



Measurement Guide

Please read all the instructions carefully when entering your measurements

How To Measure



On the following pages, you will be able to enter your own measurements. It will take about 10-15 minutes to go through the full process. Since all your clothes will be made from what you enter here, it is very important that they are as exact as possible.



Remember...

to measure tight, we will add width to make the clothes comfortable. We will add extra for movement and comfort if you are sitting in a wheelchair, so do not add for this yourself.

Wheelchair Users

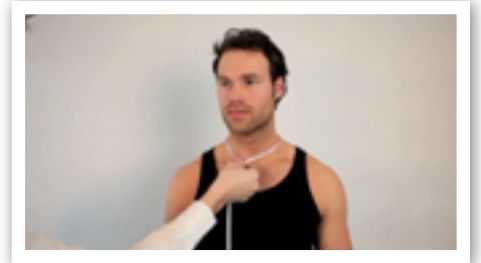
If you are using a wheelchair, do your measurements sitting up, since this is the way you will be wearing the clothes. Do not lie down while measuring, since this might affect the outcome of the measurements. If you use a wheelchair sometimes and walk sometimes, select the position you want the clothes to be made for. Remember that some measurements will differ if you stand, for example the waist and length of the legs.



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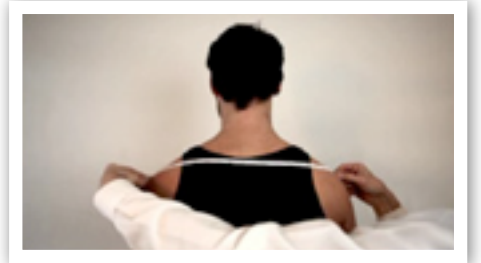
Measure around the neck to get the collar size of your shirt, but also so that we can assess the size of the jacket. Remember to measure tight around the neck, we will add space to make the collar comfortable.

Neck



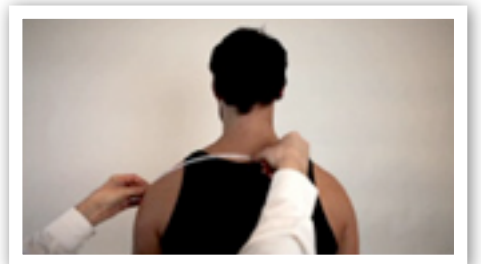
Measure from the left shoulder, across, over to the right shoulder. Start measuring exactly from where the shoulder bone begins. Be careful not to measure the arms, only on the shoulders. Remember not to add space for movement, we will do that for you.

Shoulder



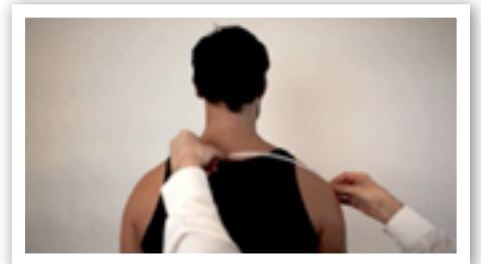
Measure from the left shoulder, across, to the center of the back. Feel where the spine is and finish there. This measurement (together with the next) is because sometimes people have different lengths on their left and right shoulders. Be careful not to measure the arm, only the shoulder. Remember not to add space for movement, we will do that for you.

Left Shoulder



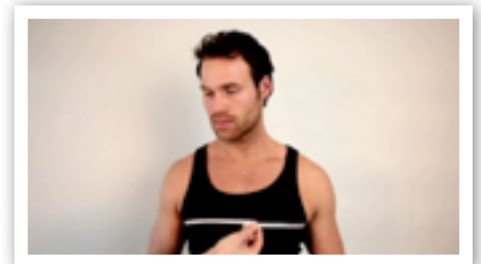
Measure from the right shoulder, across, to the center of the back. Feel where the spine is and finish there. This measurement (together with the previous) is because sometimes people have different lengths on their left and right shoulders. Be careful not to measure the arm, only the shoulder. Remember not to add space for movement, we will do that for you.

Right Shoulder



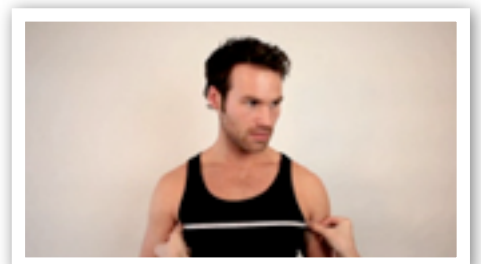
Measure all the way around the chest in the height of the armpits. Remember to measure tight around the chest, we will add space to make the clothes comfortable.

