How to Take Clothing Measurements

Women's Clothing

1. **Begin with the bust measurement.** Place the end of the measuring tape on the front of your chest at the widest point. Going under your arms, wrap the measuring tape around your back, making sure it does not twist up. Pull it taut so it is horizontal around your body. Try to pull your arms down over the tape and take the measurement.

2. **Measure under your bust if you need bra dimensions.** If you need to measure for a bra, also take a measurement just under your bust, keeping it horizontal and fairly tight. Round up to the nearest unit.

   - For U.S. bra sizes, add 4 inches if the number is even and 5 if it is odd, and that will give you your band size. If you measured 34.5, you round up to 35 and then add 5 inches to make it 40.
   - Subtract your underbust measurement from your bust measurement to get your cup size:
     - AA = 1/2"
     - A = 1"
     - B = 2"
     - C = 3"
     - D = 4"
     - E/DD (US) or DD (UK) = 5"
     - F/DDD (US) or E (UK) = 6"
     - G (US) or F (UK) = 7"
     - H (US) or FF (UK) = 8"
     - I (US) or G (UK) = 9"
     - J (US) or GG (UK) = 10"

3. **Take a sleeve measurement.** Women's clothing does not often use sleeve measurements, but it can be helpful to have this information. Place the end of the tape measure at the tip of your shoulder and measure down to your wrist.

   - Measure to where you want the sleeve to fall.

4. **Shoulder measurement.** Place one end of the measuring tape on the tip of one shoulder and draw it across the back. Find the measurement at the tip of the other shoulder, making sure the tape measure is flat across the back first.

5. **Armpit Measurement**

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

6. **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.

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

8. **Find your natural waist.** Your natural waist is the smallest part of your waist, usually just above your belly button and under your rib cage. Make sure the tape measure is flat around your body, and then take the measurement in front.

   - If you normally wear pants lower, take a measurement there, too, just in case.

9. **Determine your hip measurement at the widest point.** Wrap the tape around your body, ensuring you go over the widest part of your buttocks, too. Keep the tape horizontal and flat against your body, and then take the measurement in front where the measuring tape meets itself.

   - Check in a mirror to make sure the tape measure is flat against you.
   - Stand with the legs about 6 inches (15.2 cm) apart.

10. **Find the width of the thigh, knee, and calf for tailored clothing.** While you will not find these measurements very often when buying ready-made clothing, these measurements are important for tailored clothing. Wrap the tape around each part of the leg at the widest point and take the measurements down.

11. Take a crotch length measurement by running the tape measure from your natural waist in front, through your legs, and to your natural waist in back.

12. **Take an inseam measurement.** This measurement runs from the crotch down to where you want your pants to fall on your ankle. You can also take a measurement from a pair of pants that fits you well in length.

    - If wearing heels sometimes, take a second measurement if you would like to wear the pants longer.
    - Another choice to take your inseam is by measuring a pair of pants that fit the way you like. Lay the pants out flat, then measure from the center crotch down the pant leg, along the inseam.