

Basic Body Measurements

These are the basic body measurements you'll need to help you select the size of pattern you want to make up.

Top Tips For Measuring

- 1 Use a tape measure that is relatively new and not stretched.
- 2 Make sure you are wearing very close fitting clothes to measure over the top of. Or better still measure in your undies.
- 3 To help find your natural waist you can tie a piece of thin elastic around your middle and then bend and stretch a bit. You will find the elastic will find it's own place to sit and that will be your natural waist. On most people it will be halfway between your bottom rib and your hip bone.
- 4 Allow the tape measure to fit nice and snug around you when taking the measurements. Not so tight it's uncomfortable, but so you get an accurate BODY measurement.
- 5 Keep the tape measure horizontal when taking the measurements. Stand up tall and look straight ahead. It's a bit tricky I know but you could always get a friend to help.

My Measurements

	My personal measurements	The best finished garment measurements for me	Pattern size closest to me
High Bust			
Full Bust			
Waist			
Hips			

High Bust is taken across your back, underneath your armpits and then across your chest above your bust line. This measurement can help determine whether you need to make a Full or Small Bust Adjustment.

Waist is measured on your 'natural' waistline which will probably be higher than you are used to. But it's important to make sure that it is on your natural waist not where you usually wear trousers or skirts.

Full Bust is taken across your back and then around over the fullest part of your bust, basically across your nipple line.

Hip Measurement is NOT taken around your hip bones but across the fattest part of your bottom.

Remember

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