

It is crucial that the measurements you take are both accurate and honest! It doesn't matter how large or how small you are... it only matters that your measurements are precise. Hopefully this guide will help you!

THE TOOLS

There are a few tools that you need to get started and it might be more than you expect:

A cloth tape measure

A piece of string

A friend or an extra pair of hands to help you OR a mirror

If you are measuring someone, make sure that they are not wearing bulky clothes. They should ideally be dressed in well-fitted undergarments that give an accurate representation of the figure, without distorting the shape of the person being measured.

POSTURE, POSTURE, POSTURE

Whether you are measuring yourself or a friend, you need to make sure that the foundation is right. This means that you must stand correctly and with good posture. Whoever's measurements are being taken needs to stand with eyes straight ahead and with the arms relaxed at the side. Shoulders should be relaxed and the back should be straight. We don't typically stand like this all the time but we need to start with the best possible base.

IMPORTANT TIPS...

When you go through the measuring process it is good idea to take *three* separate measurements of each area and to note it down. If there are wild differences each time then you will be going wrong somewhere. If they vary slightly, take an average and go with that.

- Stand up straight, but relax and don't "lock" your knees. Place your feet in a natural position, but close together. Do not slouch, or bend over to read the tape. Do not "suck in" your stomach, and remember to breath.
- Always make sure you are starting from the beginning of the measuring tape (the "0" end) and keep the length of the measuring tape perfectly parallel to the floor when taking circumference measurements e.g. collar / chest / waist. It should look straight, not sloped or crooked.
- Lay the measuring tape flat against your skin, and make sure it is not twisted. Don't pull the tape too tight or give it too much ease (don't let it droop). It should be slightly snug.
- Round measurements up to the nearest 1/4 inch.
- Be honest with yourself! (and us!) Your measurements may not be what you think, but accuracy is essential. Honesty is the best policy here!
- Always keep a personal record of your measurements in addition to those that you send to rhubarb. It is your responsibility to keep us updated should they change...

Here's how to do it!!! Remember to refer to the IMPORTANT TIPS on the previous page. They will help you to make accurate measurements. Please measure in inches.

HAT SIZE

Measure the widest part of your head, 1 inch above your ears and eyebrows, to the nearest 1/8th inch.
Remember to keep the measuring tape parallel to the floor!

COLLAR

Measure around the neck where shirt collar fits.

CHEST

Measure around the fullest part of the chest—under the arms and over the shoulder blades.

WAIST

The usual place to measure your trouser waist is 1 inch above the hip bone. If you have difficulty finding your natural waistline, bend your body slightly to one side or the other. The point at which the body bends is the natural waistline. Do not hold your breath and tense your stomach. Remember to relax and breathe. Don't hold the tape too tight... you should be able to fit your finger between your body and the tape measure.

INSIDE LEG

Your inside leg is measured crotch to ankle on the inside of your leg. This is easiest with a partner. If you want to do it alone, start at the ankle and measure up. You can take this in two parts if needed: from your anklebone to where your knee bends and from that spot up to the crotch.

