

# **How to Measure for Military Uniform Special Measurement Orders**



Prepared by DLA Troop Support \* Clothing & Textiles  
Technical Support Branch \* 2017



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## **Measuring Basics**

When taking measurements for a special size garment, it is important to take into account the following:

### **Posture:**

- Stand tall with muscles relaxed and feet hip width apart (approximately 6”).

### **Clothing:**

- Baggy or thick clothing interfere with accurate measuring. Ensure service member is wearing light, close fitting clothing. Similarly, chest measurements for women will be most accurate when wearing a well-fitting, unpadded bra.

### **Tools:**

- Use a flexible metal measuring tape, as a cloth tape might stretch. Fiberglass or nylon tapes are good alternatives.

### **Technique:**

- All measurements, except weight which is measured in pounds, should be taken in inches and SPECIFIED TO THE NEAREST ¼ INCH.
- When taking horizontal measurements, such as chest, waist, hips, etc., be sure to keep the tape parallel to the floor.
- When measuring, apply constant pressure to the tape (so it doesn't sag) without pinching the skin. Because the body is made of soft tissue, it can be a bit difficult to know exactly how tight to pull the tape around the body. The tape should be a bit snug, but not tight - it should not "dig in" or make an indentation in the body. It should not be loose, either. Just wrap the tape around the area of the body being measured and hold it in place. A finger should be able to be placed behind the tape, but no more than that.

**Any questions on properly measuring for a specific garment should be directed to the Special Measurement/CAD office:**

**[TrpSptC&T-Patterns@dla.mil](mailto:TrpSptC&T-Patterns@dla.mil)**

## Service Member Body Measurements

Only measurements that are needed for the requested garment will appear in DoD FEDMALL. Please provide measurements for all fields requested.

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Item: \_\_\_\_\_

Best fitting standard size: \_\_\_\_\_

What fits poorly when wearing this size: \_\_\_\_\_

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Height (inches): \_\_\_\_\_ Bicep: \_\_\_\_\_

Weight (pounds): \_\_\_\_\_ Chest/Bust: \_\_\_\_\_

Neck: \_\_\_\_\_ Waist: \_\_\_\_\_

Shoulder Circumference: \_\_\_\_\_ Abdomen: \_\_\_\_\_

Back Width: \_\_\_\_\_ Hips: \_\_\_\_\_

Back Waist Length: \_\_\_\_\_ Thigh: \_\_\_\_\_

Back Coat Length: \_\_\_\_\_ Leg Outseam: \_\_\_\_\_

Back Shirt Length: \_\_\_\_\_ Leg Inseam: \_\_\_\_\_

Sleeve Length Left: \_\_\_\_\_ Seat: \_\_\_\_\_

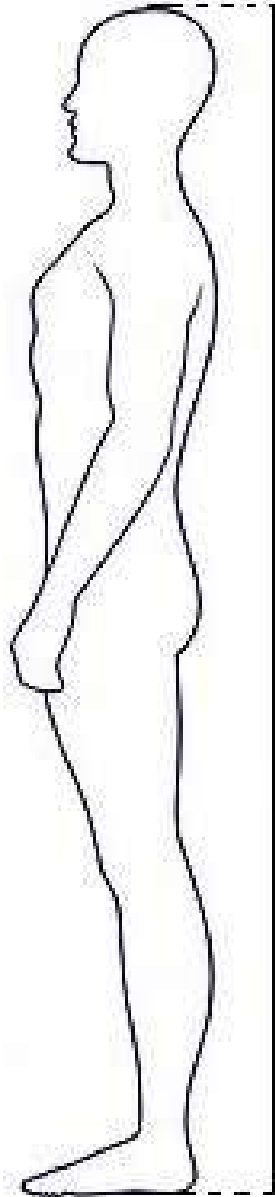
Sleeve Length Right: \_\_\_\_\_ Shoulders: \_\_\_\_\_

