

E- Content

Department of Fashion Designing

Course - PGDFD

Semester - 2nd

Paper Code - PGDFD C209

Paper Name - Drafting and Garment
Construction

Topic - How to take body measurement

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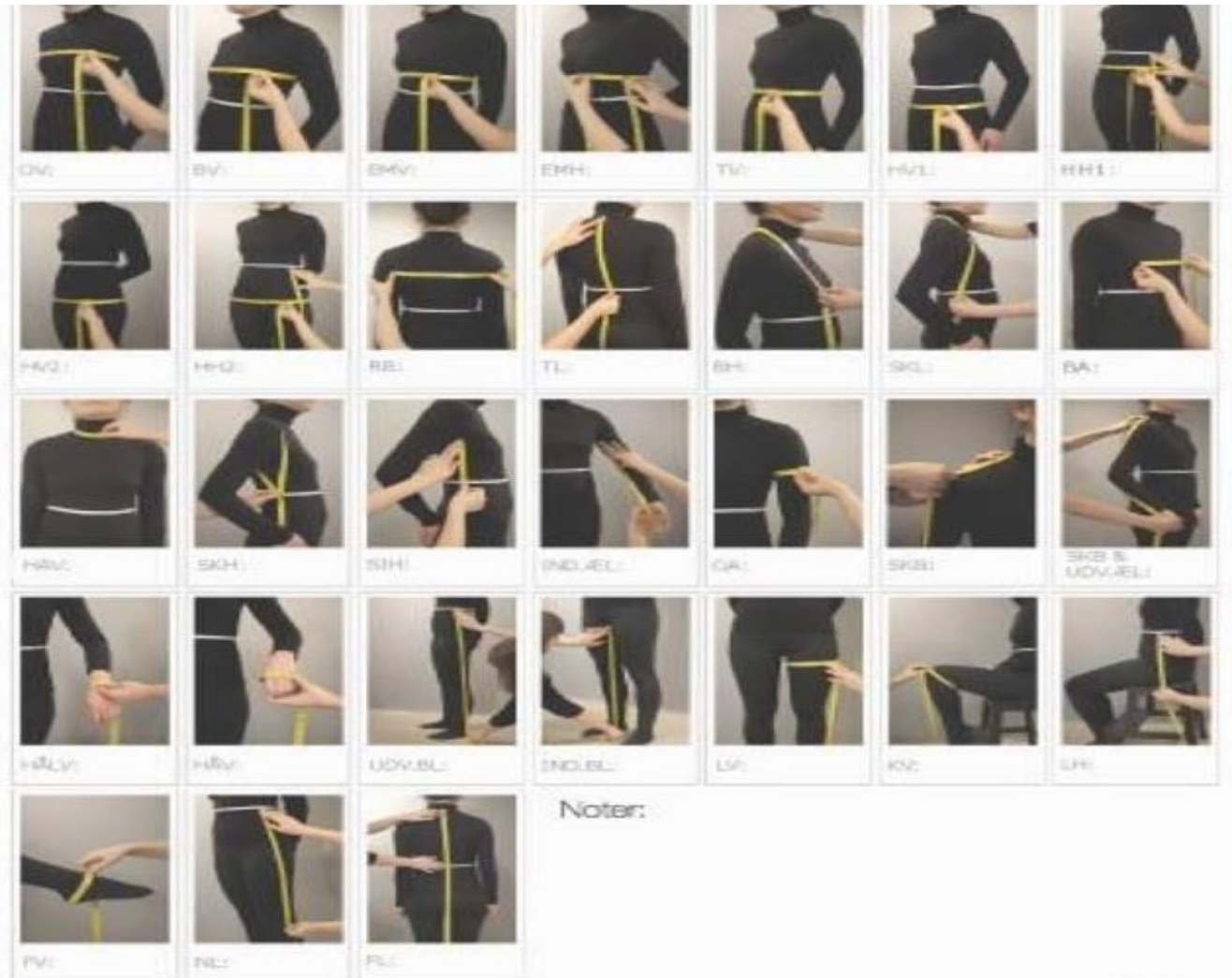
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**Taking
measurements
for
Dress**

