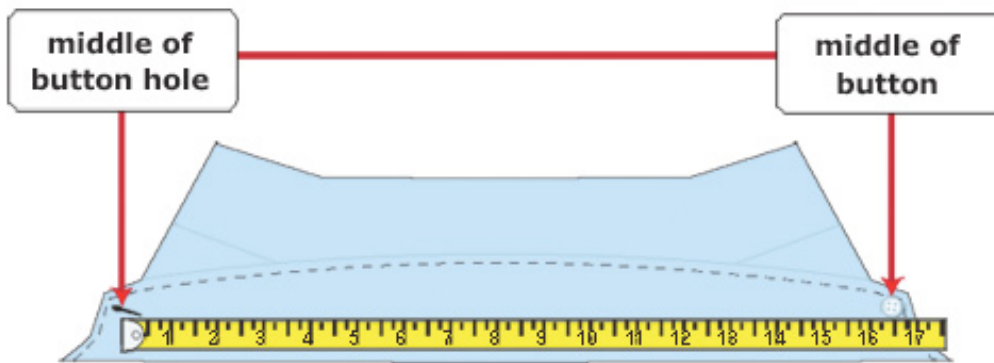


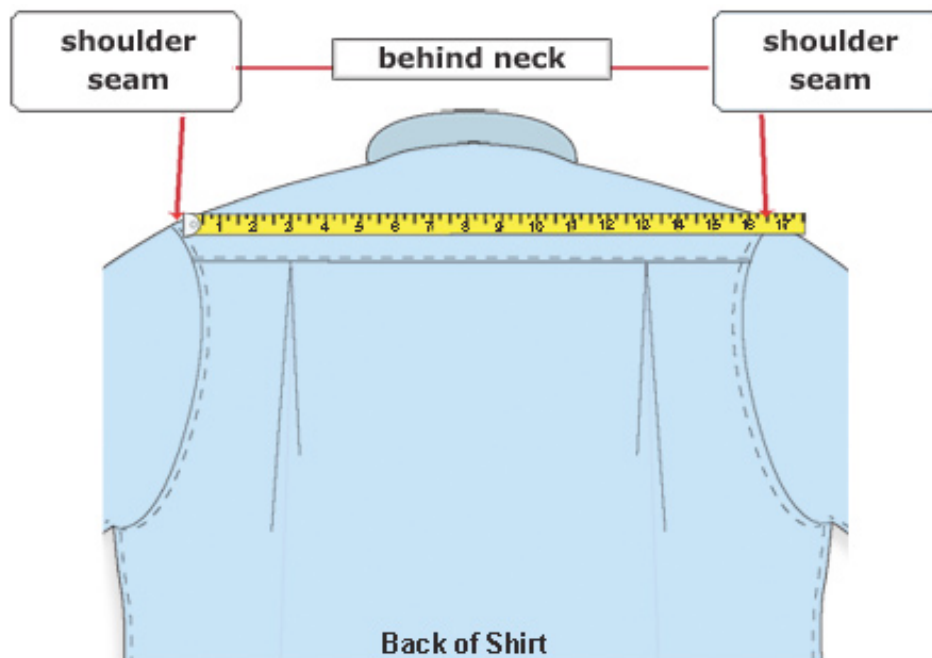
## Neck

Unbutton and lay your collar out as flat as possible. Measure across, starting from the middle of the button-hole to the middle of the button.



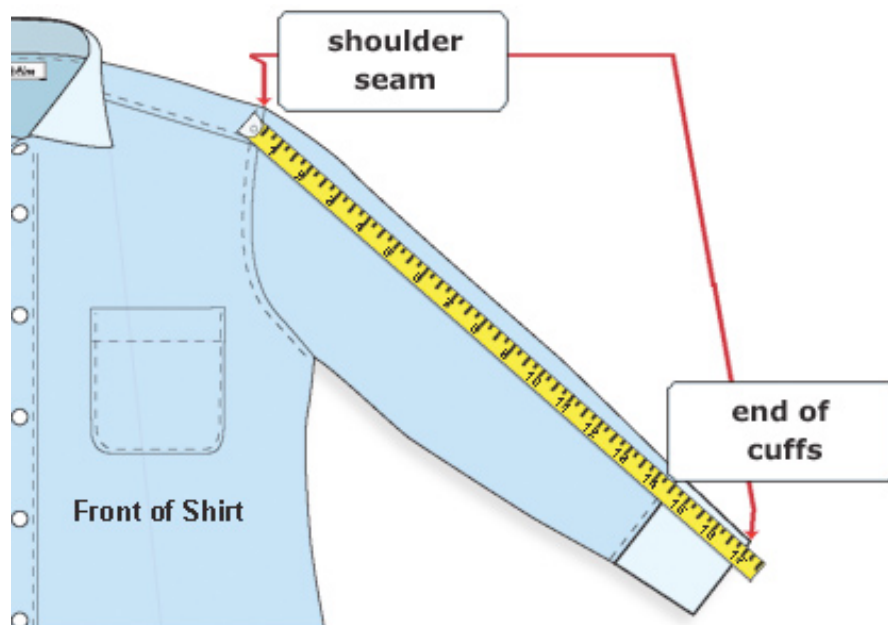
## Shoulders

Button your shirt up then measure from the left shoulder seam, across the back of the neck to the right shoulder seam.