Arm Inseam Left: \_\_\_\_\_ Posture: \_\_\_\_\_

Arm Inseam Right: \_\_\_\_\_

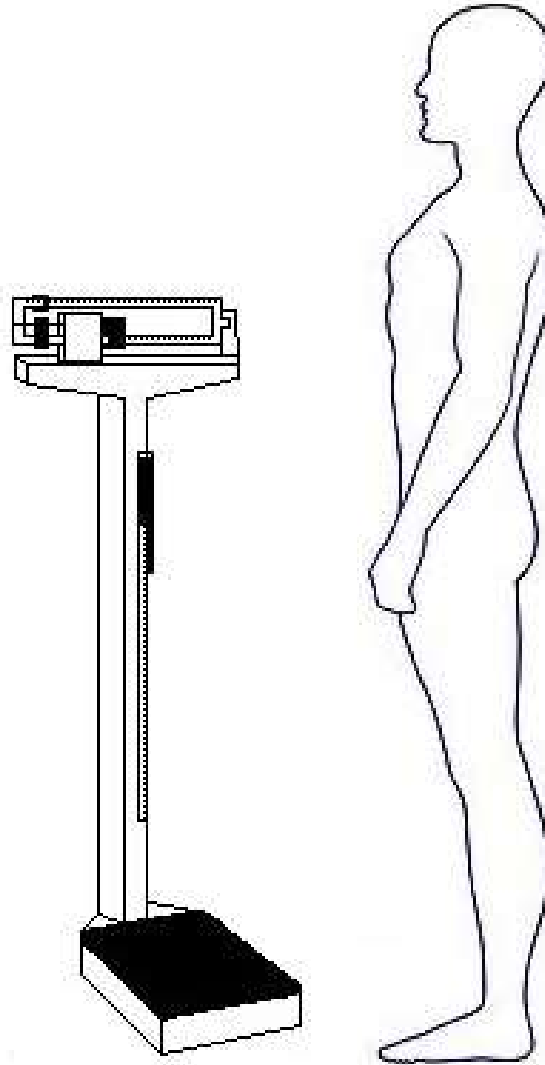
**Notes:**

## Height



Measure the distance from the very top of the head to the bottom of the feet while standing tall with shoulders back.

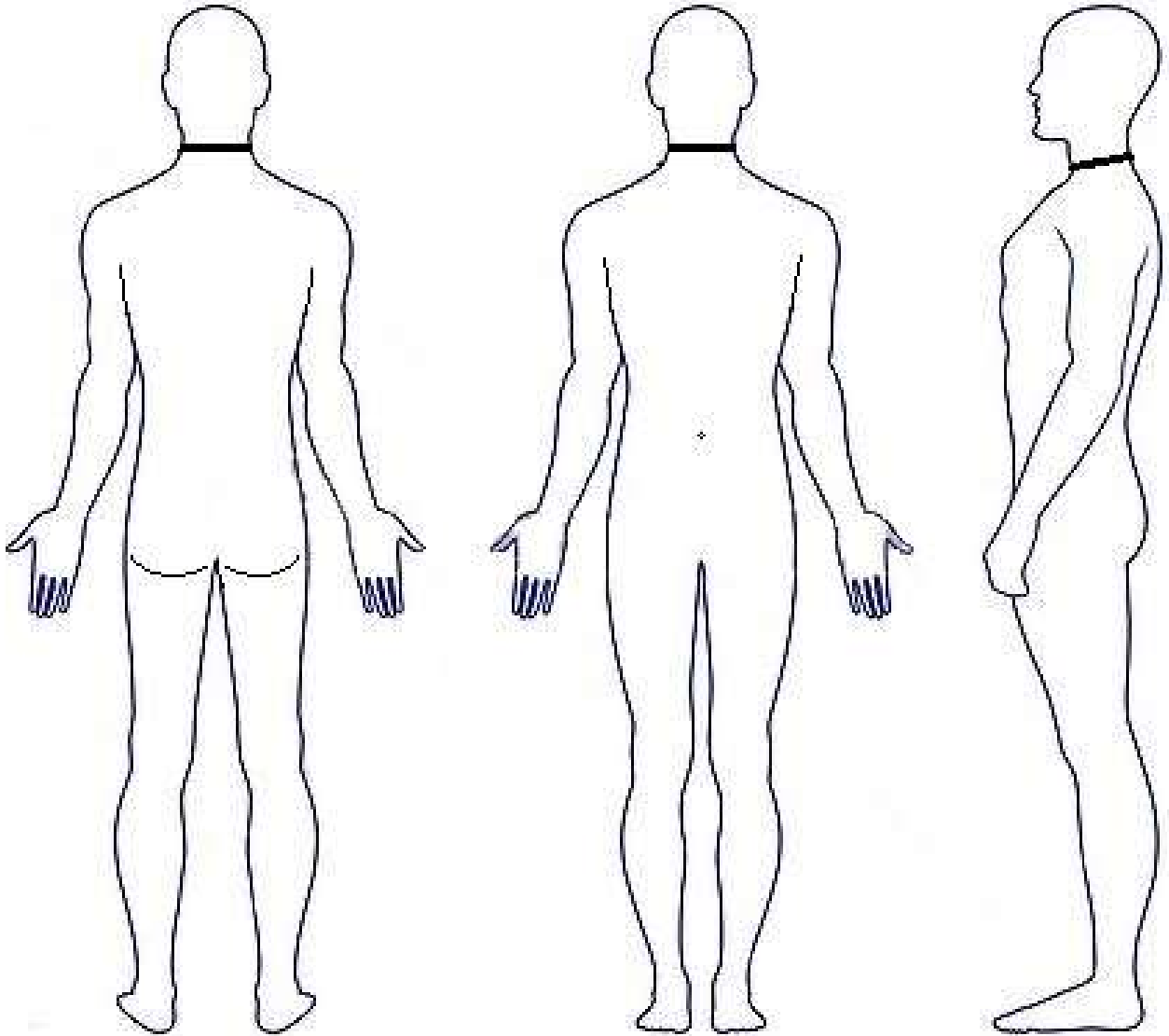
## Weight



Measure weight by using an accurate scale. Evenly distribute weight on the scale and hold still while measurement is taken.