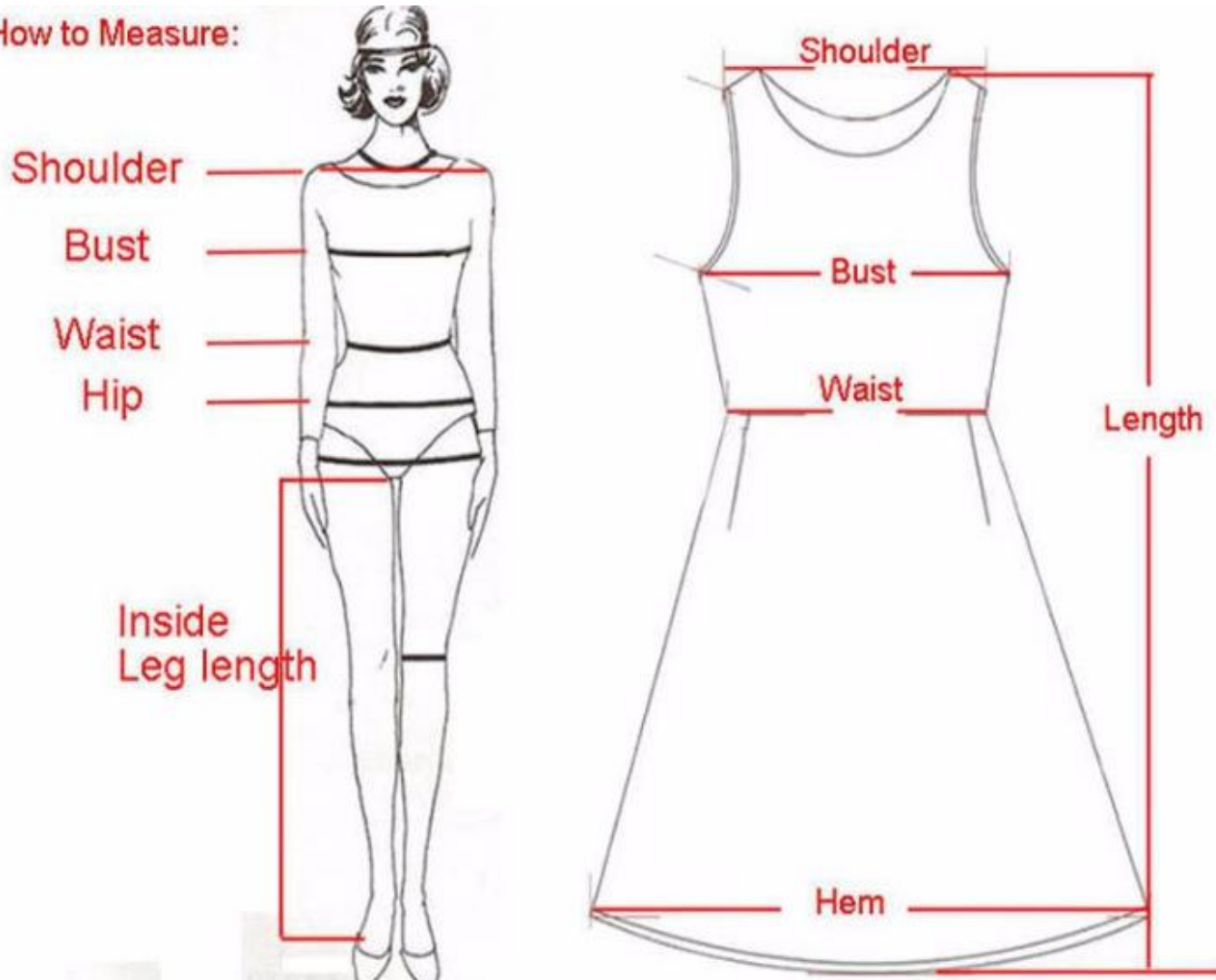
HOW TO TAKE BODY MEASUREMENTS

- POINTS TO REMEMBER WHILE TAKING BODY MEASUREMENTS

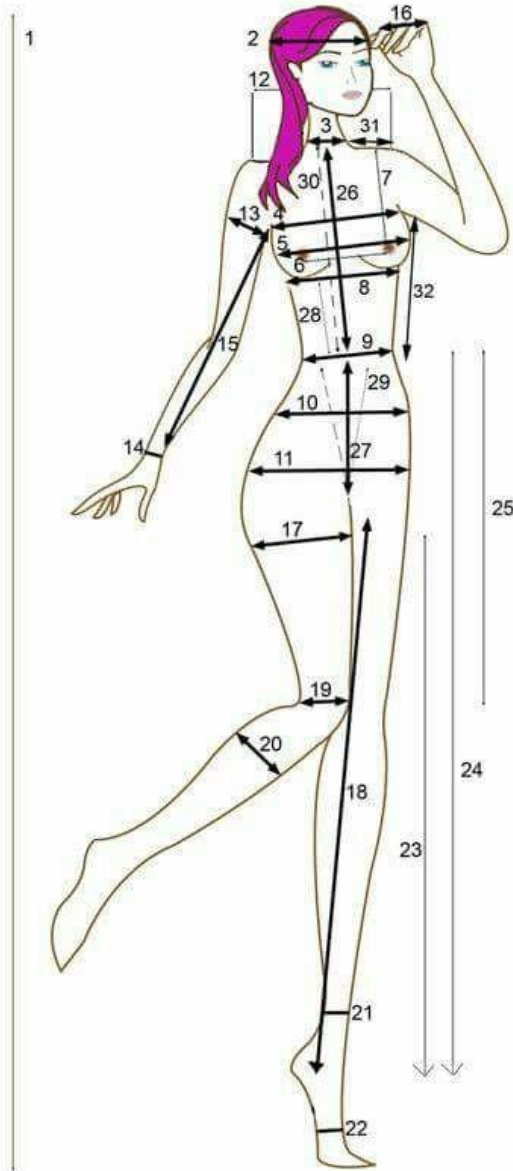


Correct measurement position is standing straight.

