



# Self-Tailoring Measurement Guide



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Webpage for Exec Tours Bkk – [Tailor](#)

[www.exectoursbkk.thaibis.com/Bangkok/tailor](http://www.exectoursbkk.thaibis.com/Bangkok/tailor)

## Section I: How to Measure Yourself

# AUSWATHAI



### What you will require

- A fabric measuring tape rather than string.
- A long stick or ruler.
- Assistance from another person: it is virtually impossible to measure yourself with the necessary accuracy.
- A well fitting shirt, pair of trousers (not jeans), suit jacket, and waistcoat if possible.

### When taking measurements

- Keep the measuring tape comfortably snug, but not tight.
- All measurements are made to nearest  $\frac{1}{4}$  inch.
- Avoid giving off-the-rack measurements: a custom tailored item is designed to fit your *exact* specifications rather than the very rough (and often incorrect) approximations used in ready to wear clothing, which is designed to fit the mythical average individual.

## Section II: Taking Specific Measurements

### 1. Height

**Wearing:** No Shoes

Measure your height in inches.

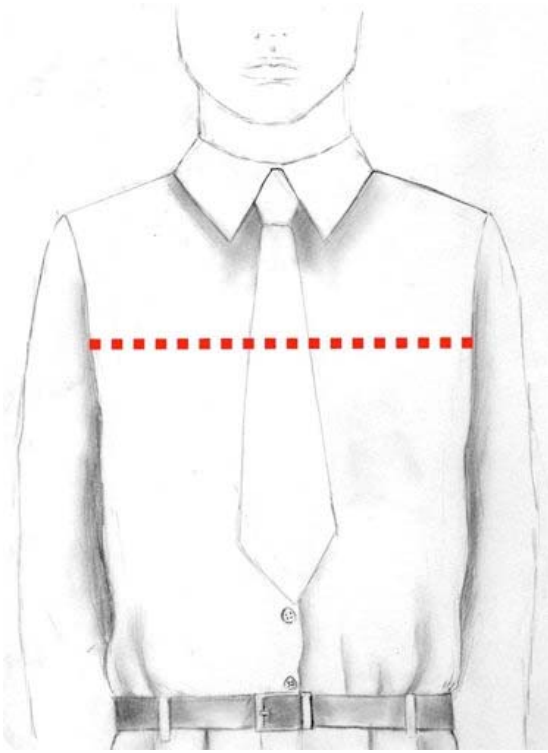
### 2. Weight

**Wearing:** Only underwear

Measure your weight in pounds

### 3. Dominant Arm

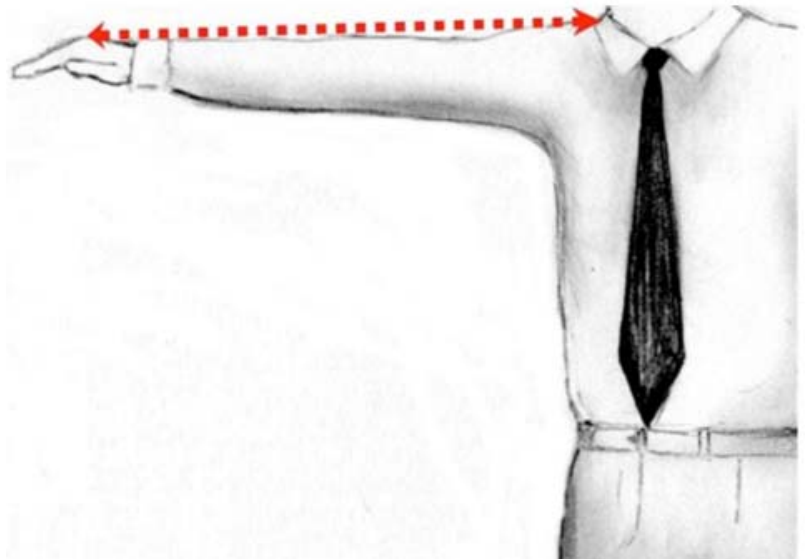
Indicate which arm you write with.



