm	Wrap the fullest part of the forearm
32	Wrist	Measure the narrowest part of the wrist
33	Arm Length	Bend arm 45°, measure from shoulder tip, pass elbow and to wrist
34	Elbow Length	Bend arm 45°, measure from shoulder tip to the point of elbow
	ADDITIONAL INFO	(DEPENDS ON PROJECT)
35	Neck Depth	Measure on CF/CB, from neckline to desire collar opening height
36	Top Length	Measure from HPS to the desire top length
37	Dress/Skirt Length	Measure from HPS/waistline to the desire dress/skirt length
38	Pants/Shorts Length	Measure from waistline to the desire pants/shorts length
39	Sleeve Length	Measure from shoulder tip to the desire sleeve length