How to Measure:



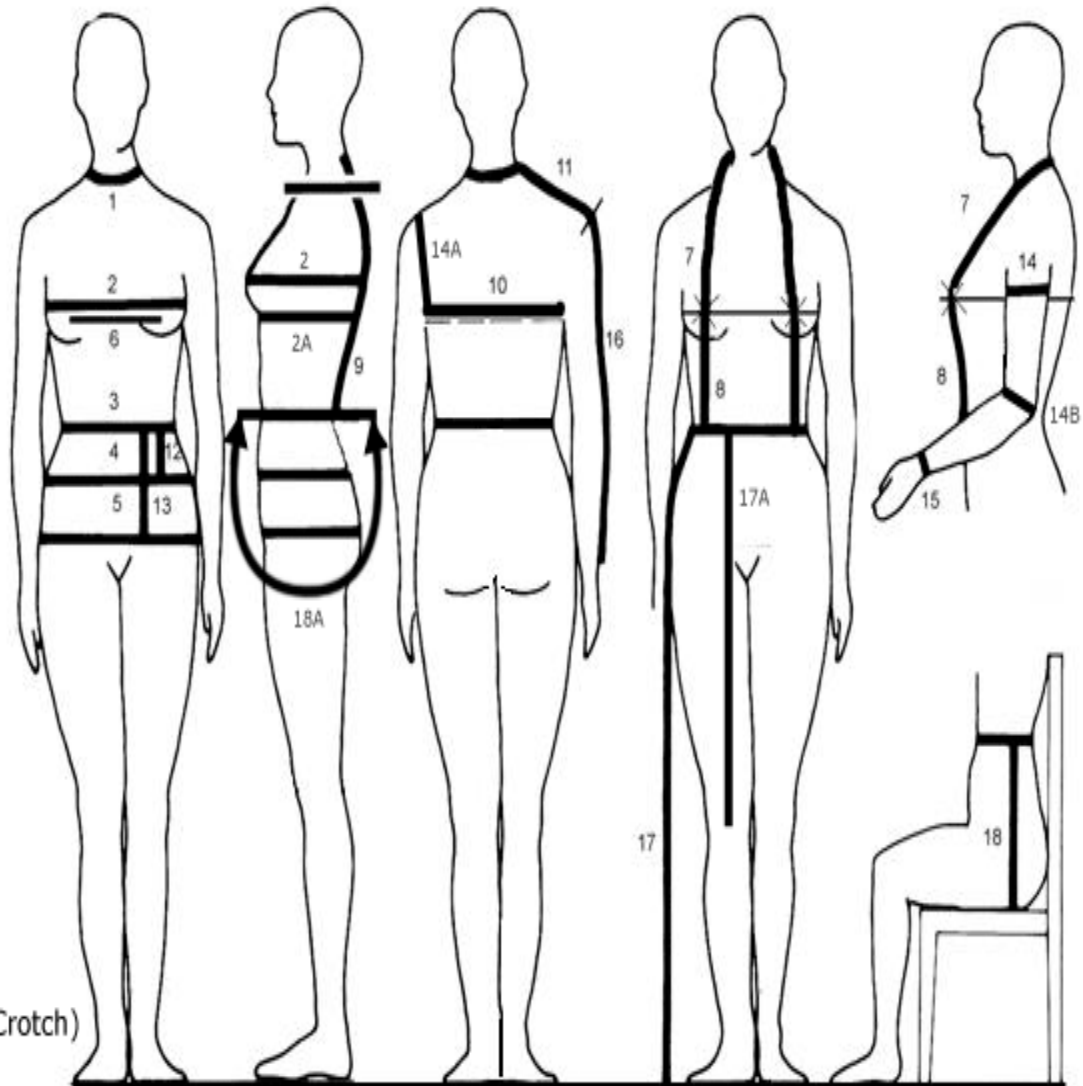
Locate the structural lines of the garments.



