

How to measure

1. **Chest:** measure around the fullest part of chest, under the armpits
2. **Tummy:** measure around the fullest part of your stomach or along the navel line, in a relaxed position
3. **Shoulder:** measure from shoulder to shoulder, run the tape from the joint in your shoulder, across the top of your back and behind your neck to the other joint in your shoulder.
4. **Bicep:** measure around the center part of upper arm (no muscle flexing. Allow little space that only a finger or two can pass through)
5. **Sleeve length:** measure from shoulder joint to just below your wrist
6. **Jacket length:** measure from shoulder to below waistline, inline with where the thumb begins
7. **Neck:** measure around the lower part of the neck, placing a finger between measuring tape and neck
8. **Waist:** measure around waistline
9. **Hip:** measure around the fullest part of hips
10. **Trouser length:** from waistline to bottom of pants
11. **Thigh:** measure around the fullest part of your thighs with a two-finger space between the tape and your thigh
12. **Ankle:** measure around ankle