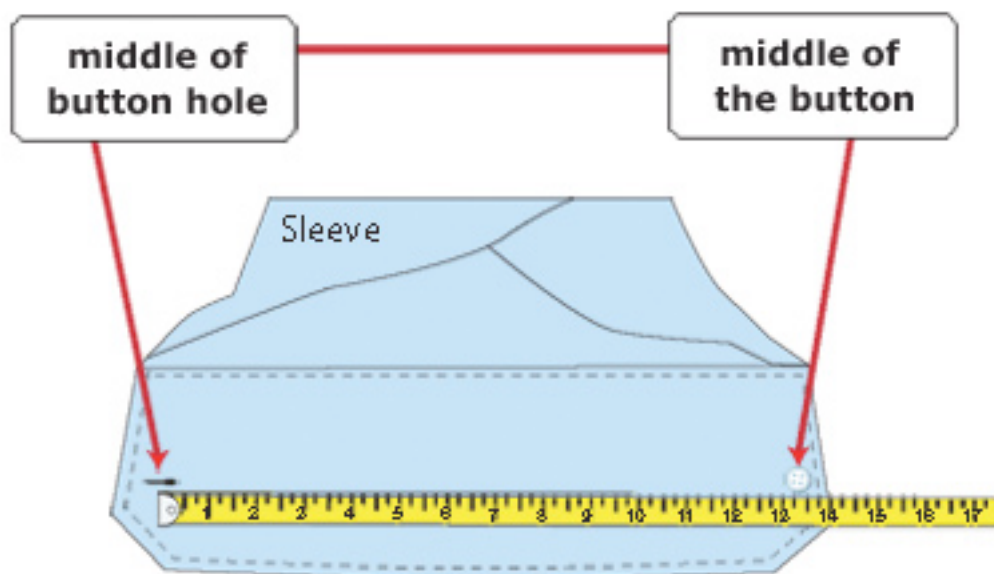
### Sleeve length

Measure from the top of the left/right shoulder seam, straight down the outside of the sleeve until the end of the cuff.



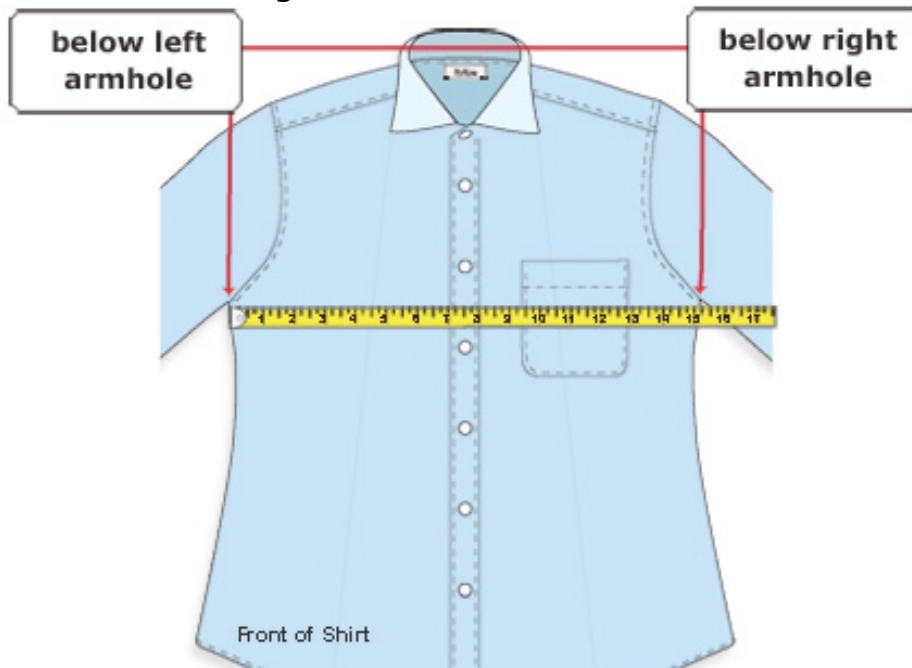
### Wrist / cuff

Unbutton and lay out the cuff as flat as possible. Measure from the middle of the button hole to the middle of the button.