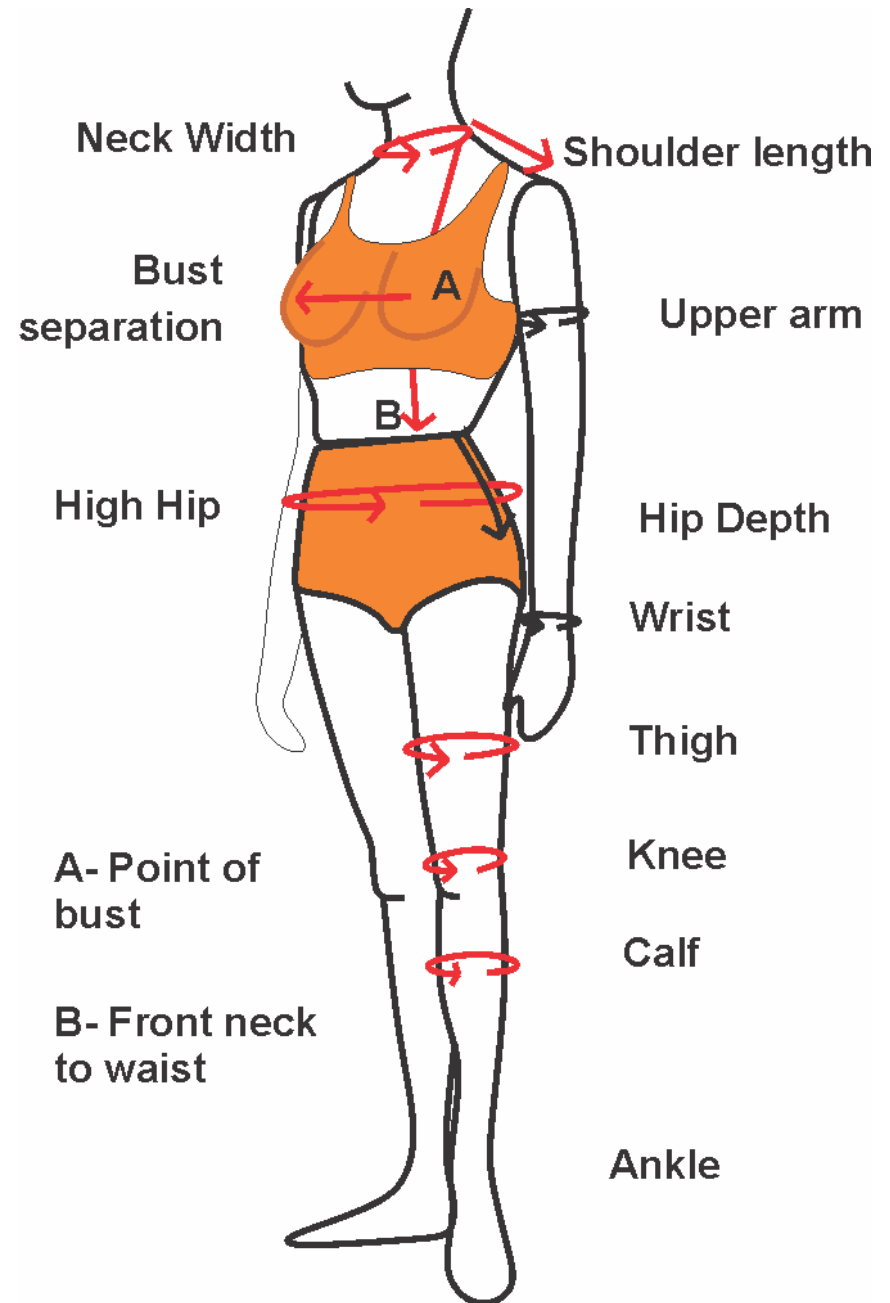
Bra size	
1 Height	
2 Head	
3 Neck	
4 Upper Bust	
5 Bust	
6 Nipple to Nipple	
7 Nipple to Shoulder	
8 Under Bust	
9 Waist	
10 High Hip (10 cm below waist)	
11 Hip	
12 Shoulder Width	
13 Bicep (widest point)	
14 Wrist	
15 Inside Arm (arm pit to wrist)	
16 Around Knuckle	
17 Top of Thigh	
18 Inside Leg to heel	
19 Around Knee	
20 Around Calf	
21 Around Ankle	
22 Foot Width	
23 Below Buttock to heel	
24 Front Waist to heel	
25 Front Waist to Below Knee	
26 Neck to Waist	
27 Waist to Crotch Line	
28 Under Bust to Waist	
29 Rise (around crotch waist to waist)	
30 Nape to Waist (down back)	
31 Neck to Shoulder	
32 Underarm to Waist	

The measurement should be taken in proper order and sequence.

1. Neck
2. Bust
- 2A. Under Bust
3. Waist
4. Abdomen
5. Hips
6. Bust Span
7. Bust Height
8. Waist Height
9. Back Length
10. Back Width
11. Shoulder Length
12. Abdomen Height
13. Hip Height
14. Biceps
- 14A. Arm Hole
- 14B. Forearm
15. Wrist
16. Arm Length
17. Pant Outseam
- 17A. Waist to Knee
18. Crotch Depth
- 18A. Waist Front to Back (Crotch)



- Take measures over well fitted undergarments.
- Try to know the customer's requirement regarding fitting and style
- Observe the figure carefully and if any deviation from the proportionate order found, make a note of it in the note book.



