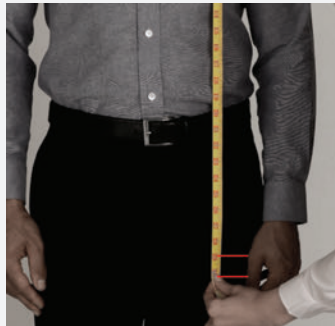
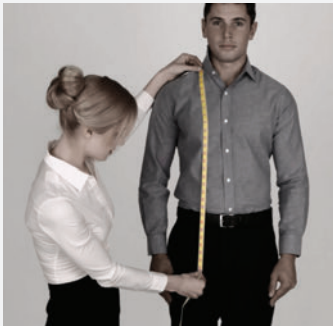


Simply print this easy to follow guide and have a tailor or a friend measure you so you can complete your online profile.

Tips: For best results, wear a well-fitting shirt, dress pants and dress shoes. Measure to the nearest quarter inch.

Height (ft, inches) _____ Weight (lbs) _____



1. Jacket Length

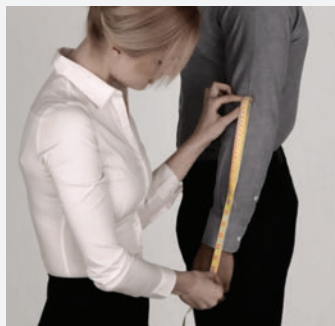
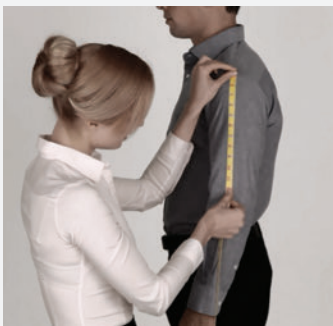
- Measure from the neck seam meets the shoulder seam on a well-fitting dress shirt (or where the shoulder meets the neck).
- Measure straight down the front of the chest and take a measurement that lines up between the first second thumb joints. "



2. Shoulder Width

- Measure from shoulder seam to shoulder seam on a well-fitting shirt (or where the seams should be).
- Make sure to take the tape across the top of the back.

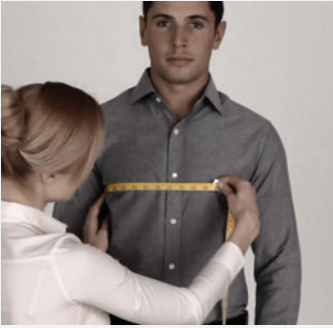
"



3. Sleeve Length

- Without letting go from where you took the shoulder measurement, take the tape straight down the arm, holding it at the elbow and continuing down to the first/top thumb joint.

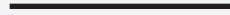
"



4. Chest

- Measure at the widest point, usually around the nipples
- Make sure the tape is level around the body and not drooping at the back or front
- Leave space for 1 finger

''



5. Stomach

- Measure at the widest point, usually the belly button
- Make sure the tape is level around the body
- Leave space for 1 finger

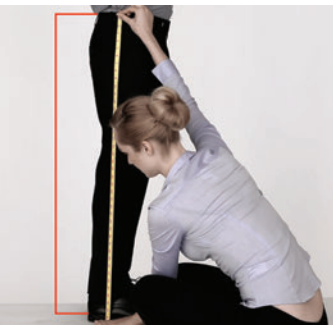
''



6. Waist

- Pretend the measuring tape is a belt, but not on top of pants (you can slightly lower your pants)
- Measure all the way around leaving space for 1 finger
- *This is not the same number as the label size for store bought pants*

''



7. Pant Length

- Adjust your pants to the proper height and place the tape at the top of the waist taking it straight down the leg
- Measure to the desired length, usually where the sole meets the shoe, or an inch off the ground if you are not wearing shoes

''





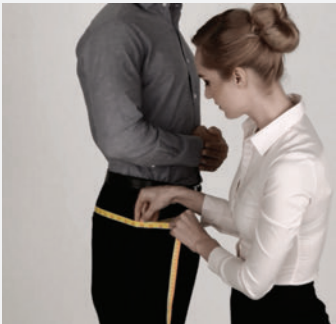
8. Thigh

- Measure around the widest part of the thigh, usually the highest point up the leg
- Leave space for 1 finger between the body and the tape



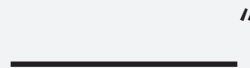
9. Knee

- Measure around the knee
- Leave space for 1 finger between the body and the tape



10. Seat

- Measure around the hips, where the bum peaks
- Leave space for 1 finger between the body and the tape



11. Crotch

- Measure **snugly** from the top of the back of your pants through the legs to the top of the front





12. Bicep

- Measure around the widest point of the bicep
- Leave space for 1 finger between the body and the tape

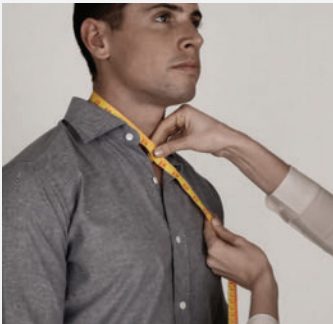
''



13. Wrist

- Measure around the wrist bone
- Leave space for 1 finger or 2 fingers side by side, between the body and the tape

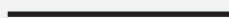
''



14. Neck

- Measure around the neck where a shirt collar would button up
- Adjust for comfort, usually leaving space for 2 fingers side by side between the body and the tape

''



That's it! You're finished!

You can now take these measurements and complete your measurement profile at Suitly.com
Once you sign in, go to Account > Measurements