

Professional Suit Measurement Guide

Phase 1: Preparation

- Stand straight with a natural posture (do not puff out your chest).
- Wear a well-fitting dress shirt and trousers (avoid jeans or hoodies).
- Use a flexible cloth measuring tape rather than a metal hardware tape.

Phase 2: Upper Body Measurements (Shirt & Jacket)

- **1. Neck** – Measure around the base of the neck where the collar sits. *Golden Rule:* Place two fingers between the tape and the neck so the collar isn't too tight.
- **2. Full Shoulder** – Measure from the edge of the left shoulder bone across the back of the neck to the edge of the right shoulder bone. Follow the natural curve of the back.
- **3. Sleeve Length** – Measure from the shoulder seam down to the base of the wrist/thumb bone. *Standard:* Leave about 1/2 inch of shirt cuff visible.
- **4. Chest** – Wrap the tape around the fullest part of the chest, level under the armpits and across the shoulder blades. Keep a relaxed, natural breath.
- **5. Jacket Length** – Measure from the base of the neck (center back) down to the desired jacket length. *Classic Rule:* The jacket should end roughly where your knuckles fall when arms hang naturally.

Phase 3: Lower Body Measurements (Trousers)

- **6. Waist** – Measure around the tailoring waist (typically around navel level). Keep the tape snug but comfortable.
- **7. Hips / Seat** – Measure around the fullest part of the hips and buttocks. Remove wallets or phones from pockets.
- **8. Inseam** – Measure from the lowest part of the crotch down to the desired trouser length on the shoe. Specify if you prefer a No Break (short) or Full Break (traditional) look.