

# with this cloth.

## MEASUREMENTS TEMPLATE

Getting a full set of measurements is so important when choosing the correct sized pattern for your body.

Most of our body measurements don't change over time. If you get them right now, you only have to measure full bust, waist and hips and belly every few months, because those are the ones which can fluctuate with weight loss or gain over the seasons.

This is such a useful exercise and it will save you hours of messing about if you devote a little time now to jotting the figures down and keeping this as a reference. If this exercise feels like a trigger for you, try to remember that there is no judgement in these numbers. They are essential tools for sewing garments that fit you just right, one of the reasons we sew our own clothes in the first place!

If you can, ask a friend or family member to help you with the more difficult to read measurements such as arm length and back. The rest you can do yourself at a push.

Measurement	Your Measurement	Instructions
Height		

## Head and Neck

Head		Measure around the head above the ears.
Neck		Measure around the base of the neck.
Neck Length		Measure from the centre of the collar bone to where the neck meets the under chin. Keep the tape taught.

## Shoulders and Arms

Front Shoulder Width		Keep the tape taut, measure from one shoulder point to the other.
Bicep		
Forearm		
Shoulder to Wrist		Measure from the tip of the shoulder to the wrist bone.

## Chest

High chest		Above the chest, just under your arms, with your arms by your side.
Full chest		Hold the tape horizontally around the fullest part of the chest.
Under chest		If you wear one, this is where your bra band would naturally sit, straight across the back. If you don't, this is point at which the chest tissue ceases.

## APEX

Shoulder to Apex		Measure from the high point shoulder to the nipple.
Apex to Apex		Measure in a horizontal line

## Waist

Waist		Measure around the elastic.
Back Neck to Waist		Bend the head and find the bone at the back of the neck and measure vertically down the spine to the elastic.
Front Neck to Waist		Measure from the centre of the collar bone vertically to the elastic.

## Rise

Front Rise		Measure from the front in-seam to the waist elastic at the front.
Back Rise		Measure from the back in-seam to the waist elastic at the back.
Total Crotch Depth		Sit down and measure down from the front waist elastic through the legs and up to the back elastic.

## Hips and Belly

High Hip		Measure around the belly and the level of the hip bones.
Belly		If the belly is round, place a stiff flat piece of card at the front, perpendicular to the floor and measure horizontally between the High Hip and Low Hip.

Low Hip		Measure around the widest part of the body, legs together.
Waist to High Hip		Measure from the elastic to the High Hip point.

## Legs

Thigh		
Calf		
Inseam		Measure from the crotch to just below the ankle bone.
Outer leg		Measure from the waist elastic to just below the ankle bone.

## Length

Waist to Knee		Measure from the waist elastic to the point just below the kneecap or, if you prefer, to just cover the knee bend at the back of the leg.
Waist to Calf		Measure from the waist elastic to the mid-calf.
Waist to Ankle		Measure from the waist elastic to just below the ankle bone.
Back Neck to Knee		Add the 'back neck to waist' measurement to the 'waist to knee' measurement.