

## MEASUREMENT GUIDE FOR BTSC UNIFORM

### General Tips

- Pull the tailor's tape tight enough around a body part that it stays straight and level, but not so tight that it compresses the skin. For maximum accuracy, you should look for a happy medium between tight and loose.
- The person, whose measurements are to be taken, should ideally be wearing the same well fitting clothes for which the measurements are to be provided.
- Avoid over-clothing as well as jeans in place of suit pants. These are typically thicker and sit lower than suit pants which can cause problems.
- Make sure that you provide us the measurements in inches.

### How to Measure?

The proper way to take all the measurements required for BTSC uniforms for boys and girls of Senior Wing is explained below:

#### Collar

To measure a collar/neck, place the tape just below the Adam's apple, where the neck joins the shoulder muscles and take the circumferential measurement around the neck. For a comfortable fit, place a finger between the tape and neck to ensure the tape isn't too snug.



*Illustration 1: Measuring Collar / Neck*

#### Shoulder

To measure shoulders, stand behind the person whose measurements are to be provided and place the end of the tape at the tip of the shoulder, where the horizontal slope of the shoulder joins the vertical slope of the arm. To find the right spot, trace a line straight upward from the armpit to the top of the shoulder. If the

person isn't too muscular, feel for the bone to make sure you've found the spot. Then stretch the tape across the back to the same point on the opposite shoulder, following the natural curve of the back.



*Illustration 2: Measuring Shoulder*

### **Sleeve Length**

For measuring sleeve length, start from the tip of the shoulder (the same spot you used for the shoulder measurement) and run the tape down outside of the arm to just before where thumb and forefinger meet. The person should keep the arms straight and relaxed.



*Illustration 3: Measuring Sleeve Length*

## Chest

To measure chest, wrap the tape beneath the armpits, fully encircling the body around the widest portion of chest. The person should relax and let the arms hang straight at sides. This is a circumferential measurement and is best taken from the front. For a comfortable fit, place a finger between the tape and chest to ensure the tape isn't too snug.



*Illustration 4: Measuring Chest*

## Waist

As with the chest, measure the waist circumferentially with the tailor's tape around the widest part of the belly. This is usually around the belly button. The person should relax the body and maintain a natural stance with both arms straight down.



*Illustration 5: Measuring Waist*

## **Shirt Length**

For measuring the length of a shirt, the measurement starts from the base of the neck (the point where the shoulder and neck meet). The arms should be kept straight and relaxed.

For measuring the length of a boy's shirt, run the tape straight down till the middle bone of the thumb.

For measuring the length of a girl's shirt, run the tape straight down till the knees.



*Illustration 6: Measuring Boy's Shirt Length*



*Illustration 7: Measuring Girl's Shirt Length*

## **Trouser Waist**

For trouser waist, measure circumferentially around the waist where the person usually wears the belt and this time a bit tightly without leaving any space as this is the place where the trouser has to grip the body. Traditionally waists are measured at the natural waistline, just above the belly button. Ensure that the person should relax the body, maintain a natural stance and should not be wearing a belt when you take this measurement.



*Illustration 8: Measuring Trouser Waist*

## **Hip**

For a hip or seat measurement, wrap the tape around the widest part of the hip and buttock. This is another circumferential measurement, which means you'll want to encircle the body with the tape.



*Illustration 9: Measuring Hip / Seat*

## **Trouser Length**

For trouser length, measure vertically along the out-seam from the top of waistband slightly slanting it till the end of the toe. The person should stand up straight for this measurement.



*Illustration 10: Measuring Trouser Length*

**In-seam**

To measure in-seam, run the tape along the inner leg slightly slanting it from just under the crotch down to the toe. The person should stand up straight with legs slightly opened for this measurement.



*Illustration 11: Measuring In-seam*

### **Bottom**

For measuring the bottom of trouser circumferentially, make a circle with the tailor's tape around the ankle and keep on enlarging the circle gradually till it is of the size the person wants the bottom to be. Alternatively, you can also measure circumferentially the bottom of the favourite trouser.



*Illustration 12: Measuring Bottom*