Blender 2.79 instructions for exporting animated skeletal mesh with clothes using manual bastioni lab 1.6

1. Open blender
2. Add manual bastioni character after choosing the required phenotype (use IK no muscles), cycles, lights if needed.
3. Switch off Subsurf
4. Select shape and face features using sliders
5. Export and backup all textures and json files for the character
6. Select armature and put it into rest mode
7. Add clothes to model
8. Fit clothes without using proxy
9. After all clothes are fitted time to add weights
10. Select cloth or hair to add weight
11. Attach it to parent skeleton with empty groups
12. Select character mesh and put in weight paint mode
13. Select cloth/hair and put in weight paint mode
14. Select character mesh and armature then shift select the cloth/hair and transfer weights
15. Use nearest face or projected face depending on the cloth
16. Choose by name and all layers for source and destination and click transfer weights again
17. After transferring weights go back to pose mode and check the fit by moving the armature
18. Repeat for additional clothes and hair
19. Dangling and swinging parts are attached to separate armature created specifically for it having the same root as original mesh
20. Go back to Rest Position
21. Do not Delete Subdivision
22. Make a backup of blend file
23. Finalize the character
24. Add breath shape keys
25. Change metric system and scale to 0.01
26. Scale everything by 100   
    (or)   
    skip step 26 and 27 but during export enter scale as 100 there this is not recommended though. Whichever process you follow for your 1st character must remain same for the others too
27. Ctrl a to apply scaling and rotation
28. Remove hidden vertices
29. Among the clothes and hair there remove the vertex groups which you do not think should be affecting the weights. Example most hair and glasses will only require weights from head and struct\_hd
30. Merge all clothes and body
31. Rename character to main\_root
32. Give a name for the mesh inside the object main\_root\_character
33. Export using fbx do not apply modifiers/leaf bones/baked animation/
34. Choose -y forward
35. Only selected objects not all (skeleton and joined mesh)
36. Use face smoothing

Follow pdf manual for more details for static meshes