#### 4. Chest

**Wearing:** Well fitting shirt

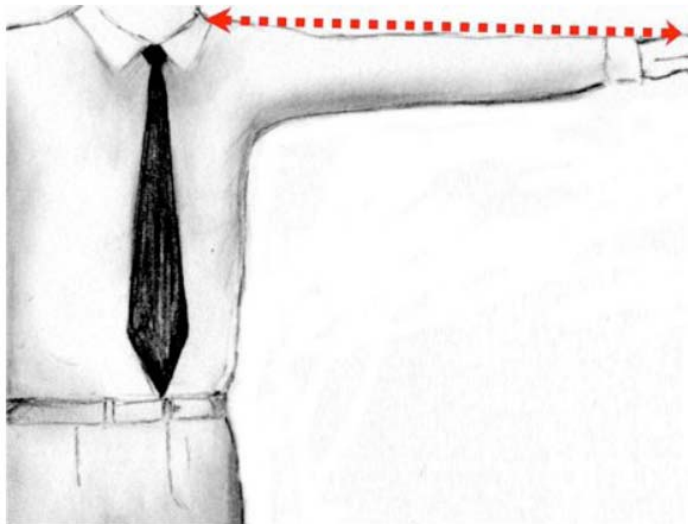
Measure around your chest at its widest point. Ensure the measuring tape passes underneath your armpits and over your shoulder blades at the back.



#### 5. Neck to Thumb: Right Side

**Wearing:** Well fitting shirt

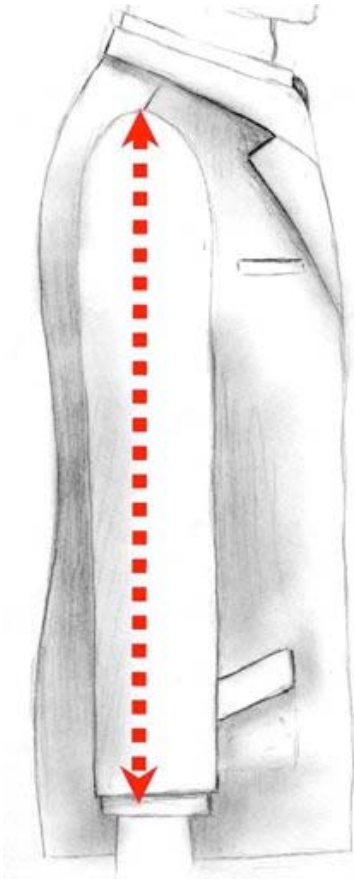
Extend your right arm sideways away from your body. Measure from right side of your neck (at the bottom of your shirt collar), along your shoulder and arm, to the bottom of the thumbnail on your right hand.



#### 6. Neck to Thumb: Left Side

**Wearing:** Well fitting shirt

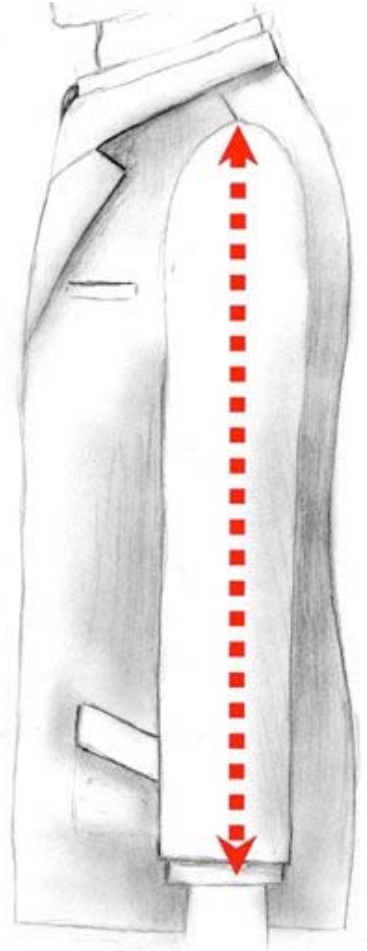
Complete the opposite of point 5



### 7. Sleeve Length: Right Arm

**Wearing:** Well fitting suit jacket

Measure from the tip of the shoulder, along the jacket sleeve to where it ends at the wrist. The sleeve should typically terminate at the base of the thumb, but this varies depending on taste.



