

Measures from: height Torso (please stand relaxed and upright)			telefon: Arms (the arm should be hanging relaxed)		
				1)	neck circumference
	2)	shoulder from neck to sleeve seam		19)	•
	3)	crown width from sleeve seam to sleeve seam		20)	lower arm
	4)	upper breast circumference, directly under		21)	wrist
	5)	the armpit breast circumference over nipples		22)	armpit to wrist (arm inner face)
		5a) breastbone to nipple		23)	armpit to elbow
		5b) lower breast crease to nipple		24)	sleeve seam to wrist (arm outer face)
	6)	under the breast circumference		46)	hand circumference without thumbs
	7)	distance nipples	Legs		
	8)	shoulder seam to nipple vertical	3	25)	thigh near crotch
	9)	neck (1cm over the breastbone) to waist		26)	thigh between crotch and knee
	10)	shoulder seam to waist at the back		27)	over the knee
	11)	armpit to waist		28)	knee
	12)	circumference waist		29)	under the knee
	13)	armpit to hip		30)	calf
	14)	circumference hip		31)	ankle
	15)	circumference butt		32)	crotch to ground floor
	16)	neck (1cm over the breastbone) to neck though the crotch (where the t-shirt-collar is)		33)	hip to ground floor
	16a) navel to tailbone		34)	waist to ground floor
	16b	(through the crotch)) neck (1cm over the breastbone) to crotch		35)	knee to ground floor
Head				36)	crotch to knee
ricad	42)			37)	knee to calf (thickest point)
	43)	circumference over chin and vertex		38)	lenght of the feet (wet footprint)
	44)	circumference brow		39)	circumference foot around heel
	45)	middle of the brow to the neck		40)	circumference foot around shoe base
	48)	distance center of the eye (pupil)		41)	circumference foot around toes
	49)	pupil to corner of the mouth		42)	shoe size (please quote US – GB – El

Notice: Please take all measures without #5 (only by women) taut and linear in full centimetres. Don't follow the body-contours. Look to it that the measured people stand relaxed (we are not at the army) and they don't bend. The arms must hanging free.

Number 5a and 5b are only for women.

53) mouth width

52) circumference mouth height

____ 50) nose length

___ 51) nose depth

The difficult is to find the right point, so make a decision where you guess the seam. Never measure to a point, where the latex never gain ...