Ensure clothing is light and no shoes are worn.

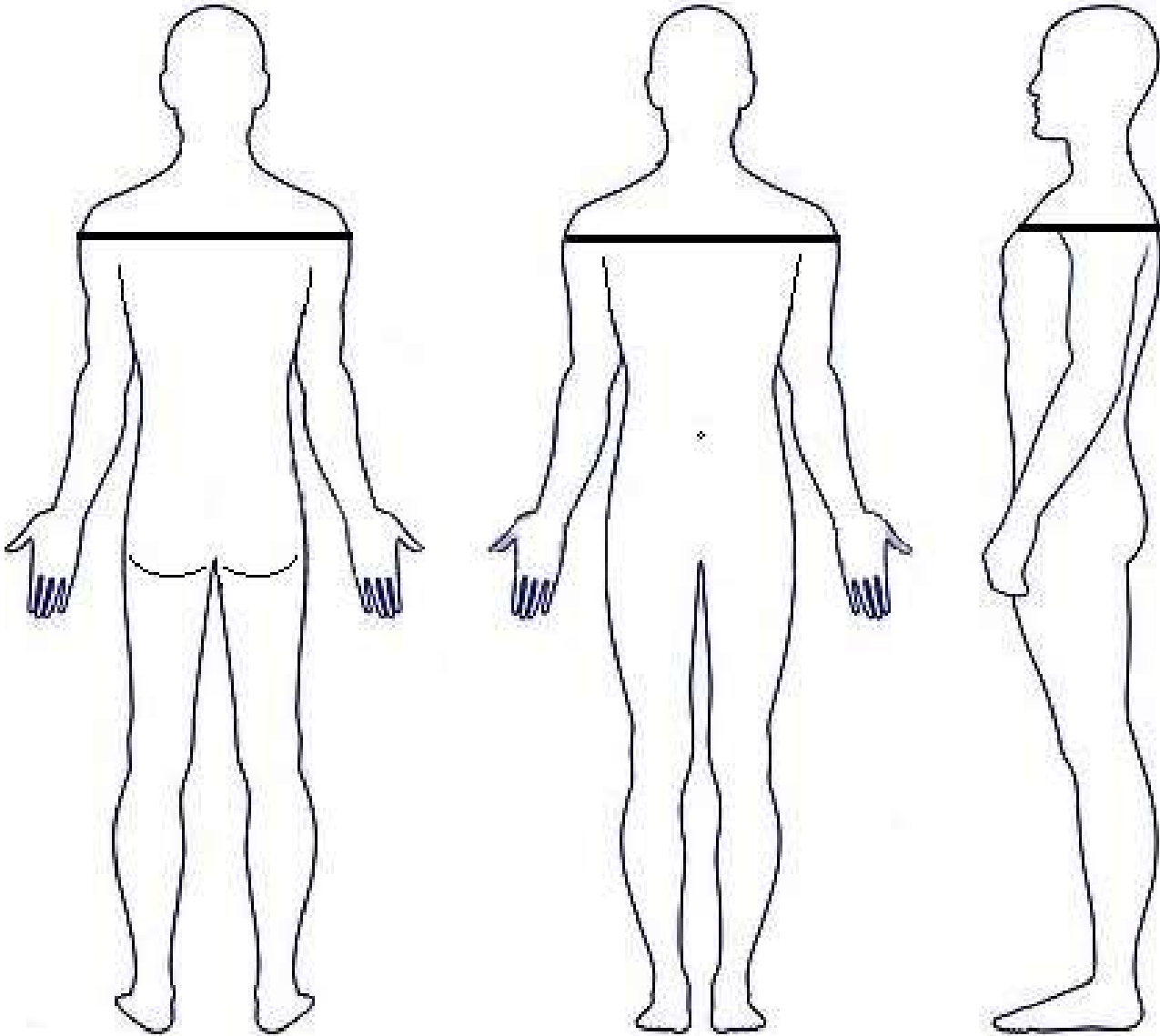
## Neck



Measure the circumference around the center of the neck.