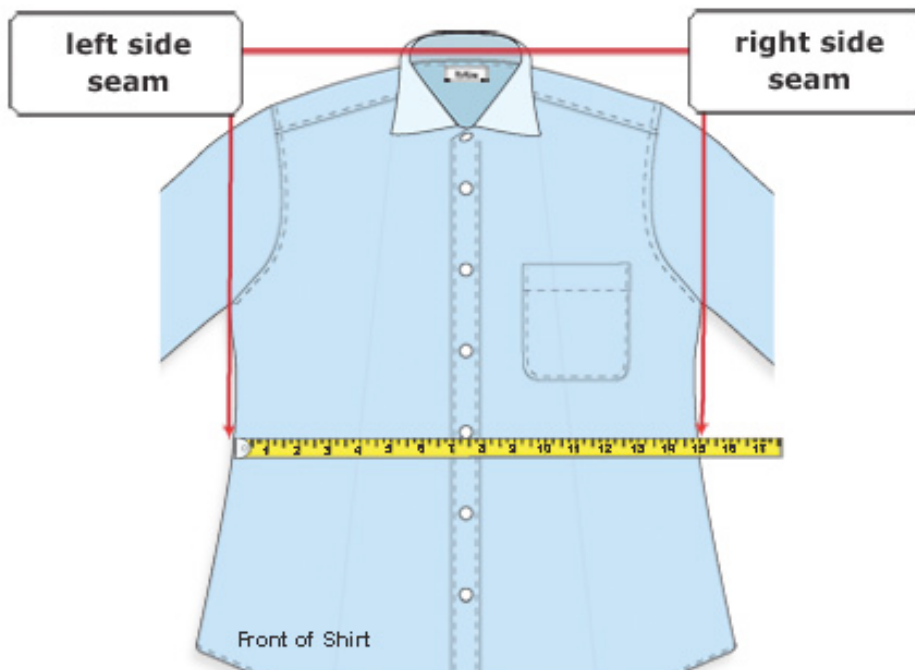
### **Chest/Bust**

Button your shirt up and lay it out flat. Measure from the bottom of the left armhole, across the front of the shirt to the bottom of the right armhole.

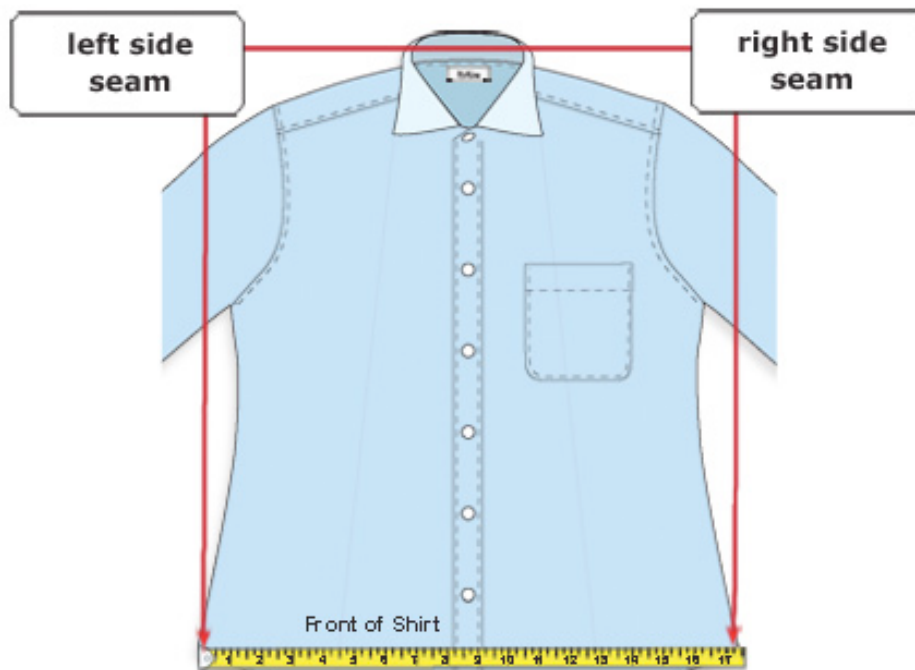


### **Waist**

Button your shirt up and lay it out flat. Measure across the slimmest part of the waist (roughly at the 5th button) from the left to the right side.

