



## Measurement chart

Name: \_\_\_\_\_ Garment needed: \_\_\_\_\_

Date: \_\_\_\_\_ Organization: \_\_\_\_\_

1. Waist (at bellybutton)	
2.Hip	
3. $\frac{1}{4}$ Waist	
4.Crotch to Centre Back at Waist	
5.Crotch to side Seam	
6.Crotch to Front	
7.Inseam	
8.Inseam to Base of Knee	
9.Outseam	
10.Outseam to Base of Knee	
11.Crotch Depth	
12. Mass of Thigh	
13. Mass of Knee	
14. Base of Knee	
15.Calf	
16. Ankle	
17.Instep	
18.Chest	
19.Neck	
20.Nape of neck to waist	
21.Shoulder to Elbow/Elbow to Wrist	/
22.Armpit to Armpit (across back)	
23.Upper arm	