

Fitting Checklist

What do you see?

Look dispassionately at yourself in the mirror or the person that you are fitting.

- Make a mental note of height and weight
- Determine the general body frame or bone structure in relation to height and weight. This can mainly be separated into small, medium or large
- Evaluate the proportions of each area front to back and side to side, to the previous area and as a whole.
- Identify figure areas that may be longer, shorter, larger or smaller than the ideal or average - body length, arm length, bust, waist, hips etc.
- Observe body confirmation. This is the angularity of curvature of the body and is usually determined by the distribution of body weight.
- Identify variations that may influence overall garment appearance - protruding abdomen, shallow chest, high buttocks etc. Also look for corresponding areas - shallow chest usually links to protruding shoulder blades. Do both shoulder blades protrude equally? Does a high right shoulder link to a high right hip?

Describe what you are seeing in terms of wrinkles and drag lines.

Is the toile fitting at key points :

- Does the neckline touch the anthropometric points around the neck?
- Does the armhole sit without pulling or gaping?
- Does the bodice sit correctly over the bust / across back
- Does the bodice/skirt/ trousers sit correctly on the waist?
- Does the skirt / trouser sit correctly on the hip line?
- Do the grainlines hang correctly or do they swing off in one direction?

General Rule of Alterations:

Do first what affects other areas of fit. Do last what doesn't.