

The Required Measurements

These pages are adapted from *Fashion & Costume Design in Quarter Scale*. They provide the information your designer needs to create a fitting shell that shows the shape of your body. This fitting shell can then be used to create custom-fit garments for your wardrobe. Record your measurements on the next page and send them along with the required photos to your designer. The instructions show how you can measure yourself if you don't have someone who can do it for you. Twill tape needs to be attached to the top of a tape measure so you can take these measurements.



Twill Tape Attached to Tape Measure



Maintaining a consistent reference of the waist around the entire body is critical. To mark the waistline clearly, tie a string securely around the waist. Make sure the string is parallel to the floor.



#1 CENTER BACK - The Center Back measurement is taken from the top of the large vertebrae on the spinal column to the Waist. In other words, from the Neckline to the Waist.



#2 SIDE FRONT - The Side Front measurement starts from the point where the Shoulder Seam meets the Neckline.



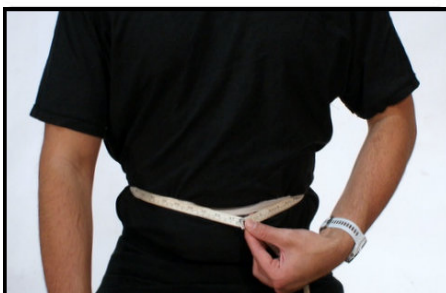
#3 SIDE BACK - Starting from the intersection of the Shoulder Seam and the Neckline, measure down to the Waist. The tape measure should be kept parallel to the Center Back.



#4 CENTER BACK/WAIST TO SHOULDER - Measure diagonally from the Center Back at the Waist to the point where the shoulder seam meets the sleeve seam.



#5 CHEST - This measurement should be taken around the fullest part of the chest or bust. It will be over the shoulder blades in the back. Keep the tape measure parallel to the floor.



#6 WAIST - The Waist should already have a string around it as described earlier. Take the Waist measurement directly over the string.



#7 HIPS - The Hip measurement is taken over the fullest part of the hips as seen from the side.

Use the chart below to enter your measurements.

Length Measurements	
#1 Center Back:	
#2 Side Front:	
#3 Side Back:	
#4 Center Back/Waist to Shoulder:	
Circumference Measurements	
#5 Chest:	
#6 Waist:	
#7 Hips:	

The following measurements are not used to create the initial Fitting Shell. However the #8 Waist to Floor and #9 Thigh are used to create pants. The #10 Biceps is used to add sleeves.



#8 WAIST TO FLOOR - Hold the tape measure at the floor and measure up the side of the body to the waist.



#9 THIGH - The Thigh Measurement is the circumference of the largest part of the leg near the crotch.



#10 BICEPS - The Biceps Measurement is the circumference of the largest part of the arm.

Measurements	
#8 Waist to Floor:	
#9 Thigh:	
#10 Biceps:	

Taking the Photos

Almost any kind of camera can be used to take these photos. The camera needs some form of support and, for DIY applications, a timed shutter delay or a remote shutter release. For the DIY process, the remote shutter release allows a person to take pictures without twisting their body. In the image below, the cell phone is mounted on a tripod. The cell phone should be adjusted to about shoulder level. For a full length photo, the camera/cell phone needs to be positioned at a greater distance than shown in the image below.

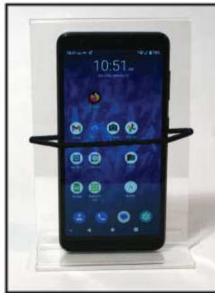


Bluetooth Remote
Shutter Release



If a tripod is not available:

1. Secure the cell phone to a "T" shaped plastic picture frame with an elastic band.
2. Place a cardboard box on top of an ironing board.
3. If the cardboard box is narrow like the one shown below, stabilize it with a weight such as a glass or jar filled with water.
4. Place the cell phone on top of the cardboard box.



