

## UNDERSTANDING MEASUREMENTS

**1. BUST** Measure the bust/chest over the fullest part, making sure that the measuring tape is parallel to the floor. Bra size is not the same as a bust measurement.

**2. WAIST** To measure for the waist, bend to the side and find where the body creases. Measure around the body at this point, making sure that the measuring tape is parallel to the floor.

**3. HIPS** Measure over the fullest part of the hips, keep measuring tape parallel to the floor.

**4. GIRTH** Calculate Girth from Center of shoulder, through crotch, and back up around to the starting point.

## MEASUREMENT TIPS

**The most important measurement is the GIRTH measurement.**

WHY? Because most costumes stretch SIDEWAYS, not up and down. Measure girth from the center of the right shoulder, through the crotch, and back to the starting point. Hold the tape loosely. When in doubt, let the girth measurement be your guide.

## LOOK AT YOUR STUDENTS!!

If the girth says one size, but your student has an exceptionally large bust or is exceptionally thin, you must take this into consideration when ordering your costumes.



### REMEMBER...

If they gain or lose 15 pounds over the next few months, or they grow four inches, this will definitely affect the way costumes fit.