Right position of measuring tape

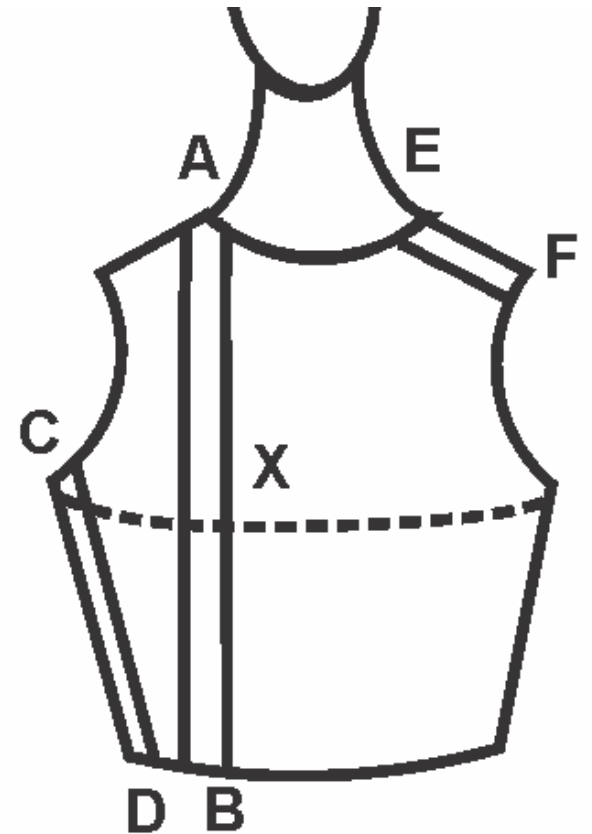
- Measurement should be taken comfortably, without pulling the tape too tight or too loose. But ease of movement or design shall be included in the draft.
- To avoid any mistake, take the measurement twice.
- Length: Tape must be kept absolutely straight, parallel with the spine or centre front.
- Width: When taking round measures of bust, waist, hips etc., be sure that the tape does not sag. It should be parallel with the floor.
- Take a deep breath to allow some ease for the front of the bodice, specially for the full bust figure.



HOW TO MEASURE BODICE

LENGTH (Bodice Length)

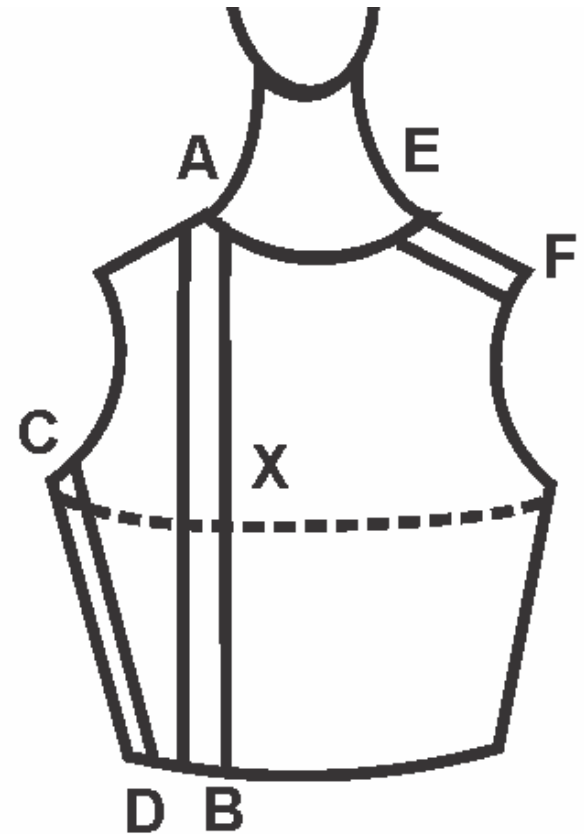
- 1. Waist Length – Front bodice: A - B from highest point of shoulder at the neck, or the bust point and to the waist line.
- Shoulder to bust: A – X from the highest point shoulder to the bust point.
- Side scyeline: C – D Scyeline at the armhole to the waistline.



Lengths - Front Bodice

HOW TO MEASURE BODICE

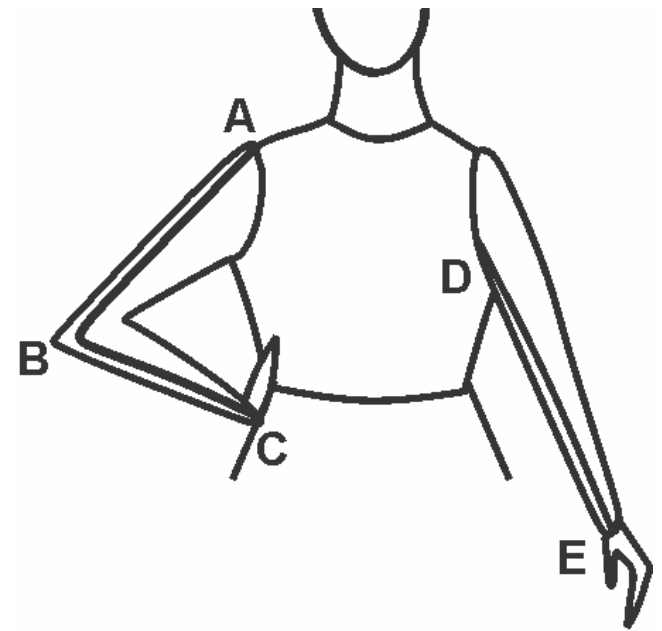
- Shoulder: E to F from the highest point of shoulder at neck to the arm scye.
- Full Length of garment: For the upper garments such as frock, blouse, shirt, coat etc. take this measure from the shoulder line, close to the neck to the desired length or hemline. In case of ladies, pass the tape over the apex of the bust.



