

MEASUREMENTS

The first step in sewing well-fitted clothing is measuring yourself... accurately. This can be hard to do by yourself so grab a partner.

RECORD YOUR MEASUREMENTS

A	High bust: around the body, under the arms above the bust.	
B	Full bust: around the bust at the fullest point.	
C	Waist: smallest point, above the navel where the crease forms.	
D	High hip: usually 3"-3.5" below the waist at fullest part of the stomach.	
E	Full hip: 7"-9" from waist around fullest part of hip, where you bend.	
F	Thigh: fullest part of upper leg.	
G	Knee: across the middle of the knee cap	
H	Calf: the fullest part of the calf	
I	Neck to shoulder: from where the neck meets the shoulder to shoulder bone.	
J	Front waist length: from shoulder to natural waist.	
K	Arm length: from shoulder bone to wrist bone.	
L	Bicep: around the fullest part of the upper arm	
M	Across back: ~4" below base of neck across back from arm to arm.	
N	Full back width: taken across back at under arm.	
O	Crotch depth: taken sitting flat, measure from waist down to surface.	

