## 

## How to measure guide



## A - Arm Length

Start at the highest point on the shoulder and measure all the way down - including cuff. Ensure sleeve is laying flat and straight.

## B - Chest

Measure 2.5 cm down from armhole and then straight across the chest.

## C-Body Length

Start at the highest point on the shoulder (HPS) and measure straight down including hems.

## D - Hem

Start at one side and measure straight across to the other. Garment should be flat.

## E-Waist

Measure across from edge of the waist band to the other.

## F - Inseam

Measure from the highest point on the crotch down the inner side seam including the cuff.

