

## Measurement Instructions

**Head** - Measure around fullest part of cranium

**Neck** - Measure around throat (Ladies) or Adam's apple (Men)

**Collar** - Measure around the base of the neck

**Upper Bust** - Measure around the torso just under the arm pit

**Chest/ Bust** - Measure around upper torso across nipples. Relaxed and expanded (Men)

**Under Bust** - Measure around the rib cage, just under the breast

**Chest Width** - Measure from one side of the rib cage starting at the side seam across the nipple line to the other side seam, in the front of the body and the back of the body.

**Bust Point to Bust Point** - Measure nipple to nipple.

**Shoulder to Bust Point** - Measure from the middle of the shoulder vertically to the nipple. (Ladies)

**Bust Point to Waist** - Measure from the nipple vertically to the waist. (Ladies) With a fuller bust, make sure the meas. Tape stays flush to the body.

**Bust point to top of bodice** - Measure the nipple up to your chosen finished length of top of bodice.

**Underarm to Waist** - Measure the bottom of the armcye to the side waist. Starting aprox. 2 inches under the bend at the arm pit

**Waist** - Measure around the center of the torso at the point where the body bends naturally.  
Tie elastic around this point to find your waist and leave in place for future measurements.

**High Hip and Tunic Hem Circumference** - Measure around the upper part of the hip.

- Tie an elastic around this point to take the Basque Depth Measurement.
- Make sure the measuring tape stays parallel to the ground the entire hip circumference.
- Women - Having a Basque that is too long could create an illusion that your legs are shorter than they are. You must visually place the elastic at an aesthetically pleasing point. (typically 1 inch below the hip bone)

**Basque Depth Measurement** - Measure vertically between the waist elastic and the high hip elastic  
Center front, side and center back.

**Low Hip** - Measure around the largest part of the buttocks (feet together)  
Make sure the measuring tape stays parallel to the ground the entire hip circumference.

**Side Neck to Shoulder** - Measure starting at the base of neck to the outside edge of the shoulder bone.

**Armcyce** - Measure the arm hole of your costume. This is the circumference of the shoulder where the arm meets the shoulder bone. This measurement should be taken with the arm hanging down.

**Center Back neck to shoulder** - Measure from the base of the back of the neck where the most prominent bone sticks out to the edge of the shoulder bone.

**Shoulder to Elbow** - Measure starting at the outside edge of shoulder bone where you left off at the previous measurement to the base of the elbow bone. (arm slightly bent)

**Elbow to wrist** - Measure starting at the elbow bone to 1" below the bottom of the wrist bone (arm slightly bent)

**Bicep** - Measure around the largest part of the bicep (arm flexed for men).

**Elbow** - Measure around a bent elbow

**Wrist** - Measure around the wrist bone

**Shoulder to Shoulder** - Measure across torso from the outside of one shoulder bone to the other, front and back.

**Neck to Waist** - Measure from the base of the neck (front, hollow where collar bones meet. back, most prominent bone at base of neck). Straight down to center front and back waist.

**Shoulder to Waist** - Measure from the middle of the shoulder muscle vertically over the nipple to the waist. (men)

**Girth** - Measure from the middle of the shoulder muscle taking the tape down the front of the body, between the legs and meeting at the same point at the shoulder in the back.  
Note: make sure the tape stays flush to the body at the small of the back.

**Half Girth** - Measure from the center front at the waist taking the tape through the legs and finishing at the center back waist

**Outseam** - Measure waist to knee top, then knee top to ankle.

**Inseam** - Measure crotch to knee top, then knee top to ankle.

**Thigh** - Measure fullest part of thigh.

**Knee** - Measure around the middle of the knee.

**Calf** - Measure around the fullest part of the calf.

**Ankle** - Measure around the ankle bones.