

FULL NAME

EMAIL

PHONE

ADDRESS

WEIGHT

KG / LBS

HEIGHT

CM / FEET



STANDARD MEASURING TAPE



FRIEND/PARTNER TO HELP YOU



FOLLOW OUR SIMPLE STEPS



LENGTH

INCHES

Measure from the top of the waistband down to the floor. Best if you wear shoes, and measure from the waistband to the shoe sole.



WAIST

INCHES

Take the measurement at the level of your navel. Stand in a relaxed upright position and breathe out while measuring.



HIP

INCHES

Measure around the widest part of the hip. Do not forget to empty your trouser's pockets before taking this measurement.



CROUTCH

INCHES

Pass the measuring tape from the upper waistband in the front through the crotch, to the upper waistband at the back.



THIGH

INCHES

Measure around the thigh.



CALF

INCHES

Measure around your calf.



HEM

INCHES

Measure around the hem. Provide some extra space to ensure a comfortable fit.

REMARKS