

How to Measure For Pants/Skirts

The first step in getting a great fit is to taking accurate measurements. If it is not possible to accurately take your own measurements, have someone else take them for you. This is of extreme importance.

Start by marking the reference points. Depending on your body proportions, there are two possible waistlines: a natural waist or a chosen waist, where the pants or a skirt sits. Find the natural waist by tying a piece of elastic around the person's middle, then having her bend from side to side until the elastic settles comfortably; take the waist measurement here.

Mark a line across the fullest part of the abdomen parallel to the floor.

Find the widest part of the lower body, it is very important to note that this widest part may be anywhere from a few inches to more than 10 inches below the waist. Where the measurement is largest is your hipline reference point; mark around the body, parallel to the floor.

Draw a line perpendicular to the floor from the waist to the ankle; if you think you might be asymmetrical, do this on both left and right sides.

Begin with the waistline measurement place tape measure around the elastic at the waistline comfortably, as you would wear a belt, and record.

Repeat this step for the hip measurement holding the tape measure taut but not tight (you should be able to get two fingers between the body and tape measure).

For the full hip hold the tape measure securely, but loosely, and have the person sit on a firm chair/stool, loosening the tape measure to accommodate the sitting ease. This can be anywhere from an inch to upwards of 5 inches.

For the crotch depth, have the person sit on a firm surface and measure with a ruler (I use the L-square) along the side from the top of the surface to the waist. NOTE: Take this measurement with the person sitting well erect on a hard surface.

Around the knee with the knee bent, take this measurement by passing the tape around the knee being able to get two fingers between the tape and skin.

The full length or outside seam is taken by placing the tape at the side of the waistline bringing it down over the side of the hip to the distance desired from the floor.

The crotch length is measured twice; first pass the tape measure from the elastic at the back waist through the crotch to the elastic at the front waist. If a crotch-o-meter is not available, tie two non-stretch cords together (I use black and white) and using the knot as a reference point, take one end to the back and the other to the front. Mark on the cord at the waistline for both front and back measurements, with the knot in the center of the crotch.

The thigh measurement is necessary only if you intend to make close fitting pants like jeans. Measure around the fullest part of the thigh and also note the depth from the waist.

For ankle circumference a general rule of thumb is $\frac{2}{3}$ of the shoe size or as fashion trends indicates.