



## HOW TO TAKE MEASUREMENTS

- 1) The first step in taking measurements is to relax, put on the proper clothing and have someone with a clothing tape measure
- 2) Never take your measurements with loose fitting clothes such as sweat pants or dresses
- 3) Just a reminder an experienced Tailor would be preferable.
- 4) We have included a standard chart by height. Most people fit in these standards

## LET'S GET STARTED

**HEIGHT** Your height is very important as we need to know how long your clothing has to be.

**WEIGHT** Please be accurate, we know everyone lies but even a few pounds can change the fit of a made to measure garment. Remember we are making clothing to fit you, we want them to fit.

**YOUR BODY SHAPE.** Your body shape is important, If you are very fit your clothes are made differently than someone who is tall and slender. Click on [BODY SHAPE](#) for some help

**NECK** Take the measurement around the neck and follow your shirt line.

**CAP** Just over the ears and around the largest part of the head

**CHEST** Place your arms by your sides and keeping the tape measure level and go around the largest part of the chest under your arms. Watch out for your shoulder blades make sure the tape is level.

### **PUT ON A JACKET OR TUNIC**

(Inside sleeve and Coat Length are not required unless you are wearing the same jacket as you are ordering)

**INSIDE SLEEVE.** This measurement is from the armpit to anywhere between the base of the thumb to the wrist.

**COAT LENGTH** This measurement is from the bottom of the collar to the bottom of the jacket.

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## **REMOVE COAT**

**UPPER STOMACH** Make sure the tape is level and go around the largest part of the stomach right over the belly button.

**WAIST** This is where you wear your pants. The tape measure should feel snug, but not tight. Make sure you have proper pants on, uniforms are a conservative cut and are not "low riders"

**SEAT** Measure the largest part of the seat area leave the tape level and loose.

**OUTSEAM** Make sure the pants are in a comfortable position and you are wearing the proper footwear. Measure along the sideseam from the top of the waistband to the floor and minus 1"

**INSEAM** Measure from the crotch to the floor and minus 1"

**RISE** When in doubt the rise can be very helpful. We get this measurement by subtracting the inseam from the outseam or if you prefer you can give us the inseam or the outseam and ask for a short, regular, or long rise

**KNEE** The knee measurement is for people that like their pants loose or snug around the thigh. Just put + 1" or 2" for looser pants and minus -1" for snug pants. For people that like their pants baggy add at least 3"

**BOTTOM** Just like the knee this is either plus or minus 1"