

Female Manual for body measurements:

1. Chest/Bust - Measure around the fullest part of the chest/bust. Do not draw the tape too tightly.

2. Center Back Neck-to-Wrist - With arm straight, measure from back base of neck, across shoulder, and along arm to wrist.

3. Back Waist Length - Measure from the most prominent bone at base of neck to the natural waistline.

4. Cross Back - Measure from shoulder to shoulder.

5. Arm Length - With arm slightly bent, measure from armpit to wrist.

6. Upper Arm - Measure around the widest section of the upper arm located above the elbow.

7. Armhole Depth - Measure from the top outside edge of the shoulder down to the armpit.

8. Waist - Measure your waist at the smaller circumference of your natural waist, usually just above the belly button.

9. Hip - Measure at the widest part of your lower hip.

10. Head Circumference - For an accurate head measure, place a tape measure across the forehead and measure around the full circumference of the head. Keep the tape snug for accurate results.

11. Sock Measurements - The following measurements are for crew-style or dress socks, which usually come several inches above the ankle and below the calf.

11a. Foot Circumference - To determine the foot circumference, measure around the widest part of your foot.

11b. Sock Height - To determine the height of the sock, measure from where you start to turn for the heel shaping to the top of the sock.

11c. Total Foot Length - To measure the total length of your foot, place a ruler or tape measure on the floor. Position the back of your heel at the beginning of the tape and the measure to your longest toe.

12a. Hand Circumference - Measure around the palm of your dominate hand, which is usually just below the knuckles. Exclude the thumb.

12b. Wrist Circumference - Measure around the widest part of the wrist.

12c. Hand Length - Measure from the wrist to the the base of the hand to the tip of the middle finger or to the top of the longest finger.

