

Measuring for Lion Station Uniforms

MEASURING

How to Measure

Have someone else measure you. Keep tape straight, but not tight. Measure over undergarments or other clothing that will be worn under your uniform. If your measurements fall between two sizes, order the larger size.

Female measuring guide and tips

Bust: Holding tape gently, measure around fullest part of bust. Keep tape straight and level.

See measurement **A**.

Waist: Measure around the smallest part of natural waistline. Hold tape firmly, but not tightly. Keep the tape level and be sure to stand naturally.

See measurement **B**.

Hips: Measure around the fullest part of hips. Hold the tape measure firmly, but not tightly. Keep the tape measure straight and level.

See measurement **C**.

Inseam length: Lay well-fitting, similarly styled pair of slacks flat with crease at back and front. Lift one leg and measure from crotch seam to bottom of slacks leg.

See measurement **D**.

Male measuring guide and tips

Chest: Measure around the fullest part of chest, keeping tape up under arms and across the shoulder blades.

See measurement **E**.

Waist: Measure around waist over shirt (not slacks) at position you wear slacks. Keep one finger between tape and body. Or, measure the waistband of a well fitting pair of similar slacks (zipped and closed).

See measurement **F**.

Sleeve: Measure from center of neck at back of collar, over the shoulder, along arm, behind elbow, to wrist bone. (Or, take marked sleeve length sizing from a dress shirt that fits you properly.)

See measurement **G** or **H**.

Neck: On a shirt that fits you well, lay collar flat. Measure collar from center of collar button to far end of collar buttonhole.

See measurement **J**.

Or, measure comfortably around neck.

Inseam length: Lay well-fitting, similarly styled pair of slacks flat with crease at back and front. Lift one leg and measure from crotch seam to bottom of slacks leg.

See measurement **K**.

Rise: Some slacks come in regular and long rises. This is the distance provided from the top of the waistband to the bottom of the crotch. Basically a long rise is 1" longer than regular. If you are taller than average, have a long torso, or require more freedom in the lower stomach area, you may be more comfortable in a long rise. If you are unsure of your rise measurement, order a regular. 95% of the male population wear a regular rise.

See measurement **L**.

