









## Body Measurements For Vest

(Ask a friend for help or have your local tailor measure you based on our guide)

	<p><b>1.Chest</b> Measure around the widest part of your chest (Below the armpits and across the nipples) Tips: • Relax and stand straight • Do not overflate your chest • You should allow one finger/two fingers (small hands) inside the tape measure • Make sure tape measure is level around body</p>
	<p><b>2.Stomach</b> Measure around the waist part of your stomach This is generally across the belly Tips: • Do not suck in – relax, very important! • Allow room for breathing • You should allow one finger/two fingers (small hands) inside the tape measure Make sure tape measure is level around body</p>
	<p><b>3. Hips</b> Wearing trousers, measure around the fullest part of your hips, placing a finger between your body and the tape. Make sure the tape is straight at all times. Make sure pockets are empty • Allow room for breathing • You should allow one finger/two fingers (small hands) inside the tape measure • Make sure tape measure is level around body</p>
	<p><b>4.Shoulders</b> Find the shoulder bones by placing your hands on the side of arm. Place the tape measure on top of the shoulders. measuring from the farthest outside point of the shoulder to other, passing over the center bone at the neck Tips: • Most of f – the – rack shirts fit very poorly and the seam runs halfway down the arm. Do not measure at this seam .A proper fit should have the seam end right at the shoulder bone</p>
  	<p><b>6.Length</b> Measure from the highest part of your shoulder (A) (next to the shirt collar) to the desired measure (B) – normally you should measure to the waist (your belt should not be visible) (B).</p>
	<p><b>7.Neck</b> Measure the bottom/base of the neck allow for one finger/two fingers (small hands) to fit between your neck and the tape measure. Tips: • Keep it comfortable • You should not restricted by the tape measure</p>



#### **8. WAIST**

Wearing trousers and a shirt put the measuring tape around your waist at the height were you would wear your pants and adjust to your designed snugness with room for a finger. Make sure the tape is snug and does not ride over the waistband but you should be able to put your index finger inside the tape.

As a guide, this measurement will be about 2 inches above what you take off-the-rack as they like to flatter, but unfortunately we need real measurements.