### 8. Sleeve Length: Left Arm

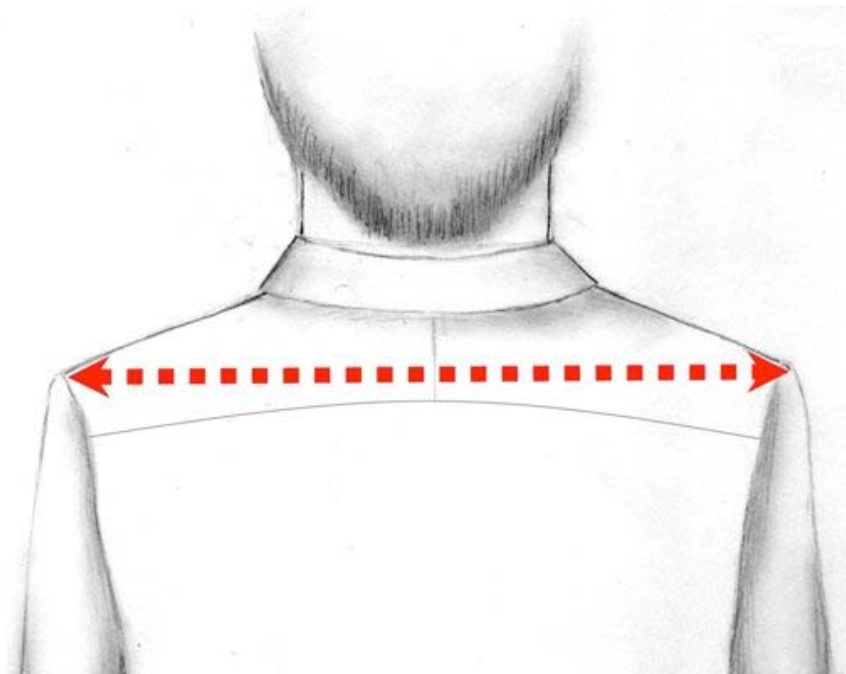
**Wearing:** Well fitting suit jacket

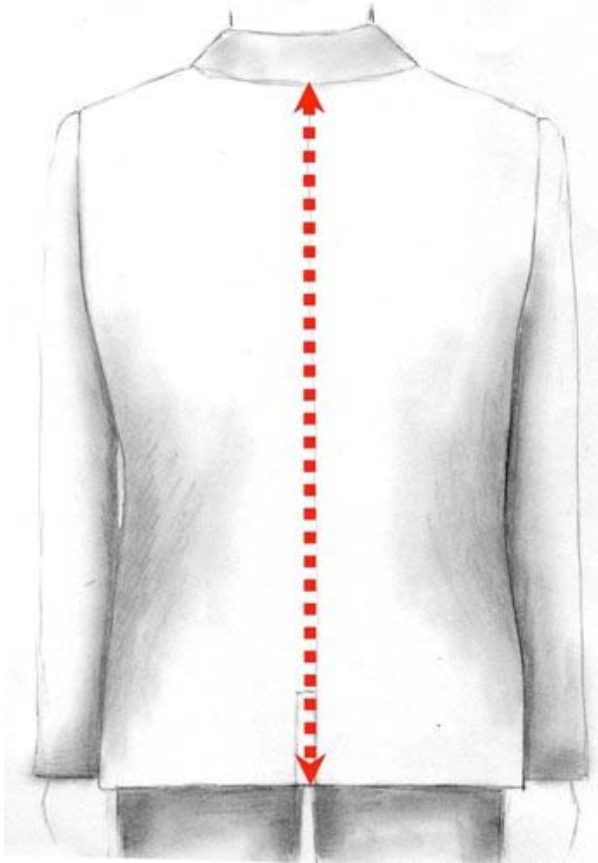
Measure from the tip of the shoulder, along the jacket sleeve to where it ends at the wrist. The sleeve should typically terminate at the base of the thumb, but this varies depending on taste.

