

Taking Measurements

Practical skills

Where to measure a body, and why the numbers matter for fit.

The measurements clothing sizes are actually based on.

Measurement	Where
Chest / bust	Fullest part, tape level
Waist	Natural waist — the narrowest point
Hips	Fullest part, ~20 cm below the waist
Inside leg	Crotch to floor, no shoes
Sleeve	Shoulder point to wrist, arm slightly bent
Shoulder	Across the back, point to point
Neck	Base of the neck, one finger's slack

Clothing sizes are not standardised between brands or countries.
Measurements are the only reliable comparison.