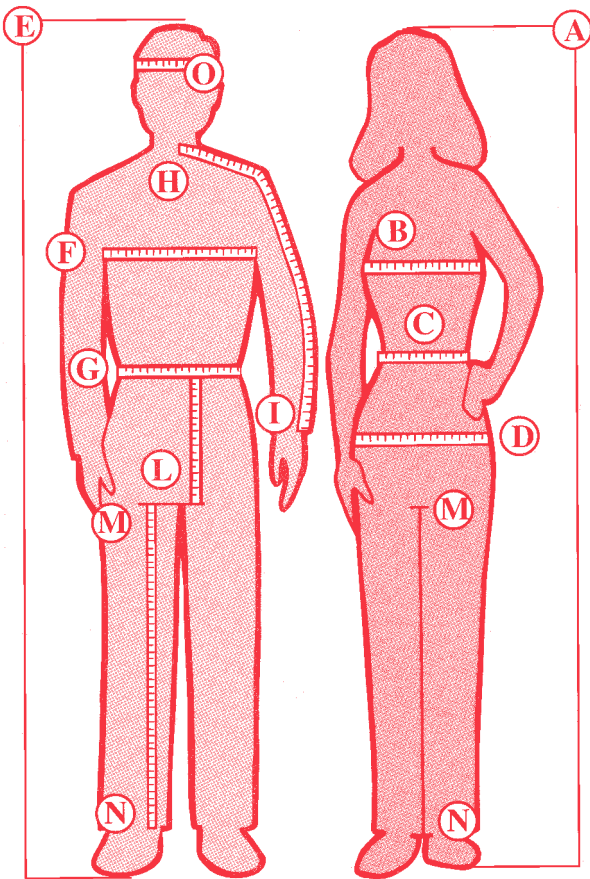


# Measuring Guide



## HOW TO MEASURE:

Have someone else measure you. Keep the tape straight but not tight. Measure over undergarments or other clothing that will be worn under your uniform. If your measurements fall between two sizes, order the larger size.

## FEMALE MEASURING GUIDE AND TIPS:

**HEIGHT:** Stand against a wall in stocking feet. Mark a point level with the top of your head. Measure from this point down to the floor. (Shoe heels can add inches to your height.) See measurement A.

**CHEST:** To measure a woman's chest, wrap the tape beneath her armpits, fully encircling her body around her shoulder plates and the fullest part of her bust. For best results, she should wear a non-padded bra and relax her arms at her sides. Make sure not to cinch the tape so tight that it compresses the bust. See measurement B.

**WAIST:** Measure around the smallest part of the natural waistline. Hold tape firmly but not tightly. Keep the tape level and be sure to stand naturally. See measurement C.

**HIPS:** Measure around the fullest part of the hips. Hold the tape measure firmly, but not tightly. Keep the tape measure straight and level. See measurement D.

**INSEAM LENGTH:** Lay well-fitting similarly styled pair of slacks with a flat crease at back and front. Lift one leg and measure from crotch to seam to bottom of slacks leg. See measurements M and N.

## MALE MEASURING GUIDE AND TIPS:

**HEIGHT:** Stand against a wall in stocking feet. Mark a point level with the top of the head. Measure from this point down to the floor. See measurement E.

**CHEST:** Measure around the fullest part of the chest, keeping the tape under the arms and across the shoulder blades. See measurement F.

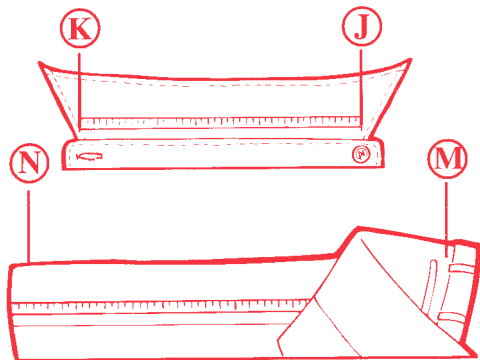
**WAIST:** Measure around the waist over the shirt (not slacks) at the position that you wear your slacks. Keep one finger between the tape and your body. Or, measure the waistband of a well fitting pair of similar slacks (zipped and closed). See measurement G.

**SLEEVE:** Measure from center of neck at back of the collar, over the shoulder, along the arm, behind the elbow, to the wrist bone, (Or take marked sleeve length sizing from a dress shirt that fits you properly). See measurement H and I.

**NECK:** On a shirt that fits you well, lay the collar flat. Measure the collar from the center of the collar button to the far end of the collar button hole. See measurement J or K. Or, measure comfortably around your neck.

**INSEAM LENGTH:** Lay well-fitting and similarly styled pair of slacks flat with the crease at the back and front. Lift one leg and measure from the crotch seam to the bottom of the slacks leg. See measurement M and N.

**HEAD:** Measure the distance around your head at the position where your hat normally rests, using a soft tape measure (dressmaker/ tailor type). This is usually done right above the ears and across the forehead. See measurement O.



Our belts are measured from the fold over the buckle to the center hole. That distance is the waist size to order.

Our belts have 7 holes for best fit.