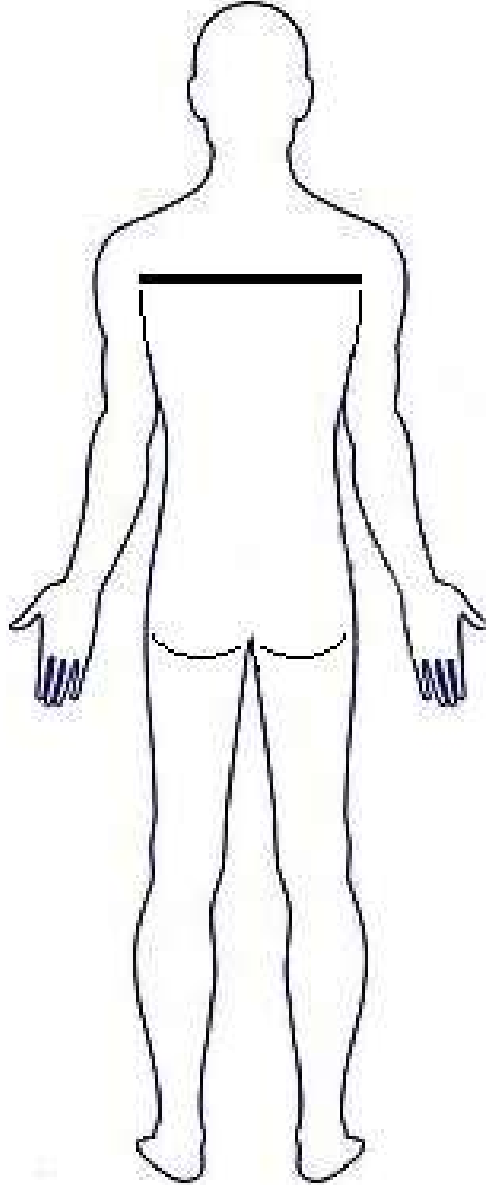


## Shoulder Circumference



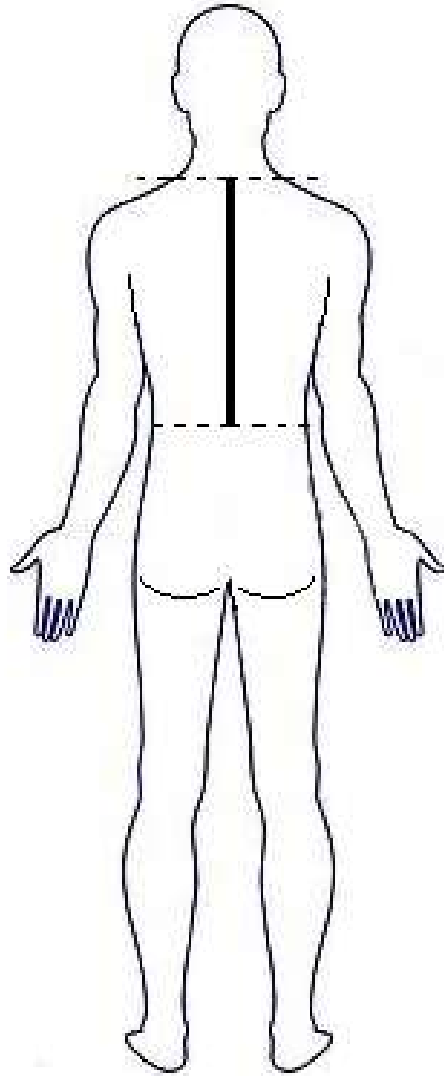
Measure the circumference around shoulders at their widest point.

## Back Width



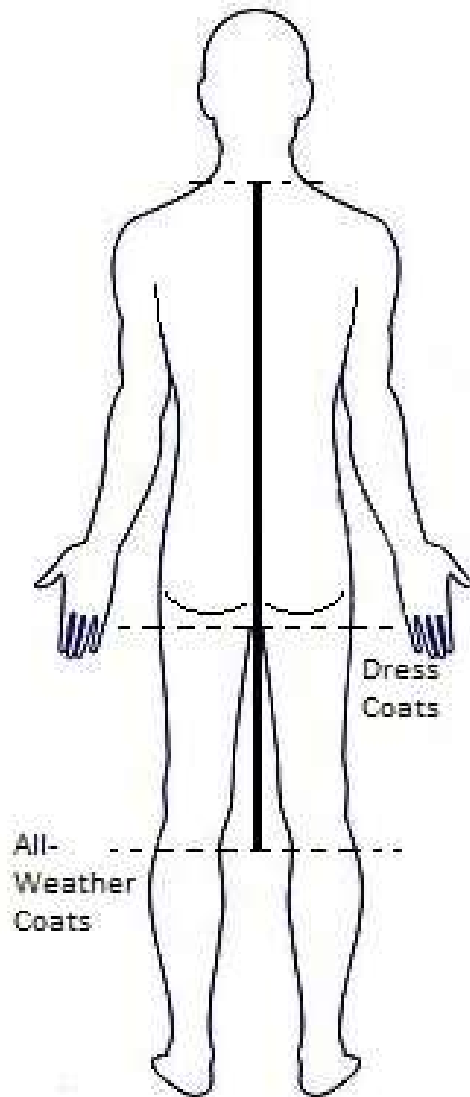
From behind, measure the distance from the very top most part of the armpit, across the back, to the other armpit.