### 9. Shoulder Width

**Wearing:** Well fitting shirt

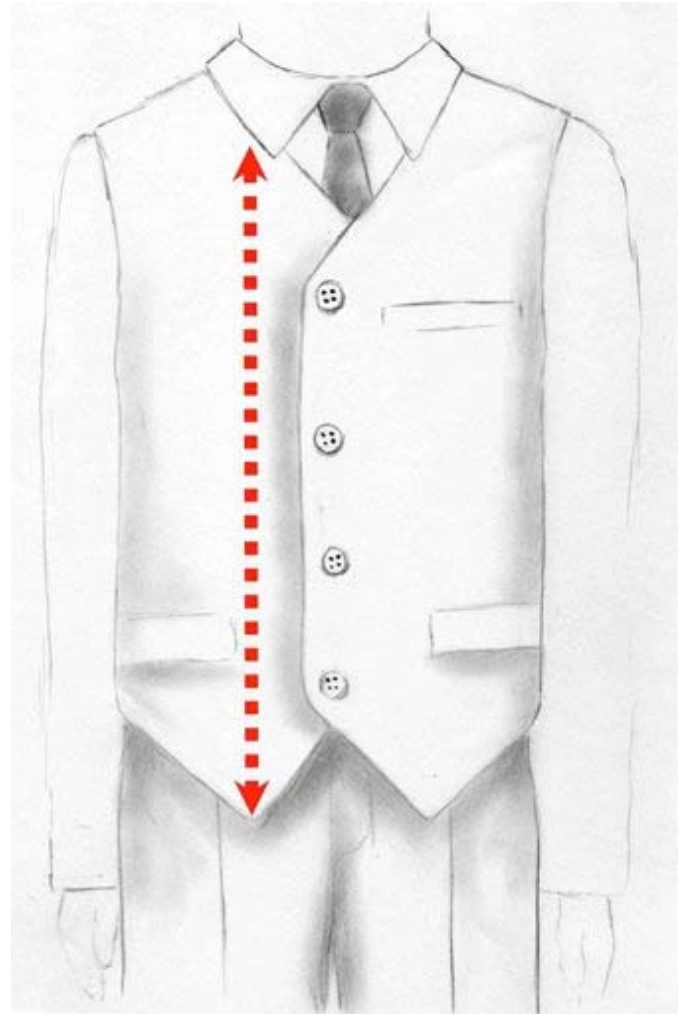
Measure from the tip of your left shoulder (where you can feel a bony protrusion) to the tip of your right shoulder.





## 10. Jacket Length

**Wearing:** Well fitting suit jacket  
Measure from the bottom of the collar, straight down the back centre seam, to where you would like the jacket to end. The jacket should ideally be just long enough to completely cover your buttocks and your crotch.



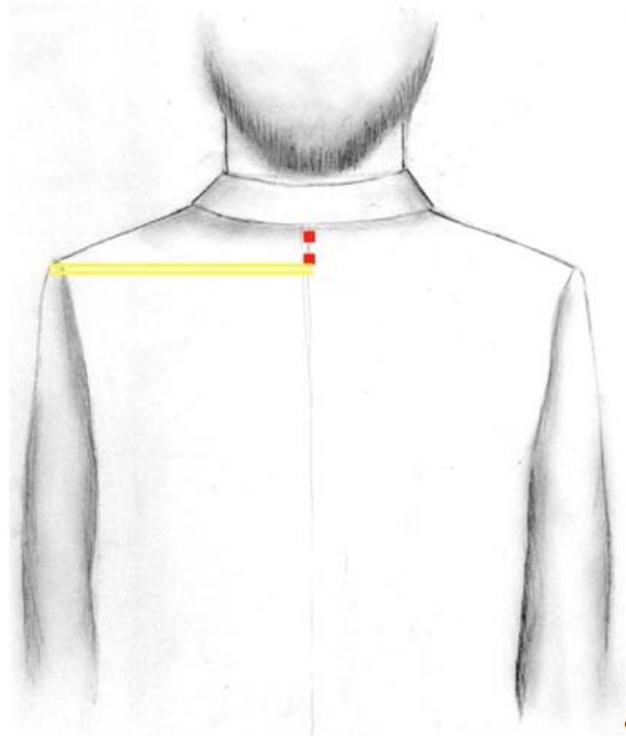
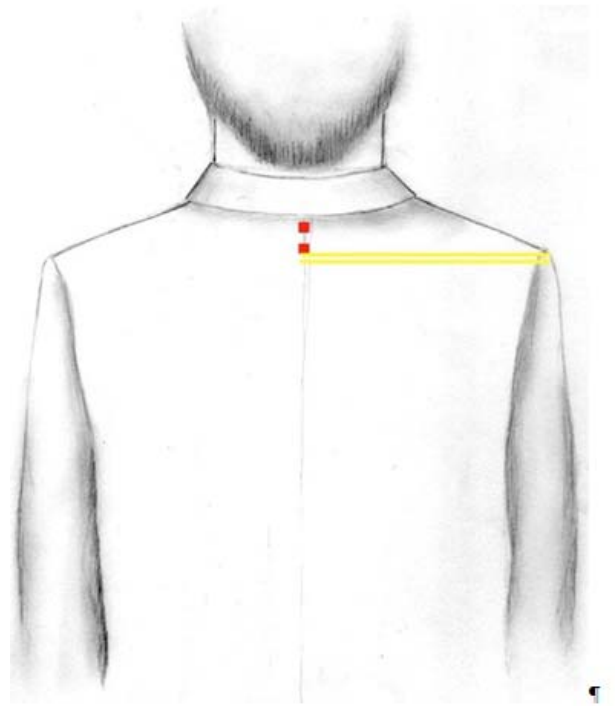
## 11. Waistcoat Length

**Wearing:** Well fitting shirt and well fitting waistcoat (if possible) Measure a vertical line down from the base of your shirt collar to the lowest point of your desired waistcoat length.

