



Complete Measurement Guide

You Need

- A Fabric Tape
- Ten to twenty minutes.

It would help if

- You had 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. In addition, if you would rather someone help you out, Get in touch and we can refer you to a suitably agent or partner who can help you out).
- You wore a good fitting dress-shirt and slacks.
If you do not have these items, any form-fitting clothing will suffice (to include a t-shirt and boxers). 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 centimetre.
- 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".
- Do you Have any more questions? Flick an email to info@suitably.com.au, and we will be more than happy to help out!

How to Submit this Information

- Email the filled-out form to info@suitably.com.au
- Get in touch with your Suitably Agent, and they will sort it out for you
- Drop in the completed form to your Suitably Partner company

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 _____ cm.



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 _____ cm.



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 for where the horizontal plane of the shoulder intersects the vertical plane of the arm (see illustration).
- Check measurement.
- My Full Shoulder Width is _____ cm.



4. Right Sleeve

- Measure from the end of the right shoulder to the **base** of the thumb knuckle
- If you are wearing a well-fitting dress shirt, a good trick is to start the measurement from the shoulder seam.
- Allow for a slight bend in the arm. Relax your arm and do not have it completely straightened out.
- **THIS IS AN IMPORTANT MEASUREMENT. PLEASE MAKE SURE THAT YOUR TAPE IS STRAIGHT AND ENSURE THAT THIS MEASUREMENT IS CORRECT. PLEASE CONTACT SUITABLY IF YOU ARE UNSURE.**
- Right Sleeve is _____ cm.

5. Left Sleeve

- Measure from the end of the left shoulder to the **base** of the thumb knuckle.
- If you are wearing a well-fitting dress shirt, a good trick is to start the measurement from the shoulder seam.
- Allow for a slight bend in the arm. Relax your arm and do not have it completely straightened out.
- **THIS IS AN IMPORTANT MEASUREMENT. PLEASE MAKE SURE THAT YOUR TAPE IS STRAIGHT AND ENSURE THAT THIS MEASUREMENT IS CORRECT. PLEASE CONTACT SUITABLY IF YOU ARE UNSURE.**
- Left Sleeve is _____ cm.

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 _____ cm.



