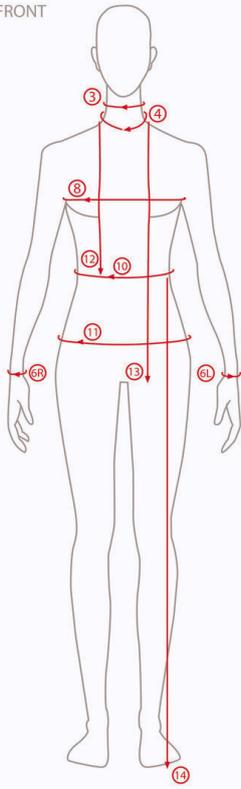
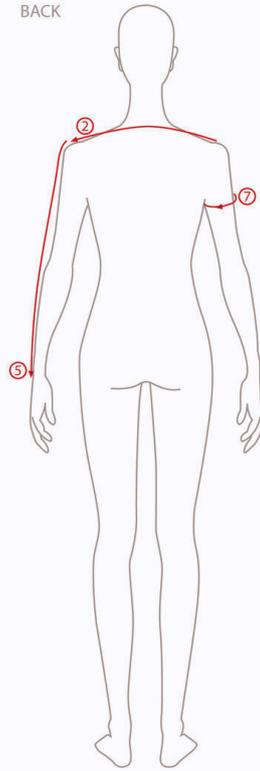


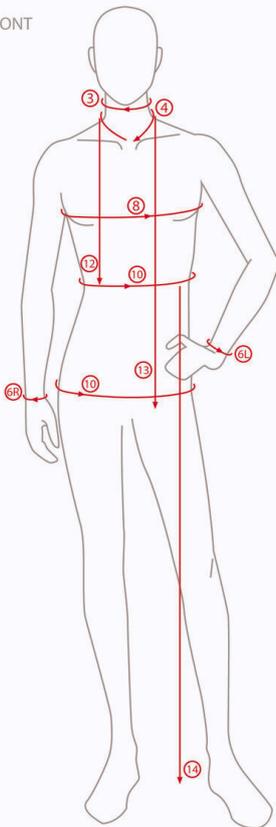
FRONT



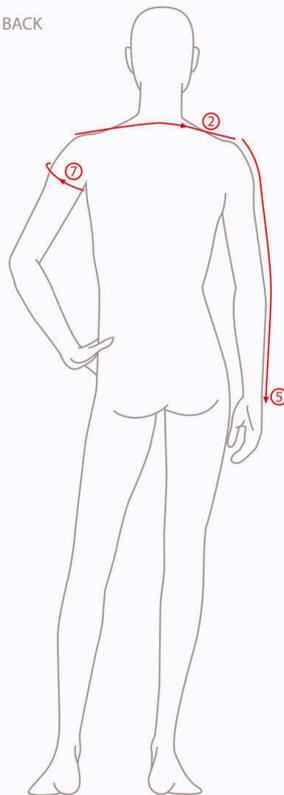
BACK



FRONT



BACK



## 1. Shoulder Type

- Very Squared/Straight
- Quite Squared/Straight
- Average
- Slightly Sloped
- Very Sloped

## 2. Shoulder Length

CM

Stand naturally with shoulders relaxed. Run measuring tape from outer shoulder bone to outer shoulder bone across your back. Ensure the tape is snug.

## 3. Upper Neck Around

CM

Run the measuring tape around the neck, beginning at about one inch from the meeting point of your neck and shoulders.

## 4. Lower Neck Around

CM

Place one end of the tape in the middle of your two collar bones, wrap tape around your neck and meet back at the middle of two collar bones. Ensure tape is not overly tight.

## 5. Arm Length

CM

Stand naturally and straighten the arm to be measured, do not bend your elbow. Place one end of the tape on the outer shoulder bone, run tape along your arm and take measurement at the end of the bone at your wrist.

## 6L. Left Wrist Around

CM

Put on the type of watch you usually wear, if any. Run the measuring tape around your wrist around the wrist bone, with or without a watch on.

