

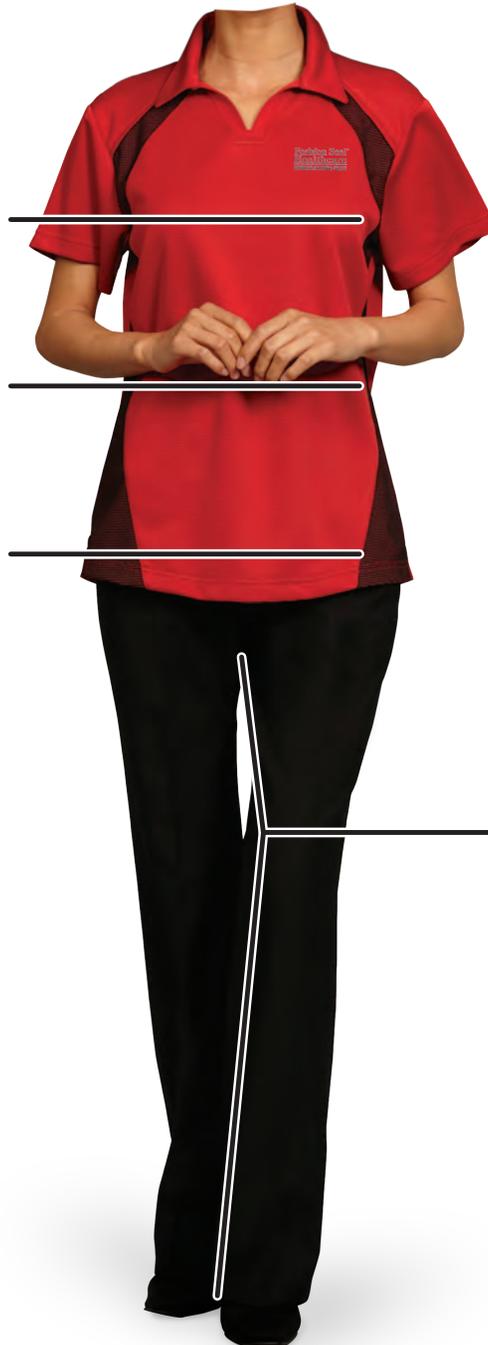
# Get a Perfect Fit: Ladies'

If possible get a friend to help

**BUST** - Measure at the fullest part of your bust with arms relaxed at your sides.

**WAIST** - The waist measurement should be taken from the Natural Waist which is the point where you bend side to side. Measure around your waist at this point, keeping one finger between the tape and your body.

**HIPS** - Stand with your heels together and measure around the fullest part of your hips. Approximately 8" below your waist.



**INSEAM** - Select a pair of your best fitting pants of similar material. Measure from the crotch to the bottom. The number of inches, to the nearest half inch, is the inseam length. Or measure from the center crotch to bottom of leg hem.

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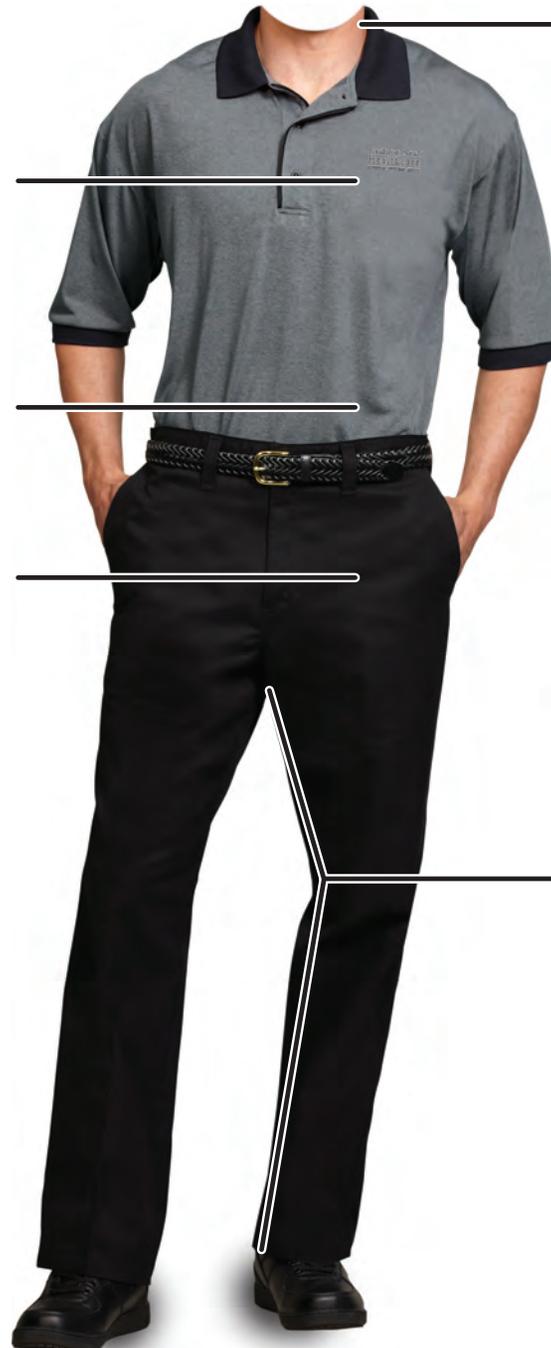
# Get a Perfect Fit: Men's

## If possible get a friend to help

**CHEST** - With arms at your sides, measure around your upper body, under your armpits and over the fullest part of your chest and shoulder blades.

**WAIST** - Measure around your waist. (Do not measure on top of your clothes.) The waist measurement should be taken from the Natural Waist which is the point where you bend side to side. Measure at this point, keeping the tape comfortably loose around your waist.

**HIPS** - Stand with your heels together and measure around the fullest part of your hips. Approximately 8" below your waist.



**NECK** - Measure around the neck at the level of your Adam's Apple. Add 1/2" to this measurement for comfort.

**INSEAM** - Select a pair of your best fitting pants of similar material. Measure from the crotch to the bottom. The number of inches, to the nearest half inch, is the inseam length. Or measure from the center crotch to bottom of leg hem.

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