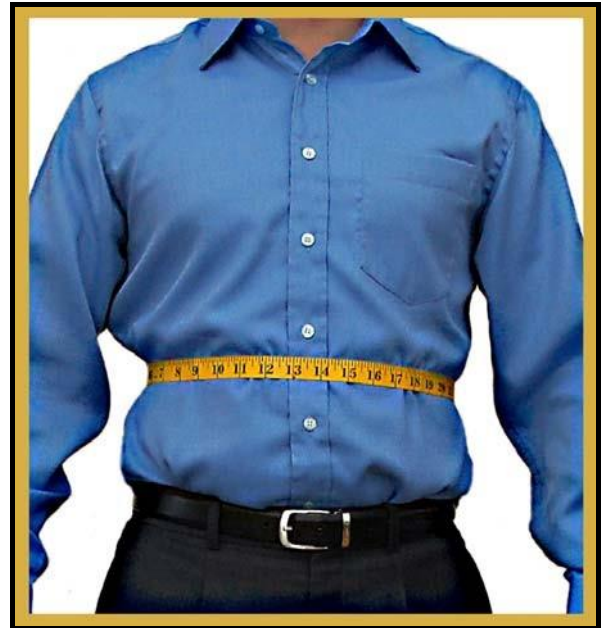
7. Wrist

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



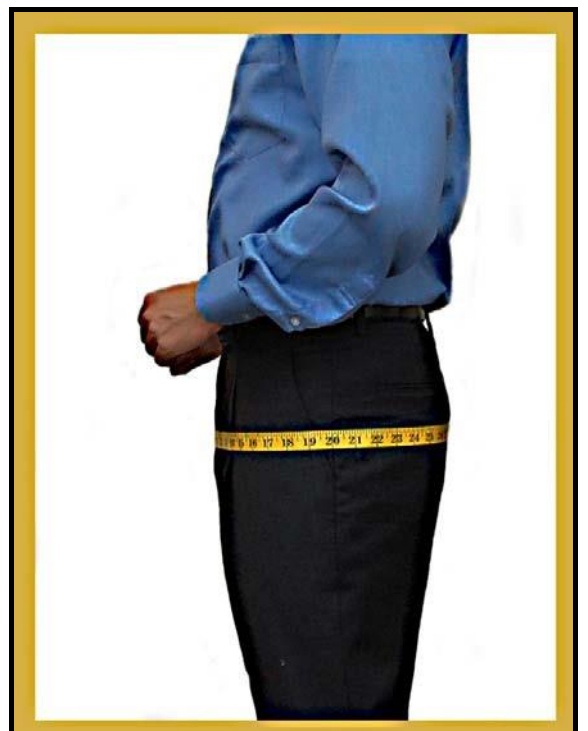
8. Stomach

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



9. Hips/Seat

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



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 _____ cm.



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 _____ cm.



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 _____ cm.

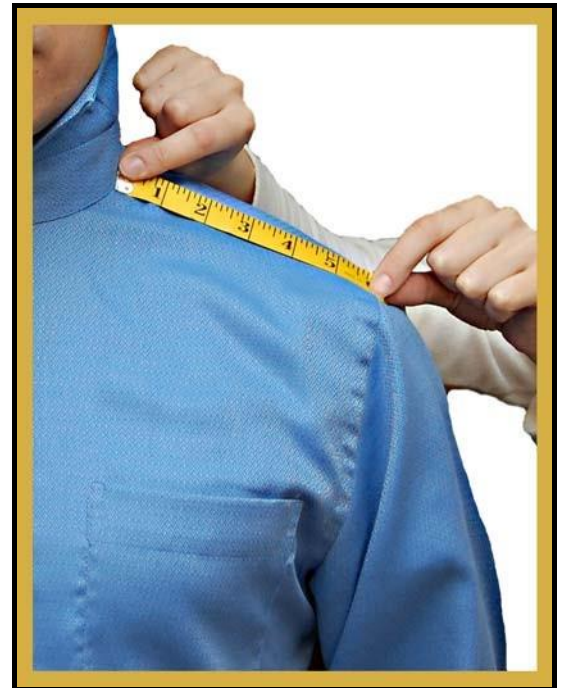


13. Half Shoulder Width (Right)

- 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 _____ cm.

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 _____ cm.



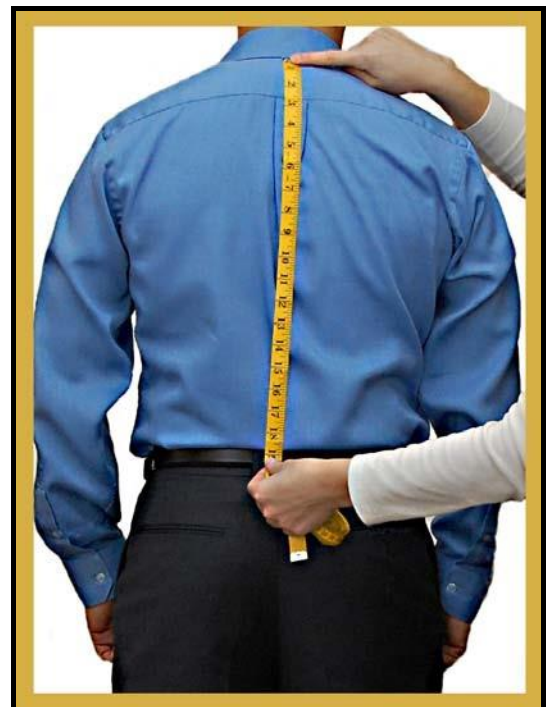
15. Full Back Length

- 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 _____ cm.