## 6R. Right Wrist Around

CM

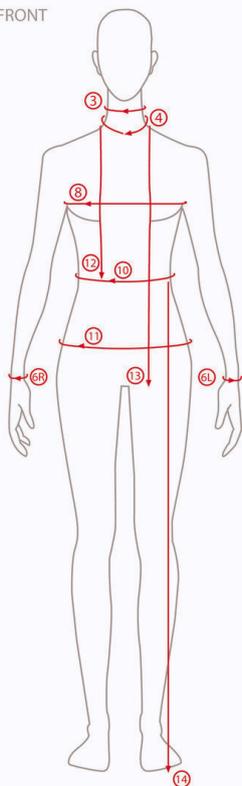
Put on the type of watch you usually wear, if any. Run the measuring tape around your wrist around the wrist bone, with or without a watch on.

## 7. Arm Hole

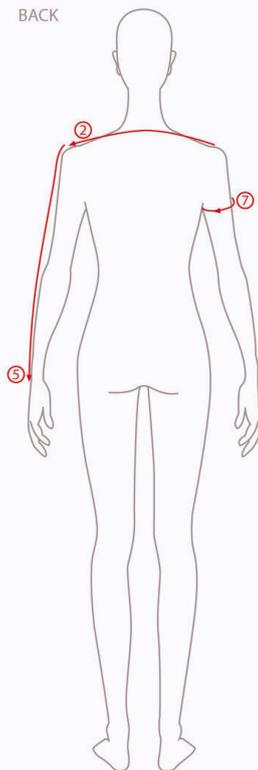
CM

With your arm hanging at your side and relaxed, measure around your bicep at its fullest point. It is likely close to your armpit.

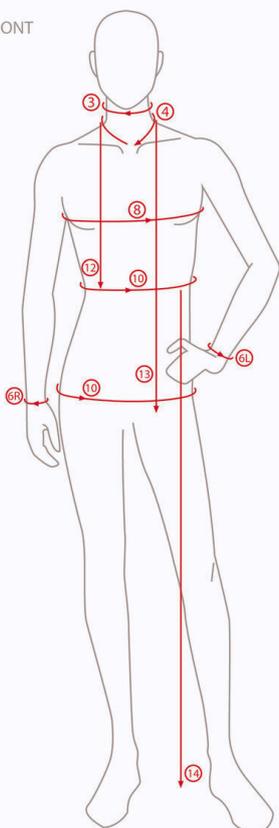
FRONT



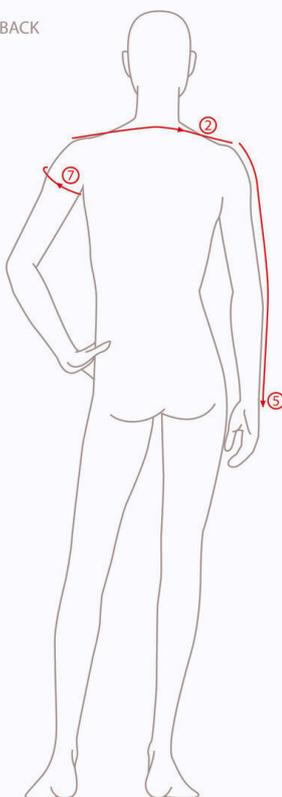
BACK



FRONT



BACK



## 8. Chest Around CM

For ladies, wear the type of bra you most frequently use.

Run the measuring tape around the fullest part of your chest, tight up under your armpits and over the shoulder blades. Ensure the tape is level.

## 9. Bra Size (Ladies Only) CM

Tell us your usual bra size, e.g. 34B

## 10. Waist Around CM

Use the tape to circle your waist at your natural waistline, which is located above your belly button and below your rib cage. Avoid sucking in your stomach please.

## 11. Hips Around CM

Start at one hip and wrap the tape measure around your rear, around the other hip, and back to where you started. Make sure the tape is over the largest part of your buttocks. Ensure the tape is level.

## 12. Shoulder to Waist CM

Measure from the midpoint on top of the shoulder, vertically down the front of the body, to the waist line (level of belly button).

## 13. Right Wrist Around CM

Measure from the midpoint on top of the shoulder, vertically down the front of the body, to the point where you would want the shirt to be. You may want to go slightly longer if you plan to always tuck the shirt in, or slightly shorter if you plan to wear the shirt un-tucked.

## 14. Waist to Floor CM

Measure from the waist line, vertically down the front-side of the body, to the floor.

## 15. Height CM

Tell us your height