## 12. Right Shoulder Drop

**Wearing:** Well fitting shirt

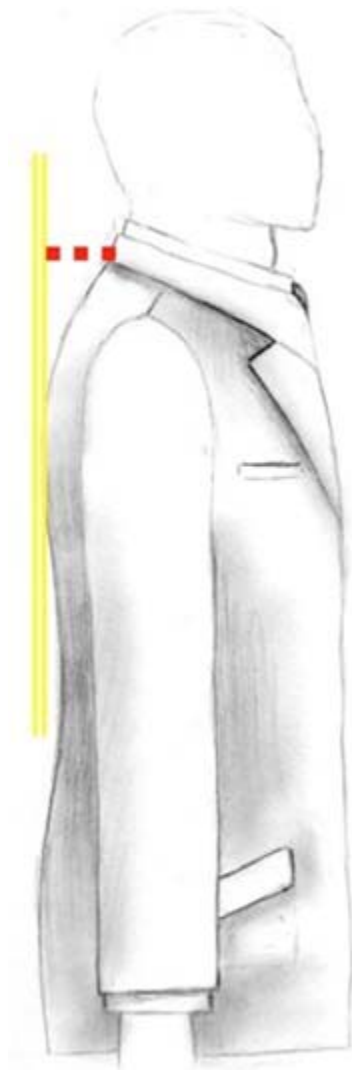
Use a ruler or similar object to simulate a horizontal line crossing the tip of your right shoulder (as indicated by the horizontal double line in the diagram below). Measure the distance from the bottom of your shirt collar down to the point which crosses this horizontal line (as indicated by the vertical dotted line in the diagram).



## 13. Left Shoulder Drop

**Wearing:** Well fitting shirt

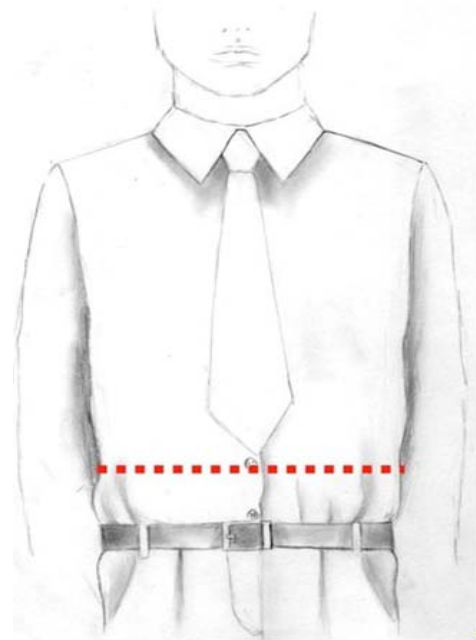
Use a ruler or similar object to simulate a horizontal line crossing the tip of your left shoulder (as indicated by the horizontal double line in the diagram below). Measure the distance from the bottom of your shirt collar down to the point which crosses this horizontal line (as indicated by the vertical dotted line in the diagram).



#### 14. Spine Curvature

**Wearing:** Well fitting shirt

Use a ruler or similar object to simulate a vertical line which just touches your spine (shown as the vertical double line in the diagram). Measure the distance from the centre of the bottom of the shirt collar to this vertical line (shown as the horizontal dotted line in the diagram).



#### 15. Jacket Waist

**Wearing:** Well fitting shirt

Measure around your waist roughly at the level of your navel. This measurement may correspond to either the narrowest or the widest point of the waist, depending on build.