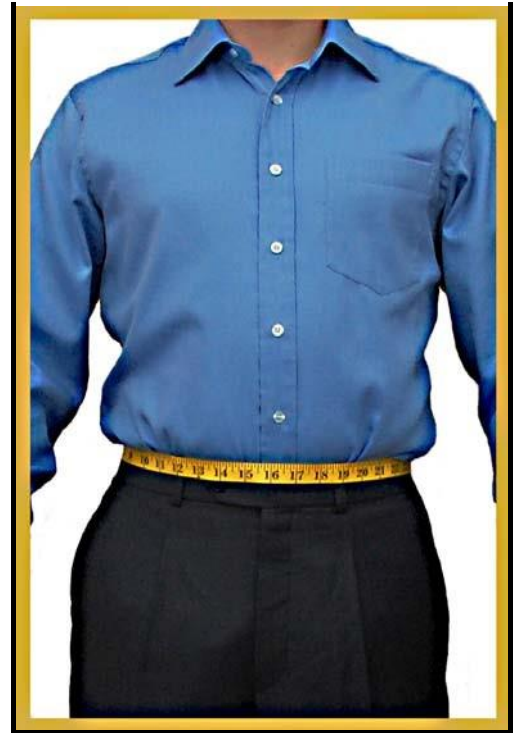
16. Half Back Length

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



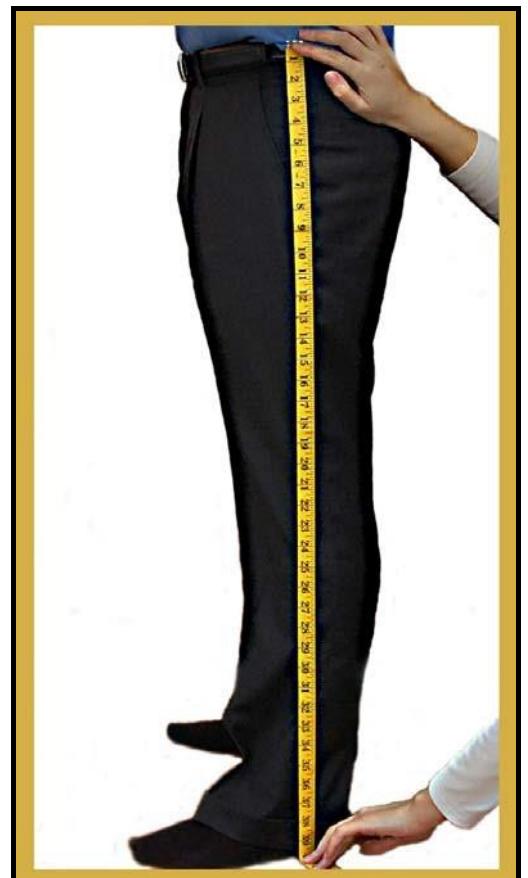
17. Trouser Waist

- 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 labelled as being smaller than what they really are.
- Trouser Waist is _____ cm.



18. Trousers' Out seam

- Measure from the top of your pant's 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' Out seam is _____ cm.



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 _____ cm.



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 _____ cm.



21. Thigh

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



22. Knee

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



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 _____ cm.

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 _____ cm.



Information Summary

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

1. Height	2. Weight
3. Shoe Size	4. Watch hand
5. Skin Colour	6. Hair Colour
7. Eye Colour	8. Jean Size
9. Describe any problems you usually have with non-tailored clothing.	
10. What did you wear while being measured? (IMPORTANT)	

Measurements in CM

Neck	
Full Chest	
Full Shoulder Width	
Right Sleeve	
Left Sleeve	
Bicep	
Wrist	
Stomach	
Hips/Seat	
Front Jacket Length	
Front Chest Width	
Back Width	
Half Shoulder Width (Right)	
Half Shoulder Width (Left)	
Full Back Length	
Half Back Length	
Trouser Waist	
Trouser Out seam	
Trouser Inseam	
Crotch	
Thigh	
Knee	
Right Full Sleeve	
Left Full Sleeve	