

## Closes and Shoes order FORM

Please indicate your measurements according to the table below. You will find instructions on how to take measurements below in this document. Be precise and accurate when taking measurements.


1 inch $=25.4 \mathrm{~cm}$


## How to make Measurements

For sewing women's garments you need to take a few additional measurements. Learn how to take women's body measurements correctly. For best results We recommend you to use a flexible measuring tape, not a metal one.

## Get Ready to Measure:

Step 1: Wear the normal undergarments you usually would, and then a thin layer of formfitting clothing (such as a tank top and bike shorts or yoga pants). This way you can get accurate measurements without too much added bulk from regular clothes.
Step 2: Get a notebook and pen so you can write down all of your measurements as soon as you take them. Record your measurements to the nearest $1 / 4$ inch or 0.5 sm !
Step 3: Get a helper! Some of these measurements you might be able to do for yourself, but not all of them will work out single-handed. You'll need a measuring partner to get the most accurate results, so enlist the help of a sewing friend (you can help each other!), a spouse, or someone else who's handy with a tape measure.


## 1. Your height.

(Stand straight, with your shoulders back, and measure your height from the top of your head down to the floor.)

## 2. Full bust.

(Measure the circumference of your body around the fullest part of your bust, taking care to keep the tape measure close to your body but not pulled too tightly.)
3. Natural waist.
(Measure the circumference of your body at the narrowest part of your waist.)

## 4. Hips.

(Measure the circumference of your body around the widest part of your hips/backside.)
5. Lower waist.
(Measure the circumference of your body at the center point between your natural waist (3) and your hips (4).)
6. Shoulder to bust.
(Measure down the front of your body, starting at the point where your neck meets your shoulder, and stop at the line where you measured your full bust (2).)
7. Neck to waist.
(Measure as in step 6, but this time go down to the line where you measured your natural waist (3).)
8. Shoulder width. (Measure from the point where your neck meets your shoulder to the farthest point of your shoulder where it begins to curve down to your arm.)
9. Neck. (Measure the circumference of your neck.)
10. Upper back. (Measure starting at the center of the base of your neck and stop at your natural waist (3) in the back (this is basically the back-side opposite of step 7).)
11. Arm width. (Measure the circumference of your upper arm at the widest point.)
12. Waist to floor. (Measure down, starting at your natural waist and going all the way to the floor.)
13. Arm length. (Measure from the top of your arm at the shoulder to the tips of your fingers, with your arm natural and straight at your side.)


Tape a piece of paper down to the floor. (You are going to trace an outline of your foot to measure, so avoid doing this on carpet or any other surface that will be difficult to write on.)
Place your foot firmly on top of the piece of paper. (Your leg should be bent slightly and your shin should be in front of your ankle. Try to put your foot perpendicular to any lines on your paper. You can stand, sit on a chair or crouch down.)
Draw the outline of your foot all the way around. (You can wear the socks you are planning to wear with the shoes you would like to buy, but don't wear shoes.)
Mark the length and width of your foot on the paper. (Use your marker to draw straight line touching each side of the outline.)
Measure the length of your foot. (Use a tape measure or ruler to measure from the top to bottom. Write this number down. This number will largely determine your shoe size.)
Measure the width of your foot. (Measure between the lines on the left and right sides and write the number down. Many shoes come in different widths, so this number will determine which version to buy.)


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[^0]:    *The actual height from the highest point to the bottom of the heel.

    * The actual height you can increase from wearing this type of beel.

