

One *Stitch* at a Time

Measuring for a pattern



You will need 3 or 4 measurements – bust or chest, waist and hips. There is no vanity sizing in commercial patterns. Your pattern size will not be the size you purchase in the store. Be prepared.

*Make sure the measuring tape is parallel with the floor and snug, but not too tight.

Bust

The bust or chest is the fullest part. (If your cup size is larger than B, you may need your high bust measurement. The high bust measurement is taken under the arms and around the chest. The tape should be snug for this. You should wear the same bra you will wear with your garment, so the gals will be in the correct position.

Waist

The waist is the natural waistline (for men and women). The natural waistline is the smallest part of your torso (hopefully) approximately 1" above your belly button.

Hip

The hip measurement is the fullest part of your seat. If your belly sticks out a bit you may need to add a few more inches here to compensate for it.

