

Personal Measurement Chart			
What to Measure	Body Measurements		Adjustment
	Yours	Standard	(+ or -)
Height (without shoes)			
Back Waist Length – from prominent bone at back neck base to waist			
Neck (<i>males only</i>) - at the Adam's apple. Add ½ in to neck body measurement.			
High Bust (<i>females only</i>) – directly under the arms, above the bust and around the back			
Bust/Chest – around the fullest part			
Waist – where your body creases when you bend forward or at or slightly above your navel			
Hips/Seat - slightly above your crotch and around the fullest part of your buttocks			
Front Waist Length – from shoulder at neck base to waist (over bust point on females)			
Soulder to Bust (<i>females only</i>) – from shoulder at base to bust point			
Shoulder Length – from neck base to shoulder bone			
Back Width - across the midback, generally over the “pointiest” part of the shoulder blades			
Arm Length – from shoulder bone to wristbone over a slightly bent elbow			
Shoulder to Elbow (<i>females only</i>) – from end of shoulder to middle of a slightly bent elbow			
Upper Arm – around arm at fullest part between shoulder and elbow			
Crotch Depth – sit on hard, flat chair and use straightedge ruler. Measure from side waist to chair.			
Crotch Length – Measure from center back waist, between legs, to center front waist.			
Back Skirt Length (<i>females only</i>) – Measure from center back at waist to desired length.			
Pants Side Length – measure from side waistline to desired length along outside of leg			
Inseam – measure from your crotch to your ankle			
Girth – start at the shoulder, loop the tape through your legs and up your back, returning to your shoulder			

How to use this sheet:

Using a measuring tape (or straight ruler, in the case of crotch depth), measure your body parts as indicated for each measurement.

If you can, print out this sheet and have someone else measure and and fill out this sheet for you.

Put your measurements in the “yours” column. The “standard” and “adjustment” column are there for me.

The measurements highlighted in yellow are required for calculating a deposit. The rest are optional.

I probably won't need every single measurement on this sheet, but it provides a convenient reference.

Tips for getting accurate measurements;

Keep the measuring tape snug, but not tight, against your body. If the tape is making an indentation, it's probably too tight.

Measure with bare feet and the undergarments you plan to wear under your outfit.

If you are crossplaying, measure while wearing your binding or falsies.

Don't “suck in” when measuring your waist and hips. You'll look pregnant in your outfit if you do.

Update your measurements every six months.