Chest



Keep your arms down the sides of your body. Start measuring from the left armpit, across the chest, to the right armpit. Remember not to add width, we will add space to make the clothes comfortable.

Chest, front



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Keep your arms down the sides of your body. Start measuring from the left armpit, across the back, to the right armpit. Remember not to add width, we will add space to make the clothes comfortable.

Chest, back

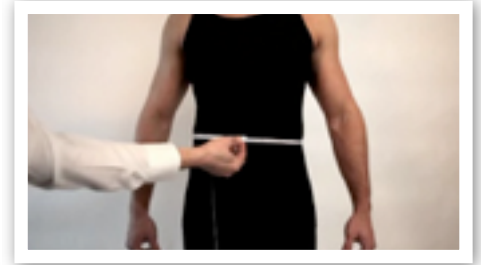


Men: Measure around the waist, in the same height as the belly button. Remember not to hold your tummy in.

Women: Take the measurement a bit higher up. Remember not to hold your tummy in.

Remember to measure tight, we will add width to make the clothes comfortable.

Waist

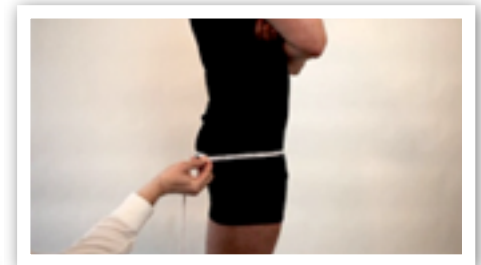


Measure all around the bottom, where it is at its widest. Remember to measure tight, we will add width to make the clothes comfortable.

Wheelchair user: Do the measurements sitting up, since this is the way you will be wearing the clothes. Do not lie down for this measurement.

We will add extra for movement and comfort if you are sitting in a wheelchair, so do not add for this yourself.

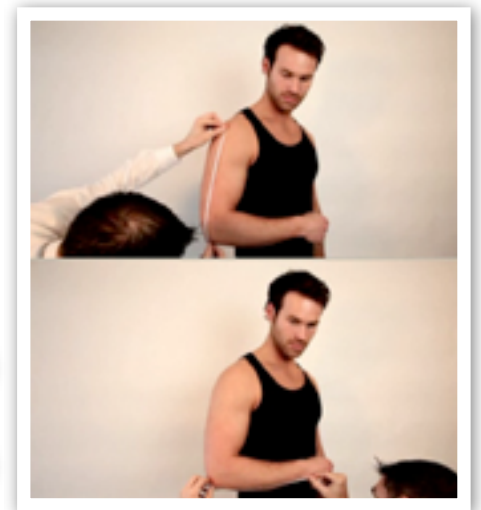
Bottom



Bend your arm and place your hand on your stomach. Start measuring from the shoulder bone down to the center of the elbow. Read the measurement between shoulder and elbow without releasing the tape.

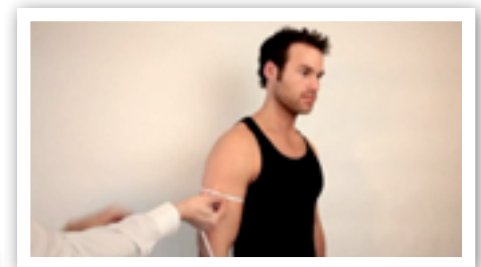
Then continue measuring down the arm to the wrist, to where you want the sleeve to end. Enter the measurement of the full length of the arm.

	Left	Right
Shoulder to Elbow	<input type="text"/>	<input type="text"/>
Total Arm Length	<input type="text"/>	<input type="text"/>



Keep your arms down the side of your body. Measure around the bicep where it is the biggest. Remember not to add width for movement, we will do this for you.

	Left	Right
Biceps	<input type="text"/>	<input type="text"/>



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Measure around the wrist.
Remember not to add width for comfort, we will do this for you.

Wrist Left Right

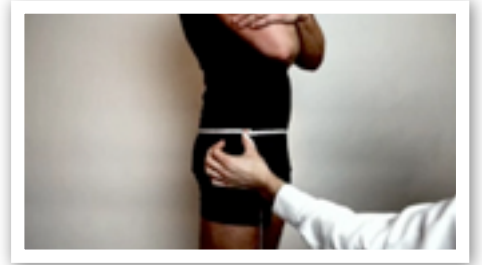


Measure all the way around the waist, in the height of the belt. Do not wear a belt while measuring.

