

# How To Take Measurements

**MALE**

*Please call with any questions!*

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|---------------------------------|--|
| <b>1. Height</b>                | <b>Full height of the performer with good posture and stocking feet</b>        |
| <b>2. Weight</b>                | <b>Your actual weight</b>  |
| <b>3. Head/Hat</b>              | <b>Circumference of head just above the ears</b>                               |
| <b>4. Neck</b>                  | <b>Circumference of neck</b>   |
| <b>5. Sleeve</b>                | <b>From top of arm to wrist bone down the outside with a slightly bent arm</b> |
| <b>6. Chest</b>                 | <b>Circumference of chest with an expanded rib cage</b>                        |
| <b>7. Waist</b>                 | <b>Circumference of middle torso at narrowest point</b>                        |
| <b>8. Hips</b>                  | <b>Circumference of hip at widest point, about 7" down from waistline</b>      |
| <b>9. Inseam</b>                | <b>Actor holds tape at crotch while costumer measures to ankle bone</b>        |
| <b>10. Out seam</b>             | <b>From waist to ankle bone</b>  |
| <b>11. Waist to knee</b>        | <b>From waist to floor in a kneeling position</b>                              |
| <b>12. Nape to floor</b>        | <b>From bottom of neck to floor in stocking feet in front</b>                  |
| <b>13. Nape to waist</b>        | <b>From bottom of neck to waist in back</b>                                    |
| <b>14. Shoulder to shoulder</b> | <b>From shoulder bone to shoulder bone across the back</b>                     |
| <b>15. Girth</b>                | <b>From shoulder bone to the same point through the crotch</b>                 |
| <b>16. Thigh</b>                | <b>Circumference of widest part of thigh</b>                                   |
| <b>17. Calf</b>                 | <b>Circumference of widest part of the calf</b>                                |
| <b>18. Suit size</b>            | <b>Current most comfortable size you wear including reg or long</b>            |
| <b>19. Shoe size</b>            | <b>Current most comfortable size you wear</b>                                  |