Lengths - Front Bodice

Sleeve length

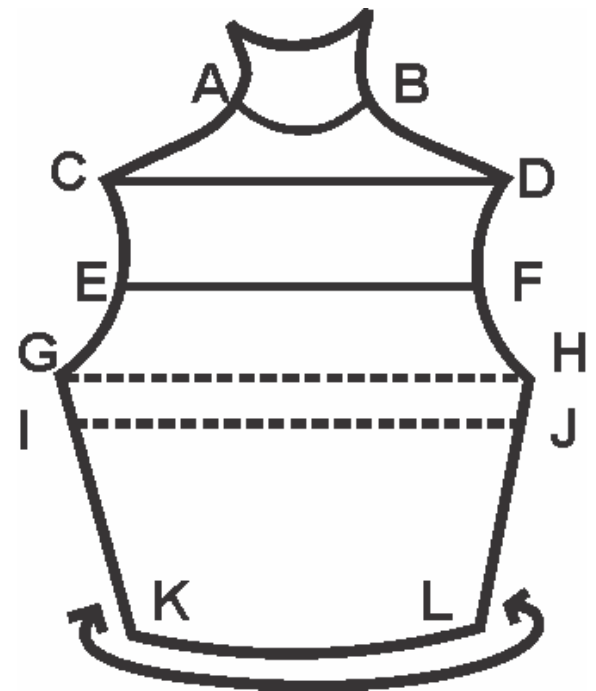
- Sleeve length: From shoulder end to the desired length of sleeve.
 - (a) Outside sleeve length: A – B- C
Bend the arm placing the hand at the waist and measure from the shoulder line point at the armhole to the tip of the bent elbow to the wrist.
 - (b) Under arm length: D - E from the armpit to wrist on the straight line.



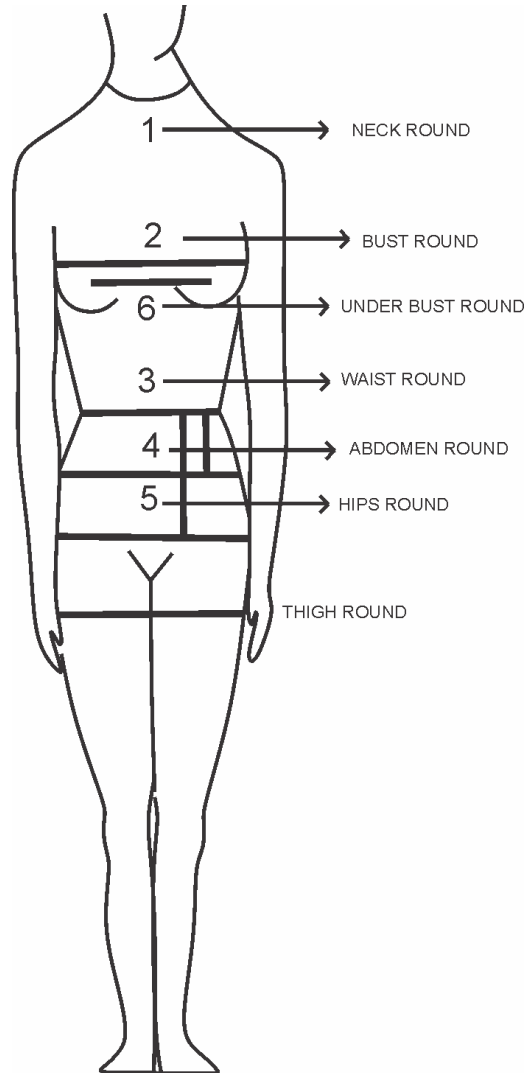
Arm - Lengths

Round Measures (Circumference)

- Neck round: Measure the base of the throat.
- Bust round: Around the fullest part of the chest in front and over the lower part of shoulder blades just under the arms and straight across the back.
- Waist round: measure closely but not too tightly around the waist and parallel to the floor.
- A-B – Neck round
- C-D – Front shoulder
- E-F –Front across
- G-H – Under arm
- I-J – Chest round
- K-L – Waist round



Round measures



Round measures

Bust

- Not your bra size, wear a bra when taking this measurement.
- Stand straight and relax
- Keep the tape around your back and bring it across the fullest part of your bust.

Waist

- This is the smallest part of the waist, generally it's about one inch above your belly button.
- Place the tape around your natural waist and keep the tape slightly loose for breathing room.

Hips

- This is the widest part of your hips which is about 7 inches below the natural waistline.
- Keep the tape around the widest part of your hips - across both hipbones.