Cell Phone Secured
to Picture Frame



Box to Raise
Cell Phone



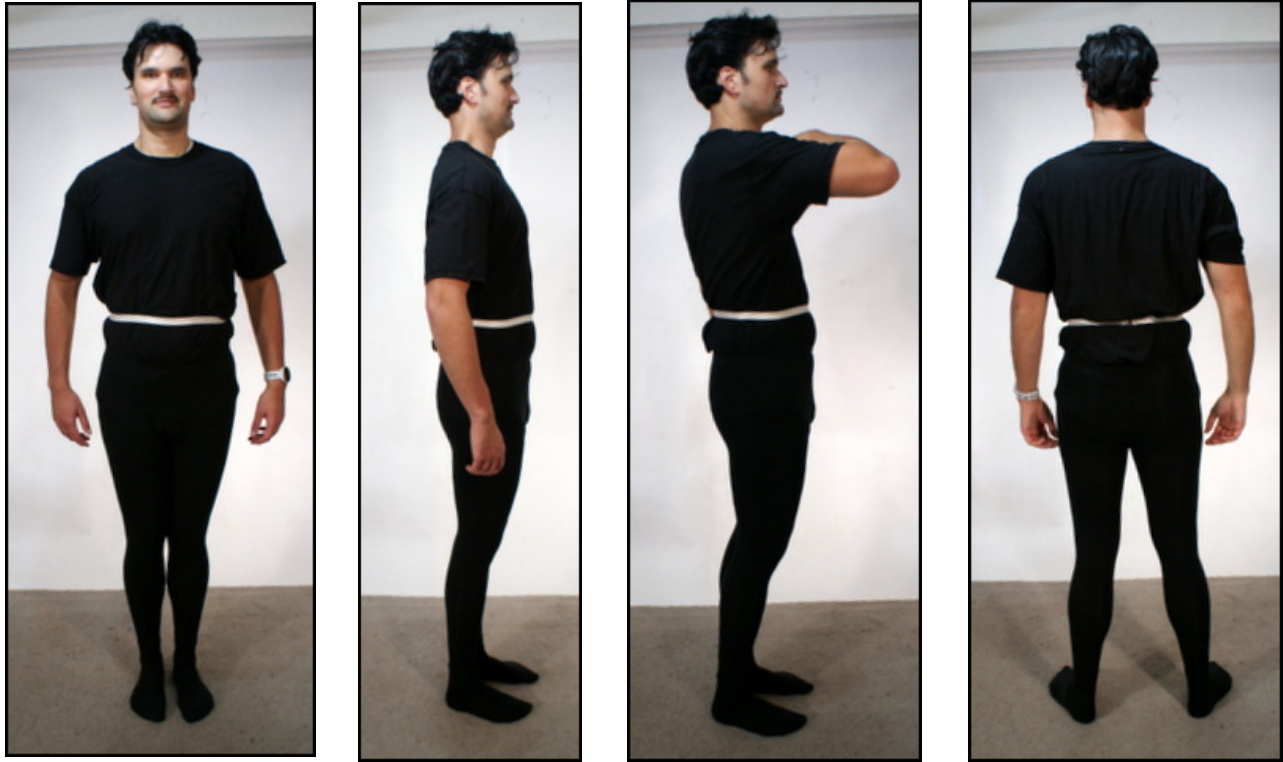
The Finished Setup

The Required Photos

Four photos—full front, side, side with the arm raised, and full back—need to be taken in specific poses that reveal the contours of the body.

The person photographed should wear close fitting garments. For all the photos, they should stand in a relaxed natural stance, posture straight, weight evenly distributed, and with their hair adjusted to leave the neck exposed. To reveal the body's shape, arms and hands should be held away from the torso. The lens of the camera or cell phone should be at about shoulder level and at the angles shown below.

To simplify the scaling process, all the photos should be taken at the same time from the same distance.



With a special thanks to Steven Lukatsky for posing for the photographs in these instructions.
Website: SteveLukatsky.com