



## HEAD

The circumference around your skull.

## NECK

The measurement at the base of your neck, closest to your shoulders.

## SLEEVE LENGTH

\*If accessible - bend your arm at a 90 degree angle and measure from the top notch of your vertebrate, down the back of one shoulder, over your upper arm, around your bent elbow, all the way to your wrist. This measurement would approximate the measurement from the middle of a shirt all the way to the sleeve cuff.

## CHEST

This is measuring the broadest point of the chest, disregarding the nipple line.

## WAIST

This is measuring the bellybutton line, disregarding the narrowest point of the waist.

## HIPS

This is measuring the broadest point of the hips.

## INSEAM

\*If accessible- The length of the inside of your leg: from the point where your legs meet to the floor.

## SHOE SIZE

## HEIGHT