## **Back Waist Length**



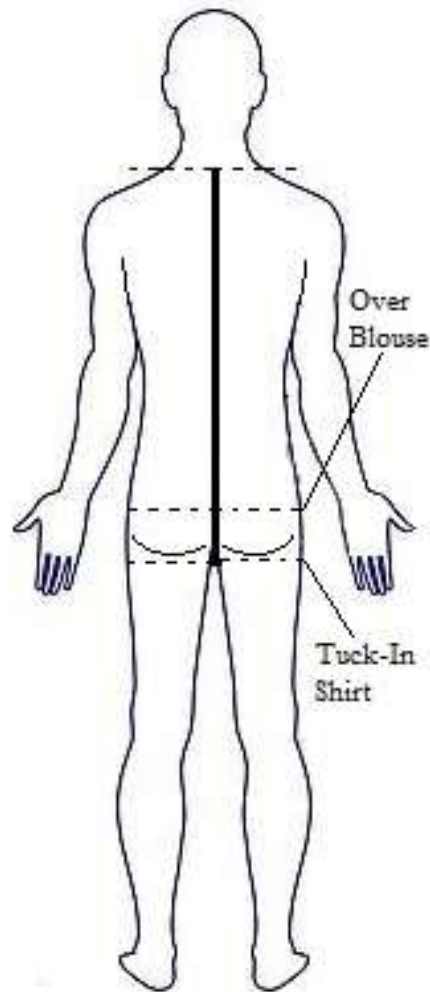
Measure from the base of the neck (in the center, not the side),  
to the center of the waistline.

## Back Coat Length



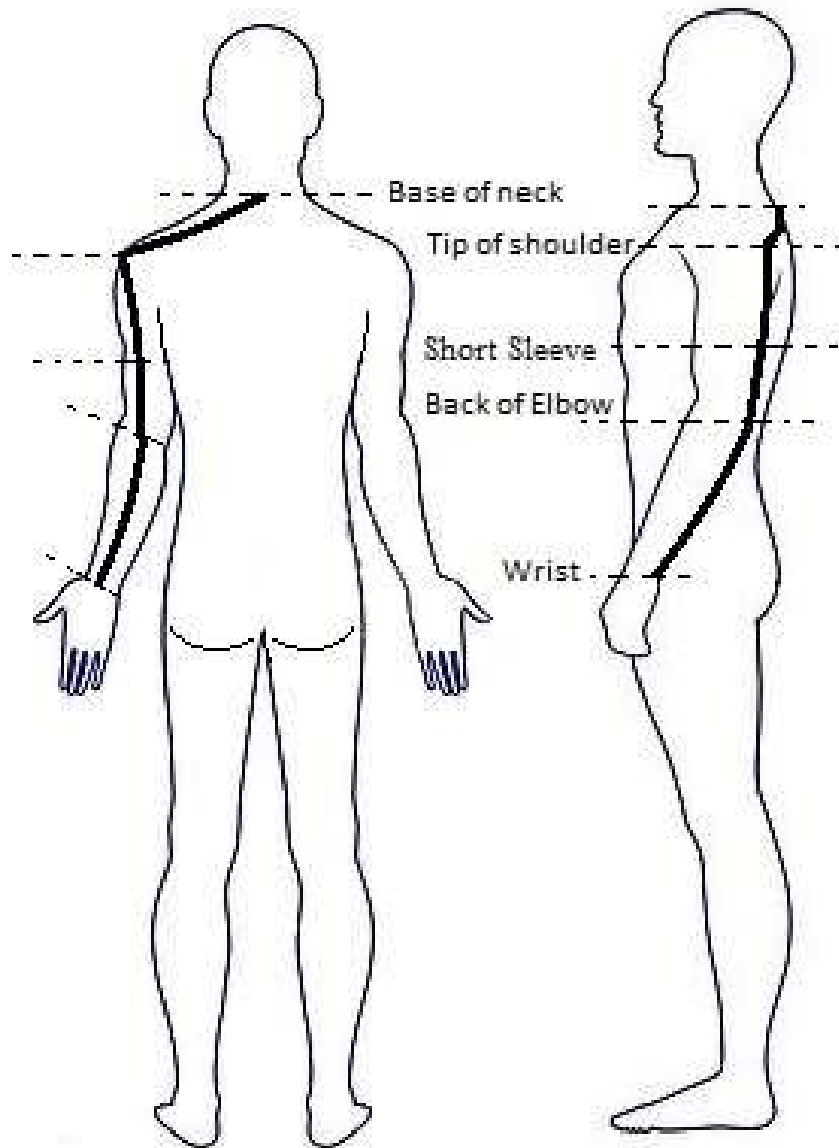
Measure from the base of the neck (in the center, not the side), to the center of where the desired length of coat should fall, per the design of the coat. For dress coats, this is just near the break at the bottom of the seat or about midway on the fingers where one would cup them. For all-weather coats, the coat must be long enough to reach the bottom of the kneecap for males, and 1 inch below for females. It must not extend below the mid-calf.

