Measurements : Men’s body measurements (Take these in Inches OR CM)

We highly recommend that you have these measurements taken by a professional tailor or seamstress.

Neck

1. Neck
Take the neck measurement around the neck. As shown. Place one or two fingers between the tape measure and neck (if you wish a tighter more snug fit collar, place one finger between tape measure and neck. Otherwise, place two fingers between tape measure and neck).

Do not pull tight on the tape measure.

My measurement is:
Chest

2. Chest
Take the chest measurement as shown around the widest point of the chest (generally over the nipples) Stand relaxed as normal.
Do not pull tight on the tape measure.

My measurement is:
Stomach

3. Stomach
The stomach measurement is taken at the widest part of the stomach. Stand relaxed as normal. Do not pull tight on the tape measure.

My measurement is:
Hips

4. Hips
The hip measurement is taken at the widest part of the hips (where the buttocks are widest)
Stand relaxed as normal. Do not pull tight on the tape measure

My measurement is:
Shoulder

5. Shoulder
The shoulder measurement is taken at the seam of the shoulder where the arm meets the shoulder. You can use the seam on your favorite shirt or jacket to measure from seam to seam across the top part of the neck and onto the opposite side. BUT, make sure to use the SAME SHIRT or jacket to measure the sleeve length in the next step. IF YOU’RE MEASURING FOR A JACKET USE YOUR FAVORITE JACKET, IF FOR A SHIRT, USE YOUR FAVORITE SHIRT.

Be aware that shoulders for jackets can be much wider and often have shoulder padding making them larger. Hence it is best to measure your shoulder using a shirt.

Stand relaxed as normal. Do not pull tight on the tape measure.

My measurement is:
Sleeve Length

6. Sleeve length
The sleeve measurement should be taken from the SEAM of the same shirt/jacket you used in the previous step. OR from where you want the shoulder seam to be on your shirt/jacket. Keep your arm straight and make sure the tape follows your arm all the way down the side. Take the measurement to just about ½ inch or 1.5 cm above your hand knuckles, to ensure the sleeve length is long enough. The actual sleeve measurement must NOT end where you wish the sleeve to end-it should be longer than this ie. Just above the knuckles or the point where your thumb and first finger form a V.

My measurement is:
Shirt Length

7. Shirt Length
The shirt length should be taken from the point on the neck where the neck and collar bone meet. Measure all the way down to where you want the shirt length to be. Note that a regular shirt length that can be tucked into pants should be long enough to cover the full buttock. So do not make the shirt too short - unless you prefer this!

Stand erect, look forward.

My measurement is:
Cuff Width

8. Cuff Width

Make sure the width of the cuffs of your favorite shirt are to your liking. Turn the cuff over and measure from the farthest end of the button hole to where the cuff button (outermost) ends. In case your favorite shirt cuff is too large or too small, simply take the measurement and add or subtract to it as you prefer. (The picture shows 9¼ inches). You can also take your actual cuff width.

Cuff measurement is :  OR Actual cuff measurement is
Bicep

9. Bicep from your favorite shirt
Step 1: Put your favorite shirt sleeve flat and measure from the shoulder seam to where your bicep is widest. In the picture 7 inches is a correct distance from seam to where bicep is widest.

Bicep Step one measurement is:

Step 2: Measure from this point across the sleeve. If you want your bicep sleeve slimmer or larger, add or subtract from this measurement. **REMEMBER NOT TO MAKE THE BICEP MEASUREMENT TOO SMALL.** (The picture shows 8 ¾ inches)

Bicep Measurement Step 2 is:
10. Actual Bicep

You can also take your actual bicep measurement and let us know if you wish to have a slim cut bicep, a regular cut or an easy cut.

My actual bicep measurement is
Waist

12. Pant Waist

The pant waist is taken exactly where you wear your pants. In some cases, this may be below your belly, on your belly or low on your hip bone level. Have the waist taken exactly where YOU are comfortable wearing your pants. Don’t listen to where others think your pants should sit (unless it is your wife-in which case you should listen).

My waist measurement is
Out seam

13. out seam

The out seam is your actual pant length. Ready wear garments will often measure using inseam because they will alter the out seam length. A proper pant length should end at the bottom of the shoes where the heel begins.

My out seam length is
Inseam

14. Inseam

The inseam is taken from the end of the front crotch seam all the way down the inside of the leg to the bottom of the pant cuff. It is NOT an easy measurement to take so best done by a professional. Typically, there is a 10 inch difference between the out seam and inseam measurement. In cases where a tighter crotch is desired, this may be only 9 inches.

My inseam measurement is
15. Thigh

Measure the widest part of your thigh and do not flex.

My thigh measurement is
Jacket length

16. Jacket Length

Start on the seam where the shoulder meets the neck on the front of the jacket and go all the way down to the point where you wish the jacket to end. Stand erect and do not look down while measurement is being taken.

My jacket length is
Full Height

17. Full Height

Measure your full height standing normally erect from the top of your head to your heels. Why do we take this measurement? We do this so we know if your measurements are in proportion to your height. For example, if you are 6 foot 5 inches and your tailor measures a jacket length of 28 inches, we know there is a mistake somewhere and can correct it. It is a very important measurement to take.

My full height is
Please see the pictures below to tell us more about your body shape (simply select the appropriate body types)

**Shoulders**

- Square
- Normal
- Left Lower
- Right Lower
- Sloping

**Side profile**

- My Lower Back Curves
- I have a little Hunch Back
- I have a little stoop

**Pants position**

- I wear my pants just below my naval
- low on my hips
- high on my naval
Buttock shape

- I have a normal buttock
- A protruding buttock
- A flat buttock

- My navel sits opposite my stomach because my stomach is flat.
- My stomach comes out so I wear my pants just below my stomach.

Legs shape

- I have thick thighs
- I have thick thighs and calves
- My legs are normal

Stance

- Back leaning
- Forward Leaning
- Slightly forward
- Normal stance

If you have any other comments or concerns, please let us know. The BEST thing would be to send us a picture as well! You can e-mail it to us at info@leebaron.ca

Thank you!