

MEASUREMENT CHART

Taking proper measurements is crucial to getting the perfect fit. Make sure you follow the tips and instructions carefully

Once you have completed this chart, scan it and email it to: clinton@seaquel.co.nz

TIPS

- Do not measure yourself
- Wear thin, tight fitting clothing
- Hold the tape firmly against the body
- Take each measurement twice

Name: _____
 Measuring date: _____
 Email: _____
 Phone: _____

● _____ **KG YOUR WEIGHT**

● _____ **CM YOUR HEIGHT**

1 _____ **CM NECK.** Measure around the neck, looking straight ahead

2 _____ **CM CHEST.** Relax arms at sides. Measure around the biggest part at mid-breath

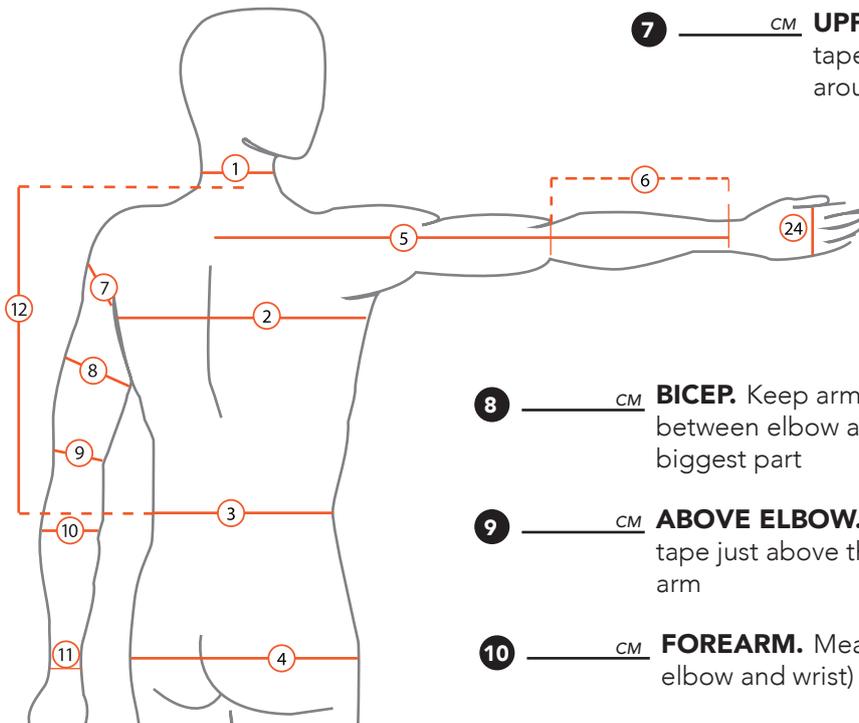
3 _____ **CM WAIST.** Measure around the waist at the belly button

4 _____ **CM SEAT.** Measure around the bottom at the biggest part

5 _____ **CM FULL ARM LENGTH.** Extend arm horizontally. Measure from the wrist bone to the middle of the back between the shoulder blades

6 _____ **CM FOREARM LENGTH.** Bend arm. Measure from the elbow bone to the wrist bone

7 _____ **CM UPPER ARM.** Relax arm. Place measuring tape just below the armpit and measure around the upper arm



8 _____ **CM BICEP.** Keep arm relaxed. Find the bicep (about half-way between elbow and shoulder) and measure around the biggest part

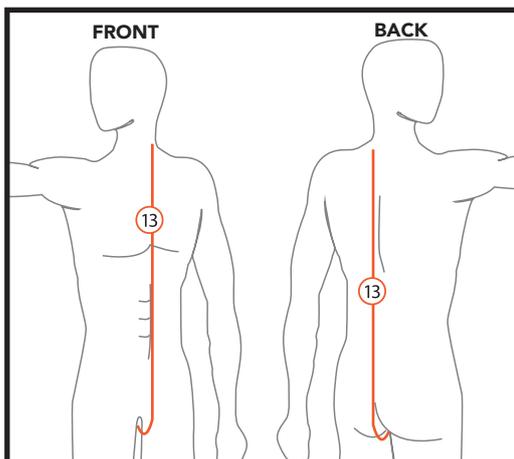
9 _____ **CM ABOVE ELBOW.** Keep arm relaxed. Hold measuring tape just above the elbow joint and measure around the arm

10 _____ **CM FOREARM.** Measure around the biggest part (between elbow and wrist)

11 _____ **CM WRIST.** Place measuring tape just above the wrist bone and measure around the wrist

12 _____ **CM TORSO LENGTH.** Trace around from belly button to middle of the back at waist level. Measure up the back to bump at base of back neck