Remember to measure tight, we will add width to make the clothes comfortable.

Wheelchair user: Do the measurements sitting up, since this is the way you will be wearing the clothes. Do not lie down for this measurement.

We will add extra for movement and comfort if you are sitting in a wheelchair, so do not add for this yourself. Belt



Measure from the left hip bone (normally from the top of the belt) alongside the whole leg, straight down to the floor. Sit or stand, depending on your natural position.

Wheelchair user: Remember to follow the leg's full length carefully, so that the trousers don't get too short when you are sitting down.

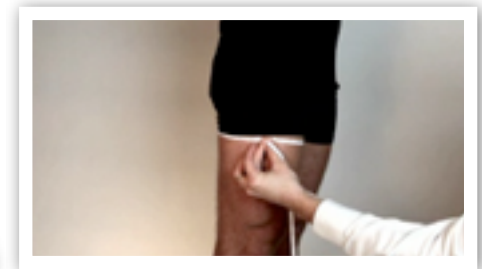
Do not do the inseam measurement, we only use the outside measurement.

Leg Left Right



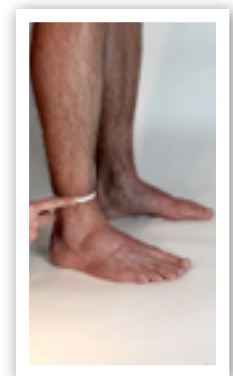
Measure around the thigh, where it is the biggest.
Remember to measure tight around the thigh, we will add width for movement.

Thigh Left Right



Measure around the ankle.
Remember to measure tight, we will add width for the trousers.

Ankle Left Right



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Measure from the top of the belt position at the front, between the legs, up to the top of the belt position at the back. Measure in the middle of the crotch, so that "everything" is measured.

Wheelchair user: Do the measurements sitting up, since this is the way you will be wearing the clothes. Do not lie down for this measurement. Remember to measure tight, we will add width to make the clothes comfortable. We will add extra for movement and comfort if you are sitting in a wheelchair, so do not add for this yourself.

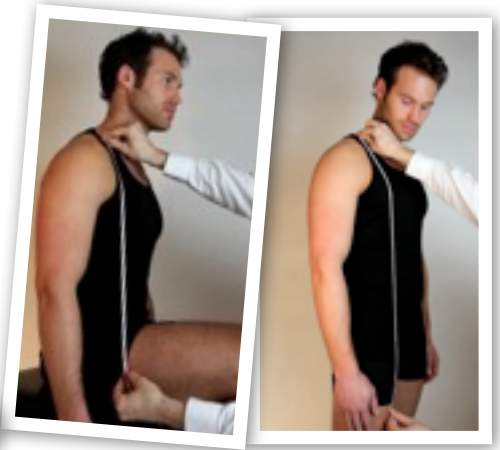
Crotch



Measure from the top of the shoulder, where neck and shoulder meet. Continue down, alongside the front of the body, to desired length of the jacket. Customary length is where the bottom "ends".

Wheelchair user: If you are using a wheelchair, it looks better - and is more practical - with a shorter jacket. We suggest that you measure about 4 inches (10 centimeters) below the belt, so that the jacket won't get jammed in the wheels.

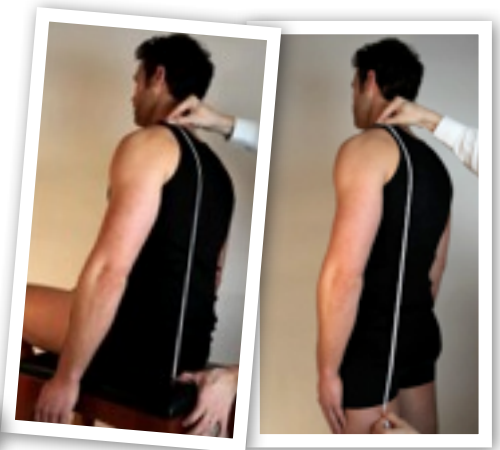
Jacket, front



Measure from the top of the shoulder, where neck and shoulder meet. Continue down alongside the back of the body, to the desired length of the jacket. Customary length, is where the bottom "ends".

Wheelchair user: If you are using a wheelchair, it looks better - and is more practical - with a shorter jacket. We suggest that you sit up straight and measure from the top of the shoulder to the seat of your chair. This is so that the jacket won't get jammed in the wheels.

Jacket, back



W **LEGA**

WEAR

unique clothes for unique people

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