



SCHOLARS

A Guide to Measuring

Height

No shoes, Feet together, Flat on Floor,
Measure from the top of the head to the ground

Collar

Measure around the base of the neck where the collar sits

Chest

Place the tape close up to under arms, measure around
the chest at the fullest

Waist

Measure around the natural waistline

Hips

Measure around the bottom, at the fullest point

Inside leg

Measure from the crotch to the ankle bone

