

Sew Me Something

Pattern Cutting Series - Body Measurements

Taking personal body measurements

Now you have the specific points we are measuring to and from, you can start taking the body measurements you'll need to cut accurate patterns. It is an excellent idea to get someone else take these measurements for you if you can as some are just not possible on your own unless you are a contortionist!

You will need a good quality tapemeasure as some older ones can stretch over time and use. You will also need a piece firm craft paper or thin card to wrap around your hips and a strip of paper 5cm wide and 80cm in length.

Below is a list of the measurements you will need and how to take them. Fill in the blank form attached with your own measurements. There are certain measurements that can be calculated, and different formulae used to double check your measurements too.

	Measurement	Description
1	Height	Stand next to the wall in your bare feet. Make sure your head is upright and your shoulders, buttocks and heels are touching the wall.
2	Neck	Place the tape around your neck so it touches the 7th vertebra point, both neck points and the jugular points the front.
3	Bust 1 - Upper Bust	Place the tape measure across the back so that it touches both back underarm points as it passes under the arms. The tape then goes over the bust.
4	Bust 2 - through the bust	Take this measurement straight after Bust 1 so the tape at the back remain in the same position. Just lower the tape at the front so it poses through the bust points.
5	Bust 3 - Full bust measurement	This is the traditional bust measurement. Taken so the tape is horizontal to the floor and the tape passes through both bust points.
6	Bust 4 - under the bust	The tapemeasure is placed just under the breasts and around the rib cage.
7	Waist	Tie a piece of tape around your waist and bend and flex so it sits in the most comfortable position. This is your natural waist and the tapemeasure should follow this line.
8	Hips - including your tum	If you have a bit of a tum, to get a more accurate measurement use a piece of card around your hips. Tie or tape the card in place around your hips and over your tum so the card remains vertical. You can then measure around your hips and make sure that it will include any curvature of you tum.
9	Chest 1 - Across the chest	Measure across the chest above the bust between the front underarm points.

Sew Me Something

	Measurement	Description
10	Chest 2	Measured across the bust from and to imaginary lines dropped vertical down from the underarm points.
11	Bust separation/ span	This is the measurement between the bust points.
12	Back Width	Measure horizontally across the shoulder blades between the back underarm points.
13	Back Arm Scye Depth	Use a strip of paper 5cm by about 80cm and tuck this under the arms across the back. Make sure the top edge of the paper touches the back underarm points. Keep your shoulders relaxed and measure vertically from the neck base point down to the top edge of the paper strip.
14	Side length	Measure from the top edge of the strip of paper down the side to the waist point.
15	Back length 1 - Centre Back length	Measure from the 7th vertebra point down spine to the waist.
16	Back shoulder slope/ diagonal	This is the shortest measurement from the shoulder point to the waist at the centre back. If you feel you have one shoulder higher or lower than the other measure both sides.
17	Front shoulder slope/ diagonal	This is the shortest measurement from the shoulder point to the bust point. If you feel you have one shoulder higher or lower than the other measure both sides.
18	Full Back length - Neck to waist	This is taken from the neck base point and measured vertically down to the waist parallel to the spine.
19	Bust height	This is taken from the neck base point to the bust point. If you feel you have one shoulder higher or lower than the other measure both sides.
20	Full Front length - Neck to waist	This is taken from the neck base point down through the bust point to the waist.
21	Shoulder length	Measure from the neck base point to the shoulder point.
22	Shoulder to elbow	Measure from the shoulder point down to the elbow point.
23	Elbow girth	Measure around the arm at the elbow point.
24	Wrist girth	Measure around the wrist at the wrist bone or Ulnar Styloid.
25	Arm length	Measure from the shoulder point to the wrist along the outer side of the arm.
26	Top arm girth	Measure around the thickest part of the arm, normally the bicep.
27	Thigh girth	Measure around the thickest part of the thigh so the tapemeasure touches the Gluteal Crease.
28	Knee Girth	Bend your leg at 90 degrees and measure around the knee.
29	Calf girth	Measure around the thickest part of the lower leg at the calf.
30	Ankle girth	Measure around the ankle around the thinnest part.
31	Front waist to the floor	Measure from the waist line over the stomach and down to the floor.

Sew Me Something

	Measurement	Description
32	Side Waist to floor	Measure from the waist point over the most prominent part of the hip down to the floor.
33	Back waist to floor	Measure from waist line at the back over the buttock point and down to the floor.
34	Gluteal Crease height	Measure from the floor up the leg to the middle of the gluteal crease.
35	Seat or Crotch Depth	Make sure you're sitting up straight and on a hard surface. Measure from the base of the chair up to the waist point.
36	Crotch length	Measure from the front edge of the waist line between the legs, under the crotch to the back waist line.
37	Head circumference	Measure around the head across the brow.

Read through the whole list before starting to take your own measurements. Use the bank form and try and take them every year as we all change on a regular basis.