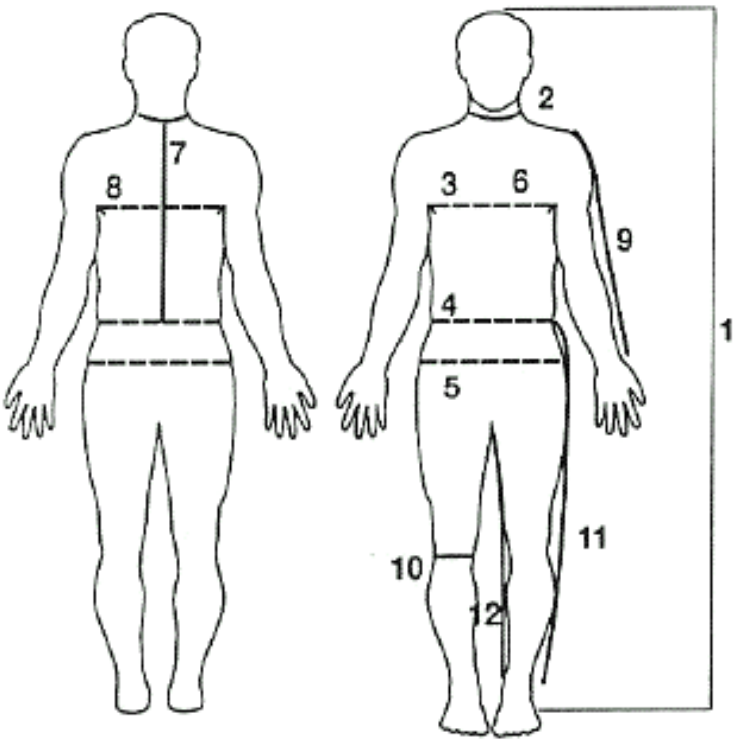
PatternMaker Software

Measuring for Men's Garments

1. body height
2. neck circumference
3. chest circumference
4. waist circumference
5. hip circumference
6. chest width (Front Width)
7. back length
8. back width
9. sleeve length
10. knee circumference
11. outside seam length
12. inside seam length



Following are the instructions on how to measure for PatternMaker men's macros.

You will need three pieces of elastic or heavy twill tape, a measuring tape, and another person to read the measuring tape, if you are the subject. Don't try to take the measurements yourself, because bending over to read the tape will distort the measurements. Stand straight but relaxed when you are being measured. You will receive the best results if the measurements are taken over underwear. Take measurements accurate to the nearest ¼ inch or ½ centimeter.

Place 1" (3 cm) wide elastic bands around the chest, waist and hip. Search carefully for the correct places of these elastic bands. Waist elastic should be at the natural waistline for shirt, jacket, and vest macros. For the pants macro only, the waist elastic should lie around the point where you want your pants' waistband to fit. For all other patterns, be sure that the elastic is level from front to back. Hip elastic goes around the points where your hip circumference is maximum (these may not be the points that look largest in profile).

It is IMPORTANT to use the elastic bands throughout all measuring. ALL VERTICAL MEASUREMENTS ARE TAKEN FROM AND TO THE LOWER EDGE OF ELASTIC BANDS. Don't remove the elastic until all necessary measurements have been taken.

Except for pants' and sleeve cuff circumference and jacket length, you should use the actual body measurements. DO NOT ADD ANY EASE to the measurements, the program does it for you. DO NOT TIGHTEN MEASURING TAPE.

You can use either centimeters or inches. Give inches in fractions

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Men's Measuring Chart

Name: _____ **Date:** _____

	SHIRT AND JACKET	
1	Body Height: Measure the full height of the subject.	
2	Neck Circumference: Measure around lowest part of neck, at the base.	
3	Chest Circumference: Marked with elastic. Measure around the fullest part of the chest, under armpits, keeping the tape high at the back.	
4	Waist Circumference: Measure waist at elastic.	
5	Hip Circumference: Measured over the largest part of the subject's bottom/thighs at elastic.	
6	Chest Width: Measure across chest at widest point from sleeve seam to sleeve seam. Hold your arms relaxed at your sides. Measure at the points where the arms touch the body.	
7	Back Length: From bottom of back neck to back waist center. For the bottom of the neck, use the fifth vertebra (the one that makes a bump at the base of the neck).	
8	Back Width: Width across shoulder blades from sleeve seam to sleeve seam. Measure at widest point of back. Hold your arms relaxed at your sides. Measure at the points where the arms touch the body.	
9	Sleeve length: Measure from shoulder tip to wrist. Shoulder tip is where you can feel a gap between the shoulder and arm bones. Hold your arm horizontal, if necessary, to find the point. Hold arm slightly bent and measure over outside of elbow.	
	Jacket Length from Waist: From waist to desired length of jacket.	
	Jacket sleeve cuff circumference: Desired jacket sleeve cuff circumference; not needed for shirt	
	PANTS	
4	Waist Circumference: Measure around the point where you want the pants' waistband to fit. This may be at a different level than for shirt and jacket. Some men want to wear pants below abdomen at front.	
10	Knee Circumference: Measured over the largest part of the subject's knee	
11	Outside Length: From bottom edge of waist elastic to desired cuff length. Measure over the outside curvature of the hip.	
12	Inside Length: Ask subject what inseam he usually buys, or measure from crotch to desired cuff length on an existing pair of pants.	
	Cuff Circumference: Desired circumference of pants' cuff. This is the actual circumference of the pants leg, not the ankle measurement.	