How to Take Clothing Measurements

Men's Clothing

1. **Start with the neck for shirts.** Measure around the base of your neck where the collar generally falls. Place the end of the measuring tape on the front of your neck and wrap it around until the ends meet. Gently pull it tight and take the measurement.

   - Round up to the nearest half inch or centimeter.

2. **Take a chest measurement at the widest part of your chest.** Place the tape measure in the center of your chest at the widest part, which is usually right above your nipples. Wrap it around your back, going under your armpits and making sure the tape measure stays horizontal and does not twist.

   - Pull it up against your skin but do not pull it too tight.

3. **Sleeve measurement.** This one is a little difficult to take by yourself because you need to measure from the middle of your back down your arm. Place your hand on your hip with your elbow at a right angle. Have your tailor or measurement person run the tape measure across your shoulder and down your arm to your wrist.

   - Make sure the tape measure goes over the top of your shoulder and along your elbow to get the full length.
   - If you need to take this measurement yourself, try taping the end of the measuring tape in the middle of your back and then gently guiding it down your arm.
   - In a pinch, you could measure from the middle of your chest instead, though the sizing may be off slightly.

4. **Armpit Measurement**

   - The measuring tape needs to be wrapped around your armpit starting from the top of your shoulder. Insert a finger width.

5. **When having your bicep measured**, your arms should be completely relaxed and hanging loose by your sides.

   - To ensure that your shirt fits properly, the bicep measurement should be taken around the thickest part of your bicep. This point will probably be high up on your arm, only about 2 inches (5.1 cm) below the armpit.
     Insert a finger width.

6. **Wrist** Measure the circumference of your wrist inserting one finger to allow for some slack.

7. **Find your natural waist measurement.** Your natural waist is where your waist is smallest, usually above your belly button and right below your rib cage. Go ahead and take this measurement even if you wear your pants in a slightly different place. Hold the end in front and wrap the rest of the tape measure around the back to take the measurement.

- If you usually wear low-rise pants, you can also take a measurement where your pants normally fall.
- Keep the tape measure a little loose by placing a finger between it and your waist.

8. **Measure the width of your hips and the distance from your waist.** Stand with legs about 6 inches (15.2 cm) apart. Wrap the tape measure around the place where your hips are the widest.

   - Then, measure the height from your natural waist to your hip measurement.
   - The widest part of the hips is different on everyone, so it may take a couple of tries to figure out the correct placement for the measuring tape.

9. **Check the size of your thigh, knee, and calf.** While these measurements are not always used, they are important if you are getting tailored clothing. Wrap the tape measure around each area at the widest point, then take the measurement.

   - We also want an ankle measurement.

10. **Take crotch measurements.** Measure the crotch length by placing the end of the measuring tape at your waist in front, then drawing the tape measure through your legs. Put your finger on the tape at your natural waist in back, and that is your crotch length.

    - For crotch depth, sit down on a flat surface. Measure from your waist down to the surface.

11. **Find your inseam measurement.** Put on a pair of shoes. This measurement is taken from your inside crotch down to where you want your pants to fall.

    - Another choice is to take a pair of pants that fits your length well and measure the inseam on them instead.