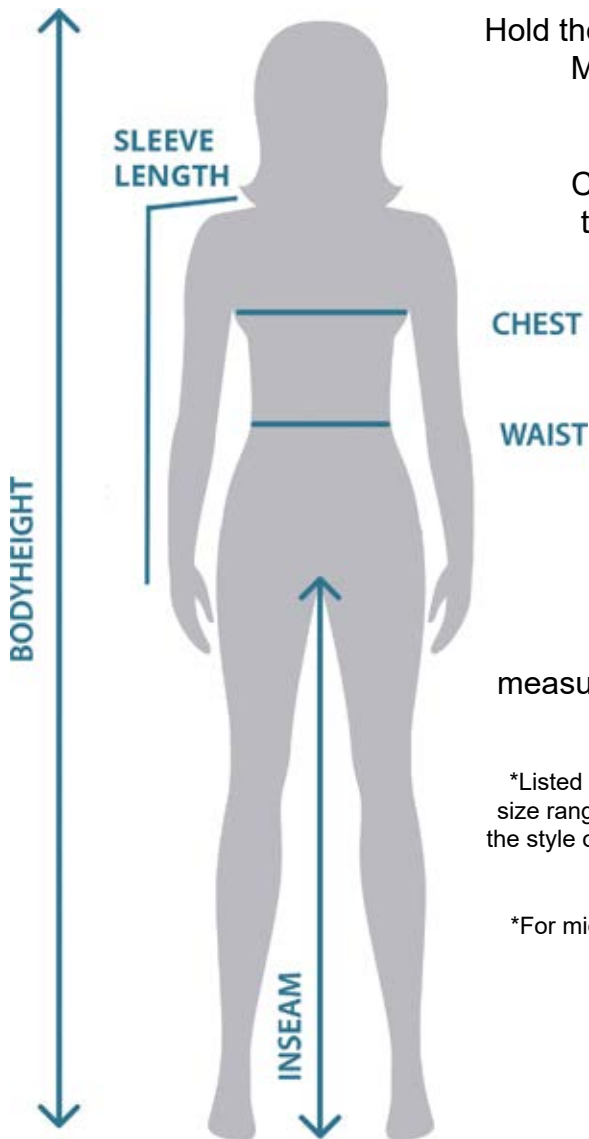# How To Measure For Fit

Chest
Hold the tape snugly under arms around the fullest part of the chest.
Make sure the tape measure is level all the way around.

Sleeve Length
Center Back to Wrist - Hold the tape at the base of neck
to shoulder socket, down back of the arm to the elbow,
and then to the wrist bone.

Waist
Hold the tape measure snugly at the natural waist,
which is usually at the natural indent.
Do not pull tape tight.
Do not measure over the clothing.

Inseam
Measure from top of the inner thigh to bottom of the
ankle bone -or- using a pair of pants that fit,
measure the inside of the leg from the crotch seam to the hemline.

*Listed below are body measurements that correspond to sizes in each of our different size ranges. If the measurements fall in more than one size range column, depending on the style of the garments, order the largest measurement. Unisex garments are made from male sizing. All measurements are given in inches.

*For mid-rise female bottoms, please use natural waist measurement. Our pattern has taken into account the mid-rise fit.

SLEEVE LENGTH

CHEST

WAIST

BODYHEIGHT

INSEAM