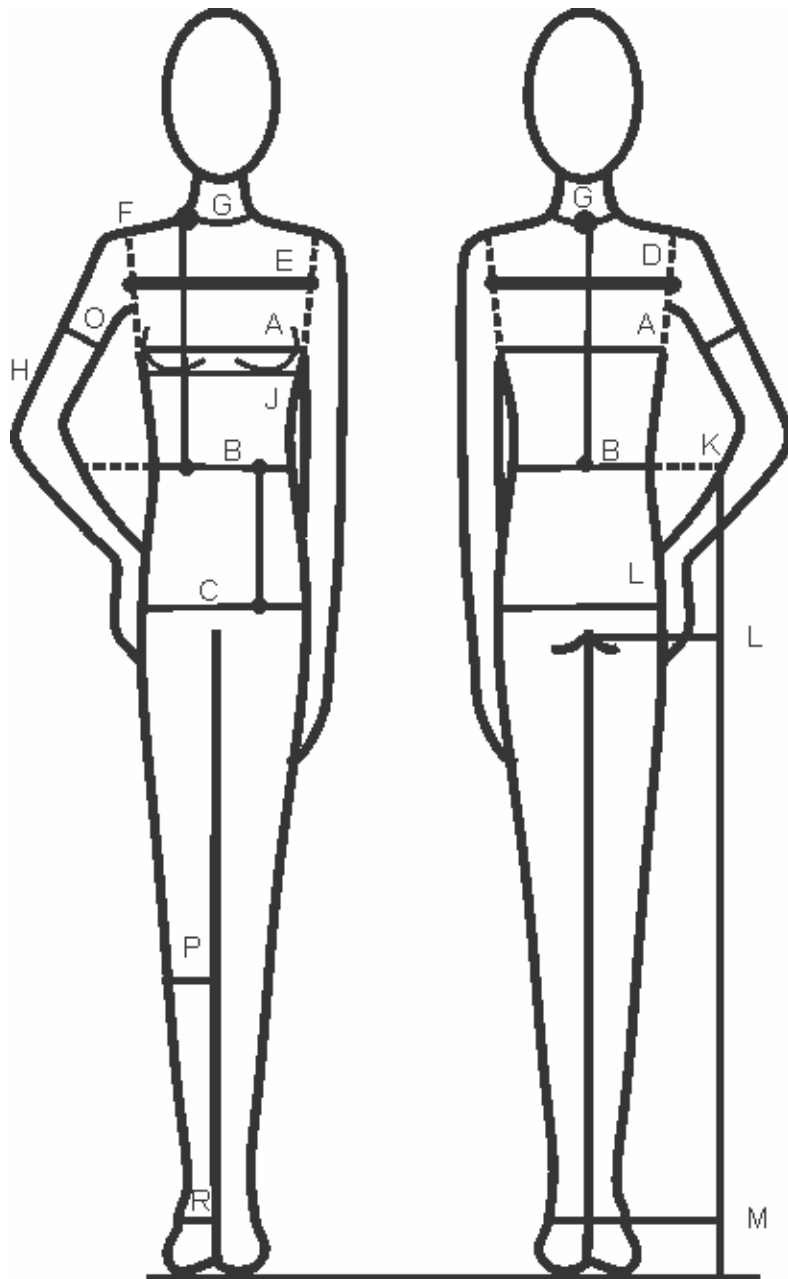


Hollow to Floor

- Measure in bare feet, and stand straight with your feet together.
- This is the length from your hollow (hollow - between the collarbones) to the floor.

Bottom / Lower Dress

- Full length: From waistline to hem line.
- Inside Leg: Measure from fork or crotch level to desired hem line.
- Body rise: The difference between the outside and inside leg measure is known as body rise.
- Waist round
- Seat round
- Thigh round
- Knee height and knee round
- Calf round
- Bottom round



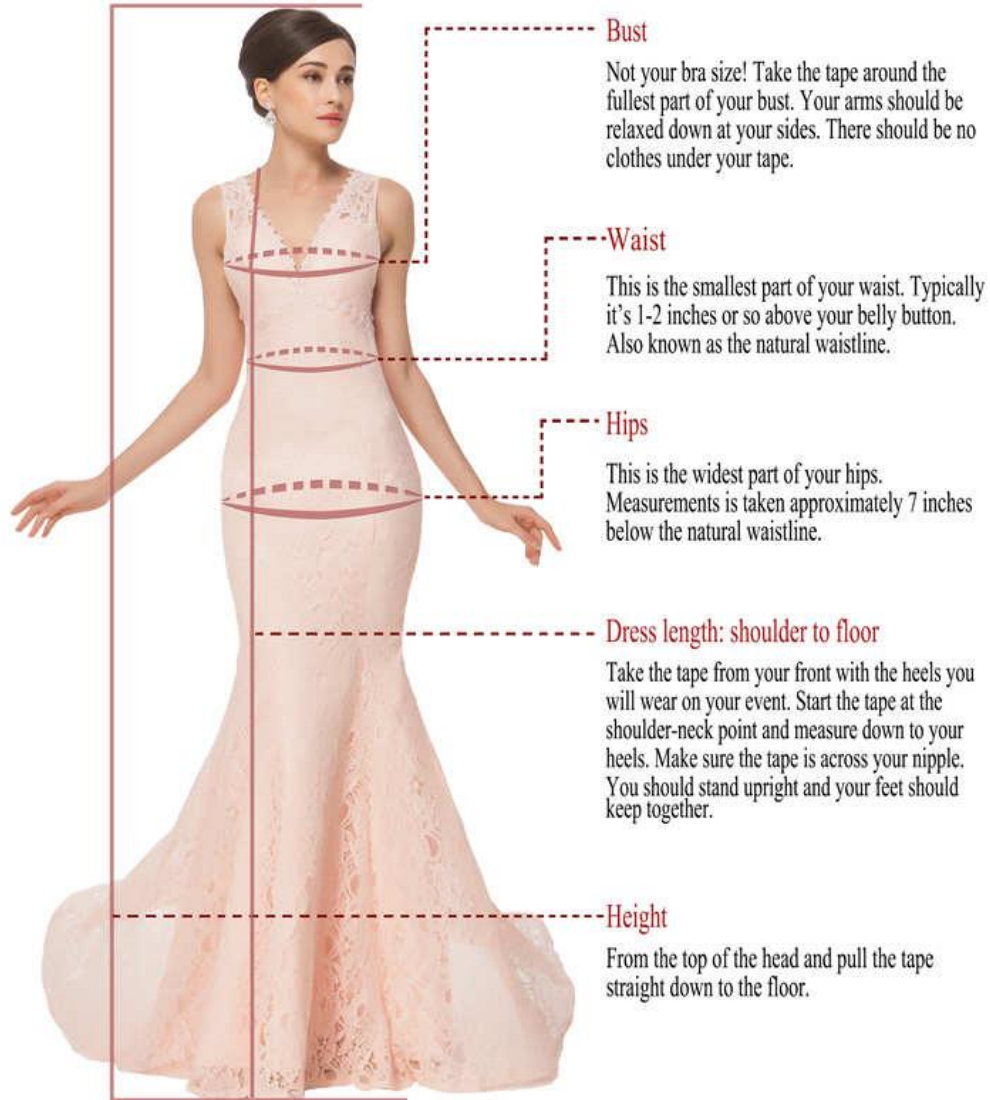
Bust	A
Waist	B
Hips	C
Back Width	D
Front Chest	E
Shoulder	F
Neck Size	G
Sleeve	H
Under Bust	J
Wrist	N
Upper Arm	O
Calf	P
Ankle	R
Nape to Waist	G-B
Waist to Hip	B-C
Front Shoulder to Waist	F-B
Outside Leg	K-M
Inside Leg	L-M