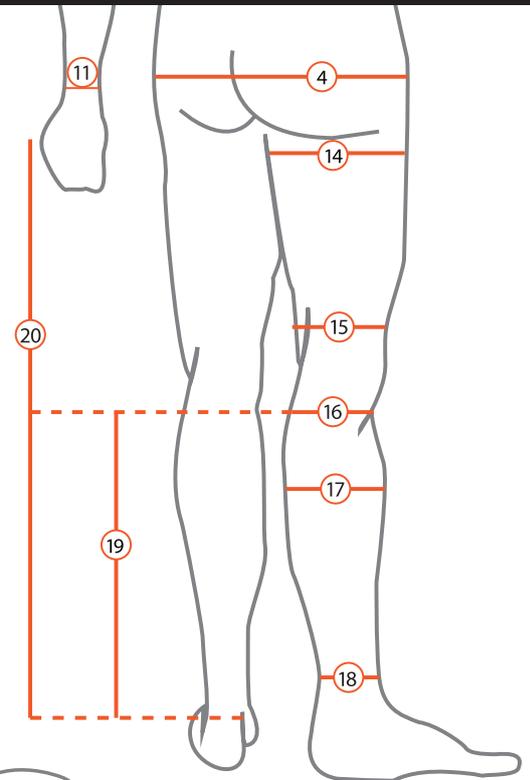
13 _____ **CM BODY LENGTH.** Hold measuring tape at the dent in the front of the neck. Measure down over the belly button, between the legs and up the back to the bump at the base of the neck. Pull the tape tight so it is firm against the body. For an adult the measurement should be around 140cm - 180cm



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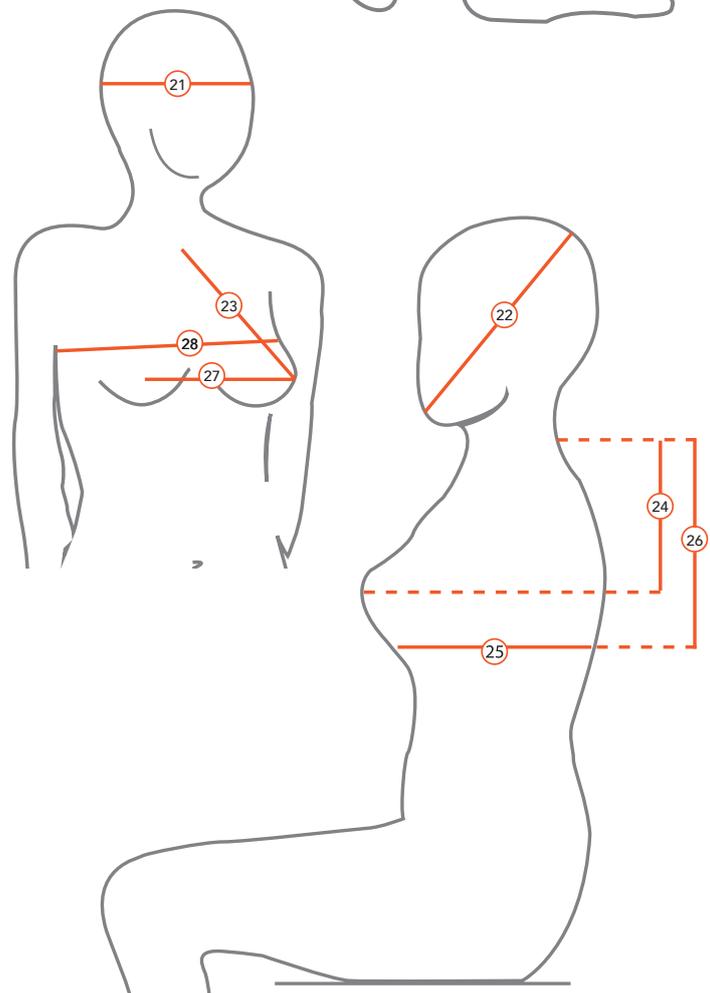
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- 14 — **CM THIGH.** Hold measuring tape as far up the leg as possible and measure around the thigh
- 15 — **CM ABOVE KNEE.** Hold measuring tape just above the knee cap and measure around the leg
- 16 — **CM BELOW KNEE.** Place measuring tape just below the knee cap and measure around the knee at the smallest part
- 17 — **CM CALF CIRCUMFERENCE.** Measure around the biggest part
- 18 — **CM ANKLE.** Hold measuring tape just above the ankle and measure around the smallest part
- 19 — **CM CALF LENGTH.** Using your finger, trace a line from just below knee cap to inside leg. Measure from this point down to ankle bone.
- 20 — **CM INNER LEG LENGTH.** Hold measuring tape as far up the leg as possible (in the crotch) and measure down inside leg to ankle bone



HOODED SUITS ONLY

- 21 — **CM CROWN.** Measure around crown of head, looking straight ahead
- 22 — **CM HEAD.** Hold measuring tape at chin point. Measure around the head at the biggest part and back to chin point



WOMENS SUITS ONLY

Please wear a bra or togs when taking these measurements

- 23 — **CM BUST HEIGHT (FRONT).** Hold measuring tape at the dent in the front of the neck. Measure the distance to one nipple (left or right)
- 24 — **CM BUST HEIGHT (BACK).** To find bust level, wrap measuring tape around the bust at the biggest part, hold a finger on the tape at the centre of the back (at bust level), remove the tape, and keep your finger there. Then measure between your finger and the bump at the base of the back of the neck
- 25 — **CM UNDER BUST.** Measure around the chest just below the bust
- 26 — **CM UNDER BUST HEIGHT.** Wrap measuring tape around the under-bust, hold a finger on the tape at the centre of the back (at under-bust level), remove the tape, and keep your finger there. Then measure between your finger and the bump at the base of the back of the neck
- 27 — **CM BUST WIDTH.** Hold measuring tape on one nipple and measure distance to the other
- 28 — **CM ABOVE BUST.** Measure around the chest at underarm level