

Quick Tip Sheet

Professional Clothing Fitting Guide

How to Measure for a Suit

If you want to be well-dressed, nothing looks better than a properly cut suit. Here are some tips to measure yourself at home, come into the Career Closet to get a full measurement, and help with your measurements.

1. Measure your total height and weight
2. Wear a dress shirt when measuring for a suit
3. Measure your over-arm shoulder width
 - a. Start your tape measure at the back corner of one shoulder, run it across the top of your shoulders, behind your neck and to the back corner of the other shoulder. Do not pull the tape measure too tight, because you want room to move.
4. Measure your chest
 - a. Do not flex. Run the tape measure around the fullest part of your chest.
5. Measure your arms
 - a. Put the tape measure on the inside of your arm, slightly below your wrist. Pull the tape measure into your underarm for the complete measurement.
6. Measure your neck
 - a. Wrap the tape measure around your collar bone, where your collar would normally be at the bottom of your neck.

** Cautions

1. Can you move your arms freely?
2. Should you be wearing single or double breasted jacket?
3. Bring shoes when trying on suits
4. Wear undergarments you would be wearing with your suit
5. Bring the measurements you took to fitting

Measuring the Pants

1. Always wear shoes when measuring for pants
2. Measure your hips
 - a. Wrap the tape measure around the widest point of your hip bones, generally where your pants would normally fit.
3. Measure your waist
 - a. Loop the tape measure around your waistline.
4. Measure your inseam
 - a. Begin at the top inside, where the leg meets the groin. Measure down the inside of the leg to a point near the middle of your foot.

5. Measure your outseam
 - a. The outermost leg of your pants, trailing down from your hip to your ankle. Stand with your back as straight as possible and measure your belt-line to the side of your foot in shoes.

Learn how jackets are sized

The size of the jacket refers to the body-fit and style, based on your chest measurements and your over-arm measurements. The most common jacket sizes for adults include:

- 38 jackets for 40 in. chest, 18 in. shoulder, 24.5 in. sleeves
- 40 jackets for 42 in. chest, 18.5 in. shoulder, 25 in. sleeves
- 42 jackets for 44 in. chest, 19 in. shoulder, 25.5 in. sleeves
- 44 jackets for 46 in. chest, 19 in. shoulder, 26 in. sleeves

Learn how coat length is determined

Coat length is based on height, so you should be able to know what size coat you'll need if you know size of your dress shirt and your height

- Short is typically 5'7, with sleeves 32 in.
- Regular is typically 5'8 - 5'11, with sleeves 32-33 in.
- Long is typically 6'0-6'2, with sleeves 34-36 in.
- Extra Long is typically for taller than 6'2, with sleeves longer than 36 in.

Women's Pant Suits

There are five things that must be measured in order to purchase a properly fitting suit.

1. Measure your chest
 - a. Wrap the tape measure around the widest part of the chest
2. Measure your hips
 - a. The hips need to be measured around the fullest part. Typically the hips are about eight inches below the waist.
3. Measure your waist
 - a. Wrap the tape measure around the natural waistline. Do not suck in the stomach to do this.
4. Measure your arms
 - a. For the sleeve length, measure from the shoulder bone to the wrists with the arms relaxed downward at the side of the torso.
5. Measure your inseam
 - a. To determine the inseam, measure from the crotch area down to the middle of the heel when wearing shoes. Lastly, use the sizing chart below to determine the best size to look for.