## Back Shirt Length



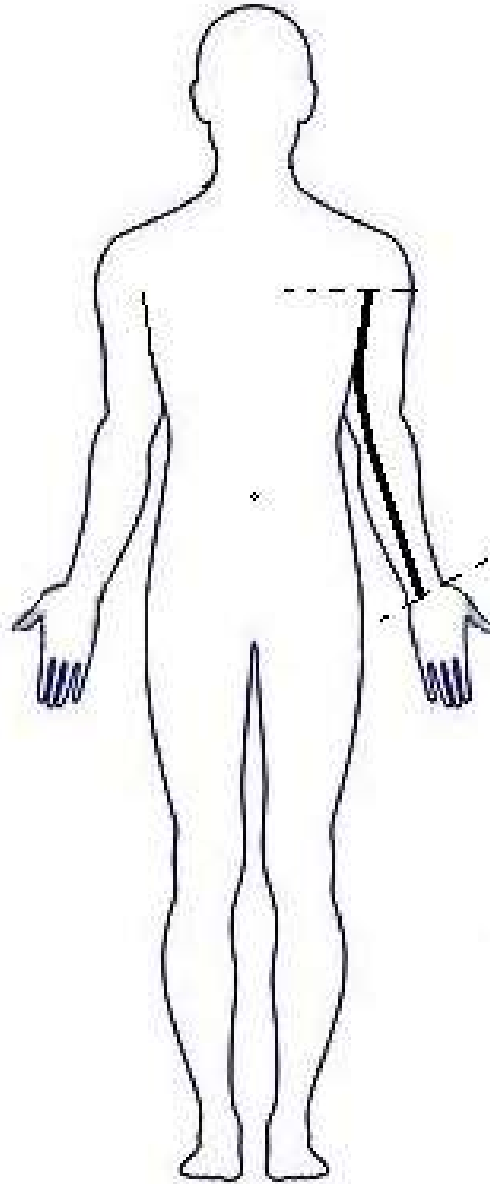
Measure from the base of the neck (in the center, not the side), to the center of where the desired length of shirt should fall, per the design of the shirt. For tuck-in shirts, this is near the break at the bottom of the seat or about midway on the fingers where one would cup them. For over blouses, this is about 2.5 to 4 inches above the break at the bottom of the seat or about where the wrist falls when arms are placed next to the body.

## Sleeve Length



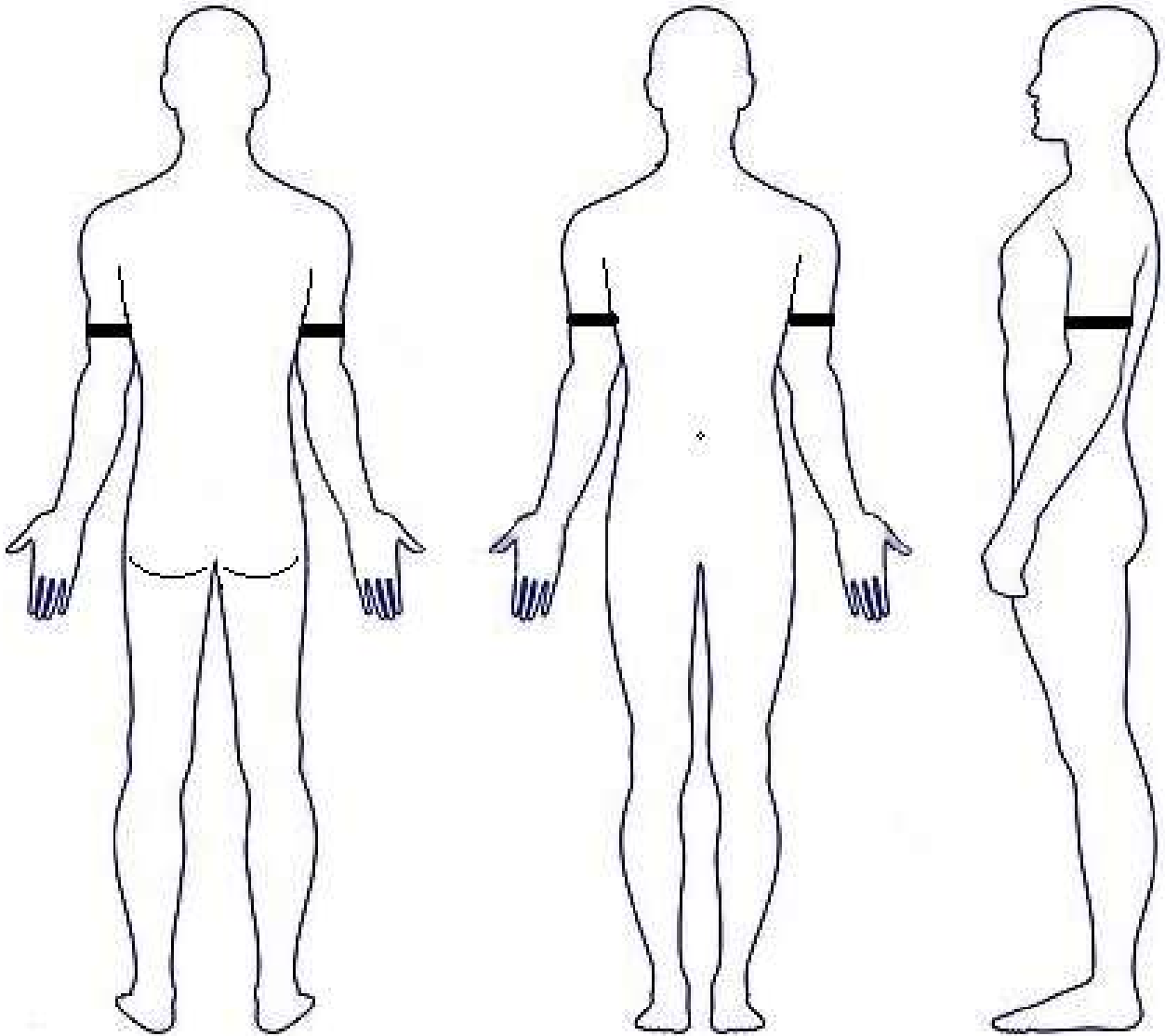
Slightly bend the elbow (elbow should not be bent more than a 90-degree angle). Measure from behind. Start at the middle of the base of the neck to the shoulder, down the back of the arm to the back of the elbow, and then on to the wrist. If measuring for short sleeves, start at the middle of the base of the neck to the shoulder, down the back of the arm to the center of the bicep.

