



# SELF MEASURING CHART

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Party Name \_\_\_\_\_  
Name \_\_\_\_\_  
Address: \_\_\_\_\_  
Mobile: \_\_\_\_\_

Function Date: \_\_\_\_\_  
Position: Groomsman Page Boy Father Other  
Postcode: \_\_\_\_\_  
Email: \_\_\_\_\_

## 1. Neck

\_\_\_\_\_ inches and/or \_\_\_\_\_ cm  
Place a tape around the neck at the height the collar of a shirt would fit if buttoned. Take the measurement with one finger between the tape and the neck to ensure a comfortable fit. Do not oversize, as this will result in the shirt being too long in the arms and too big in the body.

## 2. Height

\_\_\_\_\_ ft & \_\_\_\_\_ inches and/or \_\_\_\_\_ cm  
From the top of the head to the floor (without shoes). This will usually help us to determine whether the person will need a short, regular or long fitting.

## 3. Sleeve

\_\_\_\_\_ inches and/or \_\_\_\_\_ cm  
(a) Measure down the sleeve of a well fitting dress jacket from the seam where the sleeve joins the shoulder to the bottom of the sleeve. Or (b) Imagine a line running across the top of the shoulder (to allow for the thickness of a shoulder pad). Measure from 1.5 cm above this point in a straight line to the wrist (where the hand joins the arm).

## 4. Chest

\_\_\_\_\_ inches and/or \_\_\_\_\_ cm  
Place a tape well up under the arms, straight across the back, over the shoulder blades and over the chest in the front. This measurement should be taken with the arms down in a relaxed position (NOT with the arms raised).

## 5. Waist

\_\_\_\_\_ inches and/or \_\_\_\_\_ cm  
Place a tape around the body just above the hip (navel height).

## 6. Outside Leg

\_\_\_\_\_ inches and/or \_\_\_\_\_ cm  
(a) Measure down the outside seam of a pair of dress trousers which fit comfortably, from the top of the waist band to the bottom of the cuff of the trousers. Or (b) Standing with feet together measure from the waist (navel height) to the floor and deduct 1 1/2 inches or 4cm.

## 7. Inside Leg

\_\_\_\_\_ inches and/or \_\_\_\_\_ cm  
(a) Measure down the inside leg seam of a pair of dress trousers which fit comfortably, from the crutch to the bottom of the cuff. Or (b) Standing with feet together measure from the crutch to the floor and deduct 1 1/2 inches or 4cm..

## 8. Shoes

\_\_\_\_\_ size (if required)  
Or provide a foot tracing.