### 16. Trouser Waist

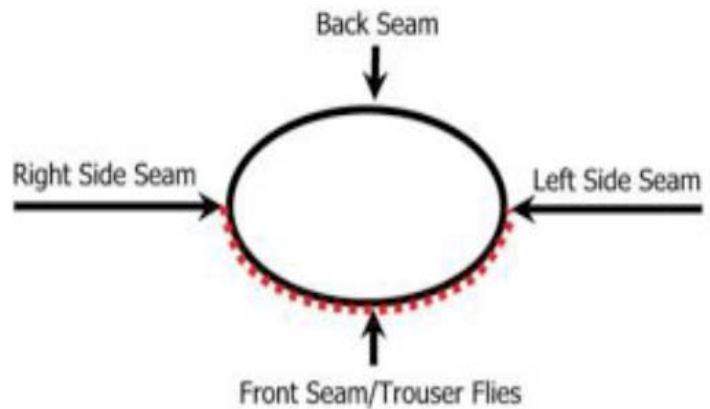
**Wearing:** Well fitting trousers

Wearing a pair of well fitting trousers, measure all the way around your waistline, just higher than the waistband of the trousers. Make sure the tape does not ride over the waistband. Measure to a comfortable tightness.

### 17. Front Waistband

**Wearing:** Well fitting trousers

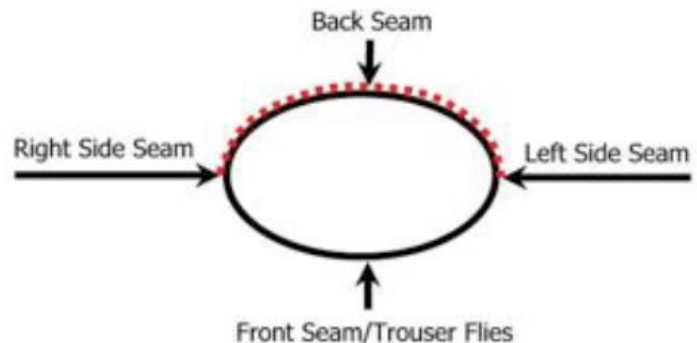
The diagram below is a representation of a trouser waistband as seen from above. Measure along the front waistband of a pair of well fitting trousers, from the right side seam to the left side seam. This distance is shown by the dotted line in the diagram.



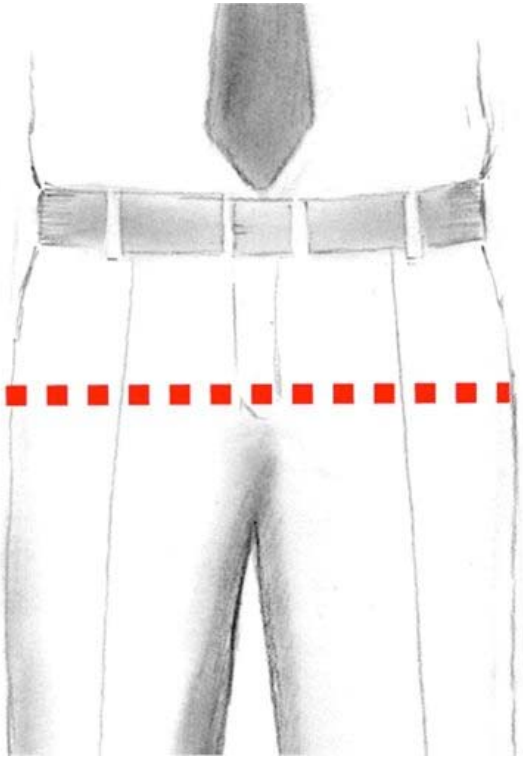
### 18. Rear Waistband

**Wearing:** Well fitting trousers

The diagram below is a representation of a trouser waistband as seen from above. Measure along the front waistband of a pair of well fitting trousers, from the right side seam to the left side seam. This distance is shown by the dotted line in the diagram.