## Arm Inseam



With arm down at the side, measure the distance from the uppermost inside of the armpit, down the inside of the arm, to the wrist.

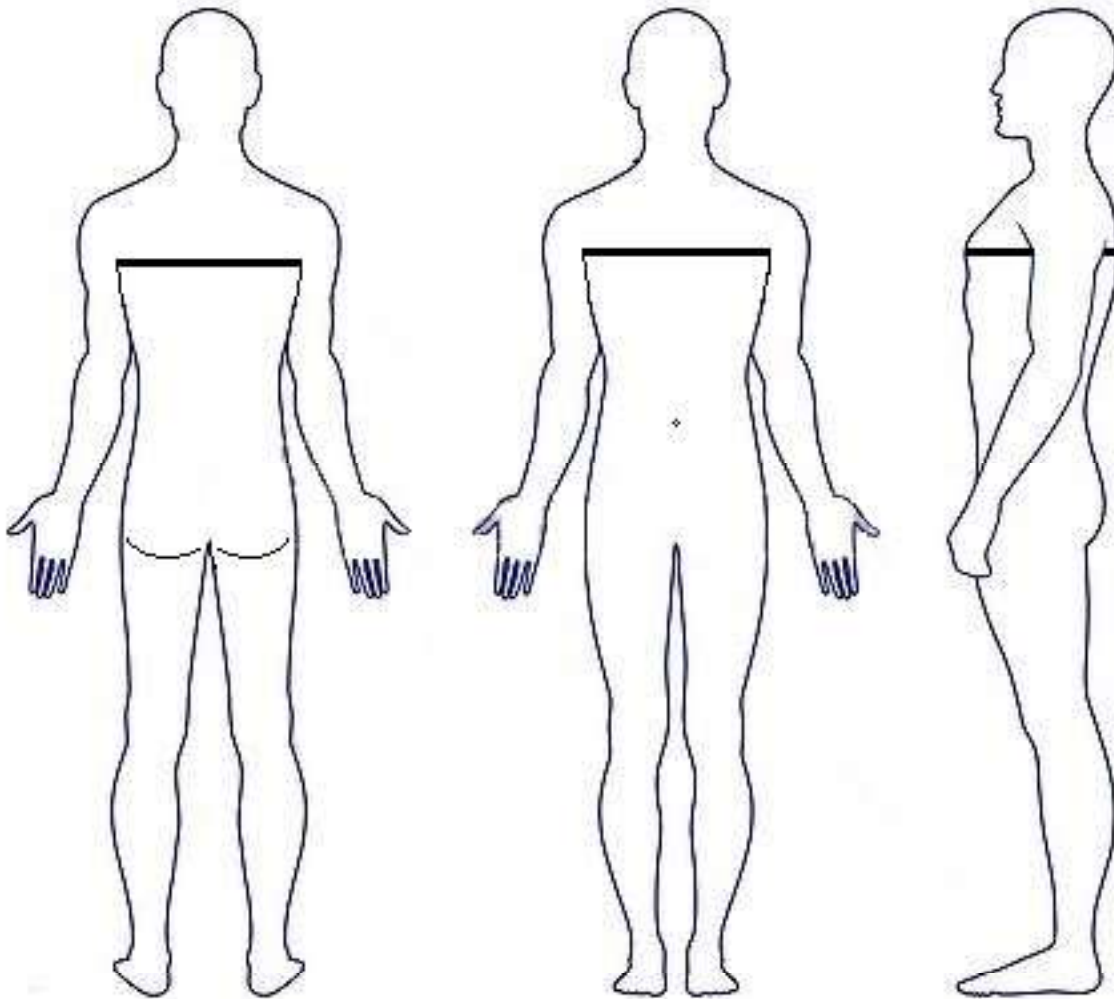
## Bicep



Measure the circumference of the upper arm. Wrap the tape measure around the widest part of