

# Bawden Bespoke Self Measurement Guide

Have someone measure you by following these instructions and illustrations.

The golden rule is to stand straight and relax. If you tense up or flex your muscles, your measurements will not be accurate.

Wear a well fitting business shirt to use as a guide. The measurements you take should reflect the dimensions of the shirt with the exception of the chest, waist and hips measurements.

The best method of holding the tape measure is to pinch it between your thumb and index finger.

All measurements should be rounded up to the nearest centimetre or half inch



## Step 1 NECK

Stand straight with your head slightly bowed forward.

Measure your neck by placing the tape where your collar normally sits, following the base of your neck.

Slip one finger under the tape to ensure some breathing space. The tape should be firm but not tight.

 Inches

## Step 2 CHEST

Measure your chest around its widest point by slipping the tape under your armpits.

Ensure the tape is level at the back and is over the bottom of the shoulder blades

Slip two fingers under the tape, relax your stance and keep the tape firm but not tight

 Inches

## Step 3 WAIST

It is normal for this measurement to be more than your trouser size as it is taken slightly higher on the waist.

Measure your waist at its widest point generally around your navel. Ensure the tape is level the entire way around.

Slip two fingers under the tape measure.

Relax, exhale and ensure the tape is firm but not tight.

 Inches

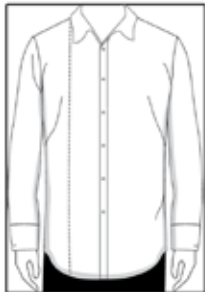
## Step 4 HIPS

Ensure that your pockets are empty.

Measure your hips at the widest point around your buttocks.

Ensure the tape is level the entire way around.

Slip two fingers under the tape and ensure the tape is firm but not tight

 Inches

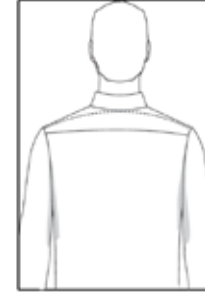
## Step 5 SHIRT LENGTH

Untuck your shirt (you will preferably have your best fitting business shirt on)

Locate where the yoke (the shoulder plate) meets the collar and place one end of the tape there

Take the tape in a straight line to the bottom of your shirt, adding or removing length as desired.

Generally this measurement is the same height as the bottom of the fly on your trousers

 Inches

## Step 6 SHOULDERS

Place the tape measure on the top of your shoulders and measure between the arm seams of your shirt.

If you are not wearing a business shirt get your helper to rest the palm of their hand flat on your arm with your fingers pointing upward.

Where their hand comes away from your arm is where the shoulder begins.

This measurement should start from the same point as the sleeve length measurement. The tape should follow the natural contour on the top of your shoulders.

 Inches

## Step 7 SLEEVE LENGTH

Your arm should have a slight bend in it to allow for the shirt riding up. Start with the tape measure on top of the arm seam where the shoulder meets the arm.

Take the tape down the centre of your arm stopping at the elbow.

Then take the tape measure across your arm to between your wrist and webbing between your thumb and index finger.

Check the measurement by measuring the sleeve of the shirt you are wearing

 Inches

## Step 8 WRIST

Measure your wrist around its widest point keeping the tape firm but not tight. We will add an allowance based on your measurements

Add one finger under the tape if you would like a looser fit

Note there are two boxes in case you wear a watch

If you normally wear a watch, measure over the top of the watch on the wrist that you wear it on.

 Inches