Skirt Length Guide

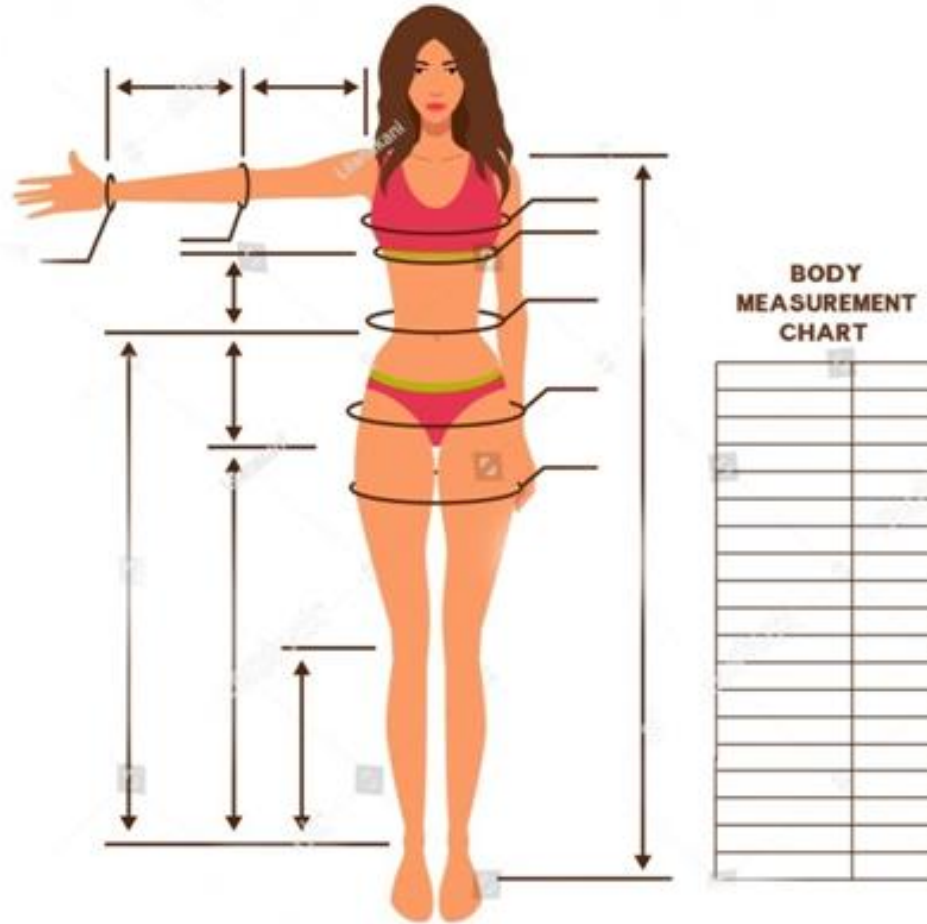
Skirt Length Guide



We recommend that whenever possible you get a qualified seamstress to measure your dress size. Always get someone else to make the measurements for you, measuring yourself will give inaccurate numbers and could lead to disappointment. Measure with undergarments similar to those you will wear with your dress, do not measure over other clothing.



BODY MEASUREMENT CHART



THANK YOU