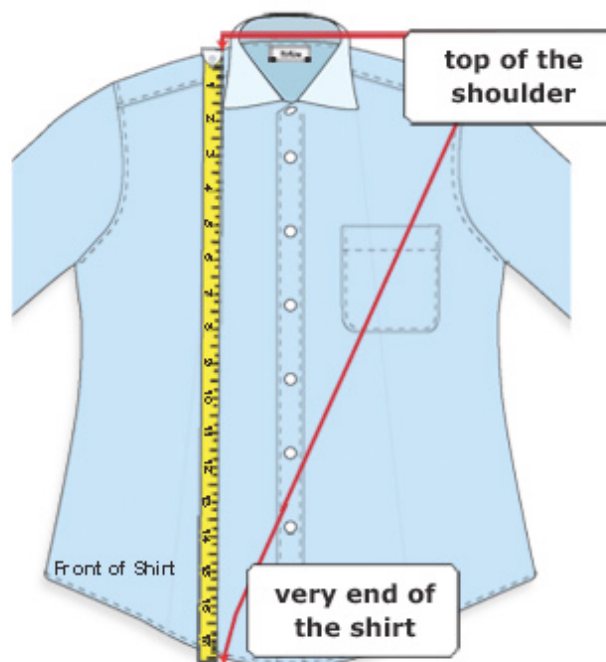


Button your shirt up and lay it out flat. Measure across the bottom of the shirt at the widest part from left to right.



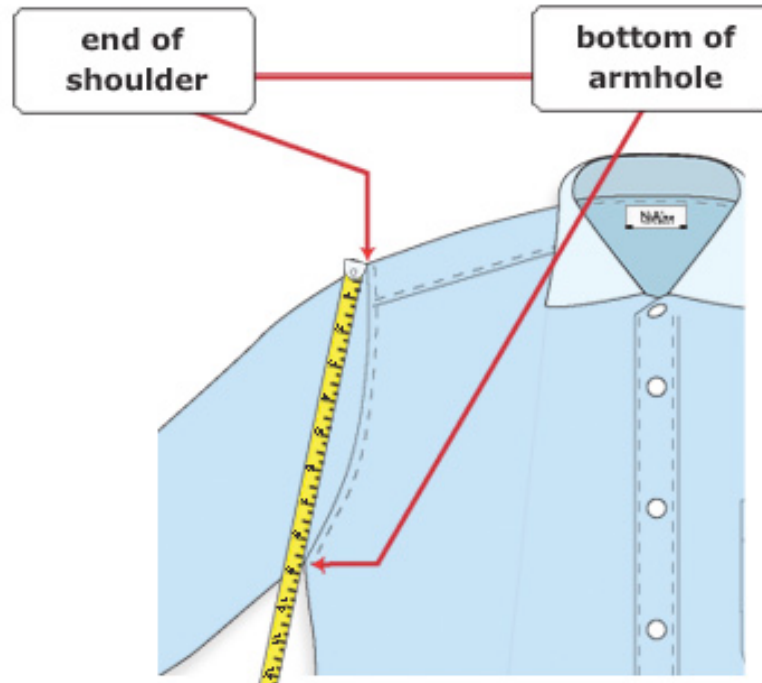
### **Length**

Measure from the top of the shoulder (next to the collar) down the front of the shirt until the very bottom of the shirt.



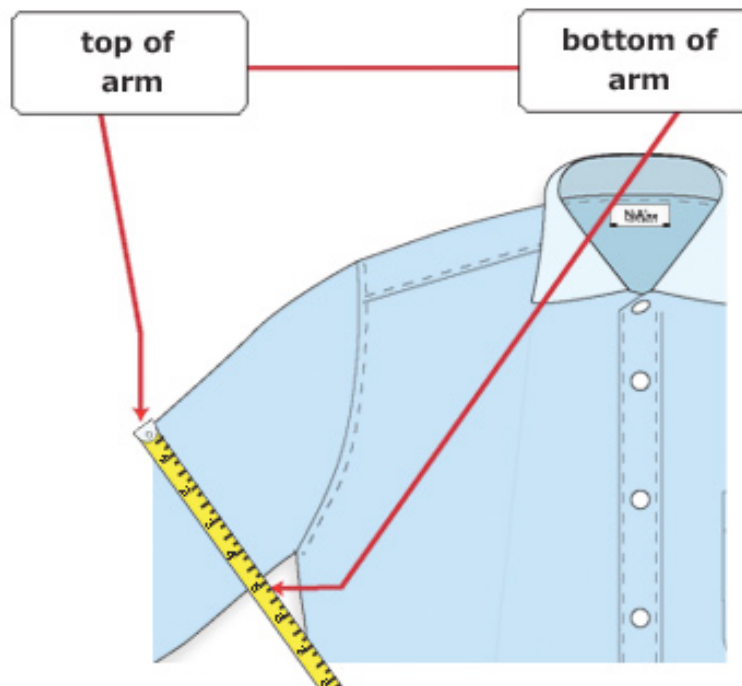
### **Arm hole**

With the shirt flat, measure from the top of the arm at the shoulder seam, straight across the width of the arm to the bottom of the arm-hole.



### **Bicep (optional)**

With the shirt flat, measure across the widest part of the bicep area of the shirt's sleeve.



**Forearm (optional)**

With the shirt flat, measure from one side of the forearm area to the other side.