### 19. Seat

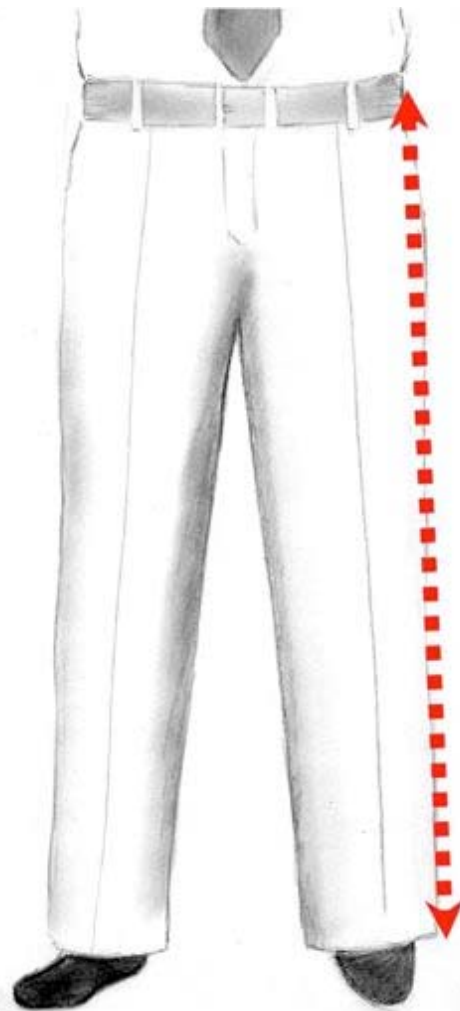
**Wearing:** Well fitting trousers

Wearing a pair of well fitting trousers, measure around your hips and buttocks at their widest point. Make sure you don't have anything in your pockets; otherwise you may get a measurement, which is too large.

### 20. outside Leg

**Wearing:** Well fitting trousers

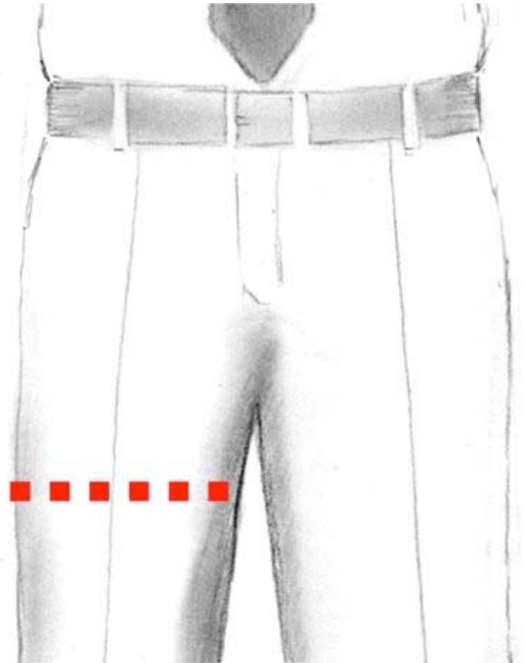
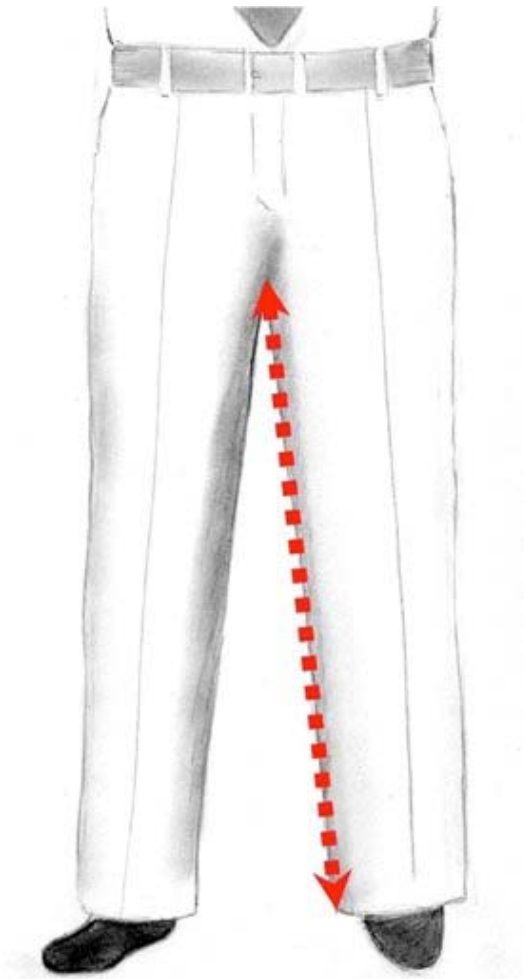
Measure from the top of the waistband on a pair of well fitting trousers, along side of the body, to where you wish the bottom of the trousers lie. This should be of a length that the trouser leg rests on the shoe without touching the floor.



## 21. inside leg

**Wearing:** Well fitting trousers

Measure from your trouser crotch to along the inside leg of the trousers to the bottom of the trousers. Make sure you measure down to the same point at the bottom as for the outside leg.



