1. **Sleeve Length** - Measure from the center of the back of the neck across the shoulder down the arm over the elbow to the wrist bone.

2. **Neck** - Measure around the base of the neck.

3. **Outseam** - Measure from top of waistband along seamline to desired length. Take this measurement with shoes on.

4. **Inseam** - Measure from crotch along inside leg to desired length, which should be the top of the heel of the shoe; therefore, take this measurement with shoes on. If you have a similar pair of well-fitting pants, lay flat smoothing out front and back creases. Measure along inside seam, from crotch to bottom of hem.

5. **Waist** - Measure around waist, where you normally wear your pants. Measure over shirt, but not over slacks or belt. You should easily be able to slip two fingers under the tape.
1. **Sleeve Length**- Measure from the center of the back of the neck across the shoulder down the arm over the elbow to the wrist bone.

2. **Chest/Bust**- With arms down and relaxed, measure around the fullest part of the chest. Keep tape up under the arms, across the shoulder blades.

3. **Waist**- Measure around waist, where you normally wear your pants. Measure over shirt, but not over slacks or belt. You should easily be able to slip two fingers under the tape.

4. **Hip**- Measure at the fullest part of the hips. Make sure tape is comfortable, not too tight.

5. **Thigh**- Measure at mid-thigh.

6. **Outseam**- Measure from top of waistband along seamline to desired length, which should be the top of the heel of the shoe; therefore, take this measurement with shoes on.

7. **Rise**- Measure from front at the hip through crotch to the back.