## 22. Thigh

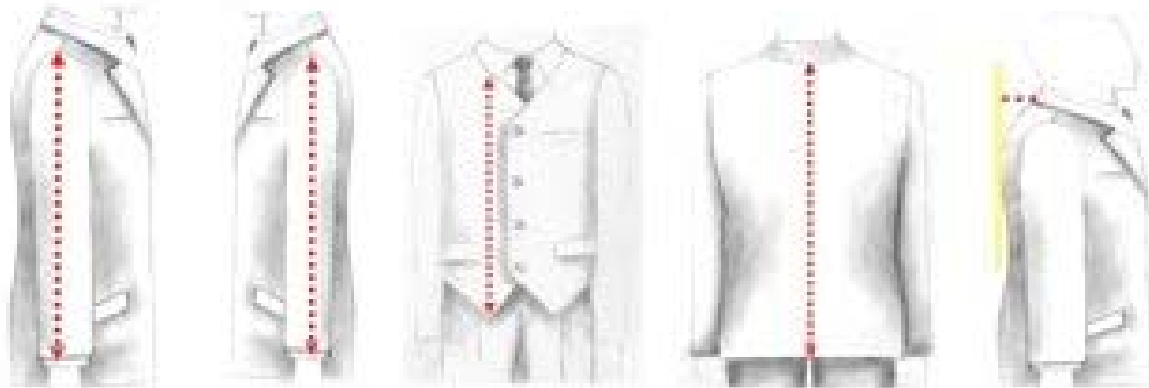
**Wearing:** Well fitting trousers

Measure around your thigh at the widest point possible, which should be a couple of inches below the crotch. Make sure you don't have anything large in your pockets which might effect the measurement.



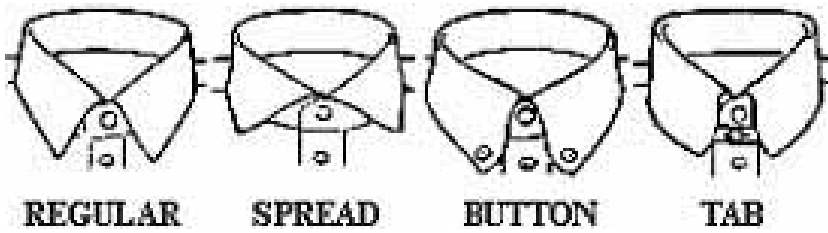
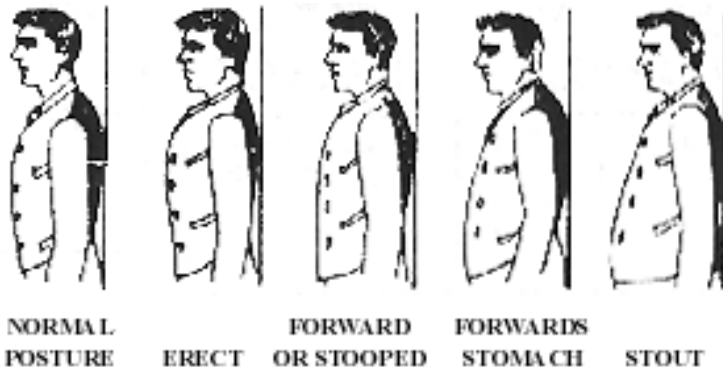
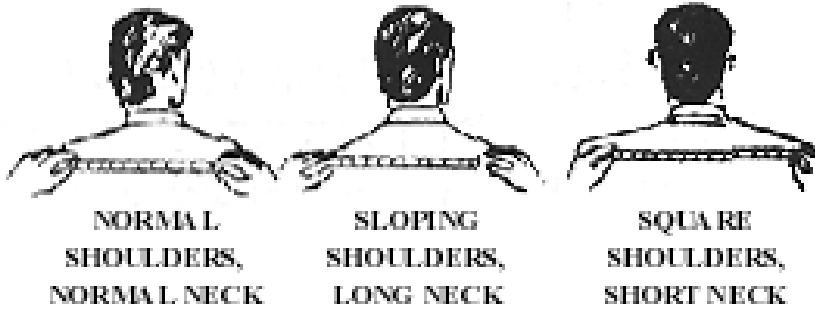
please print this page than write your sizes below of each photos when you finish fax or email full page to our store

Name : Last: ..... Phone Number: (    )                      E-mail:.....



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Trousers "U" Crutch  
 Measure from the top of the waistband in the front to the top of the waistband in the back

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