the upper arm from front to back and around to the start point.



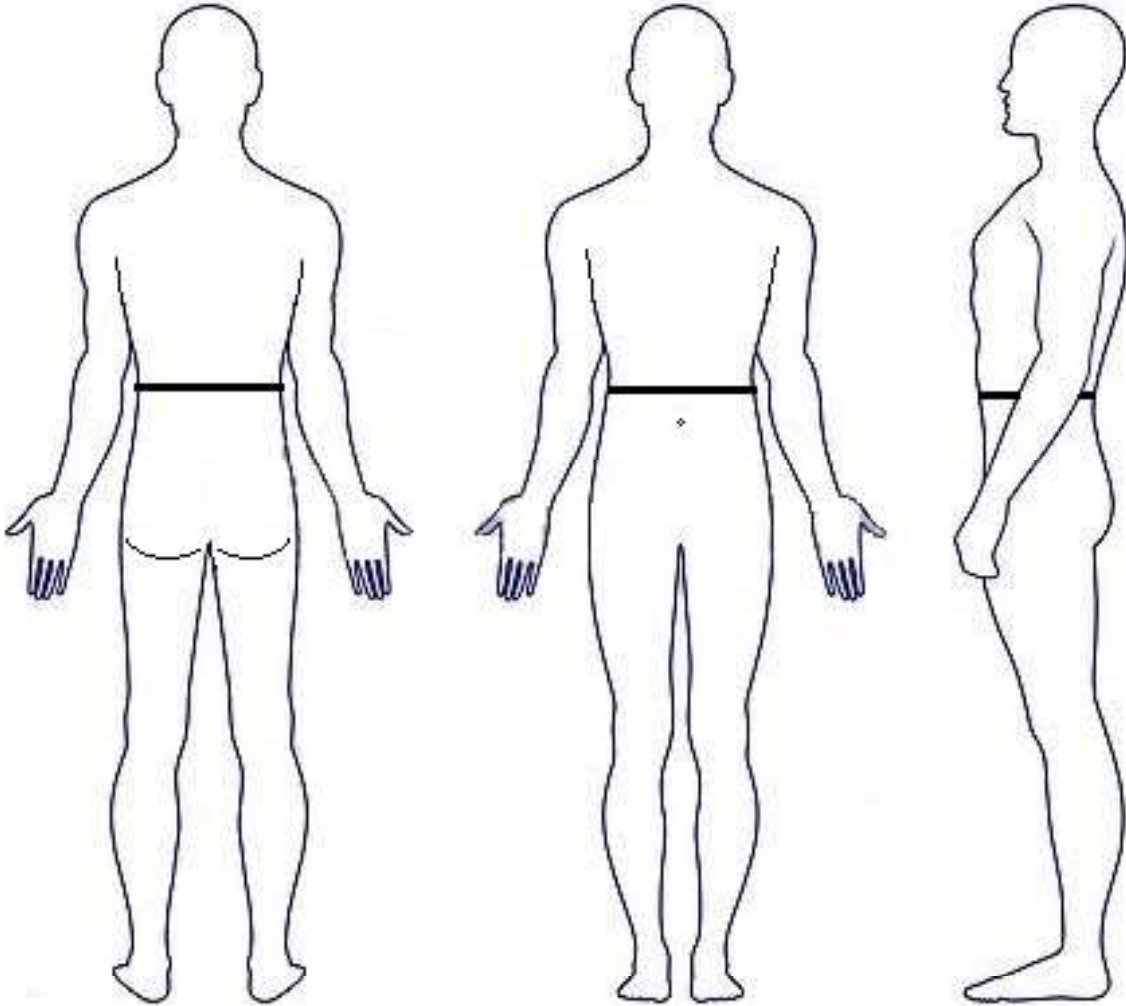
## Chest/Bust



Measure the circumference around the chest at its widest point. For most men this will be at the armpits, for most women this will be at the fullest part of the bust.

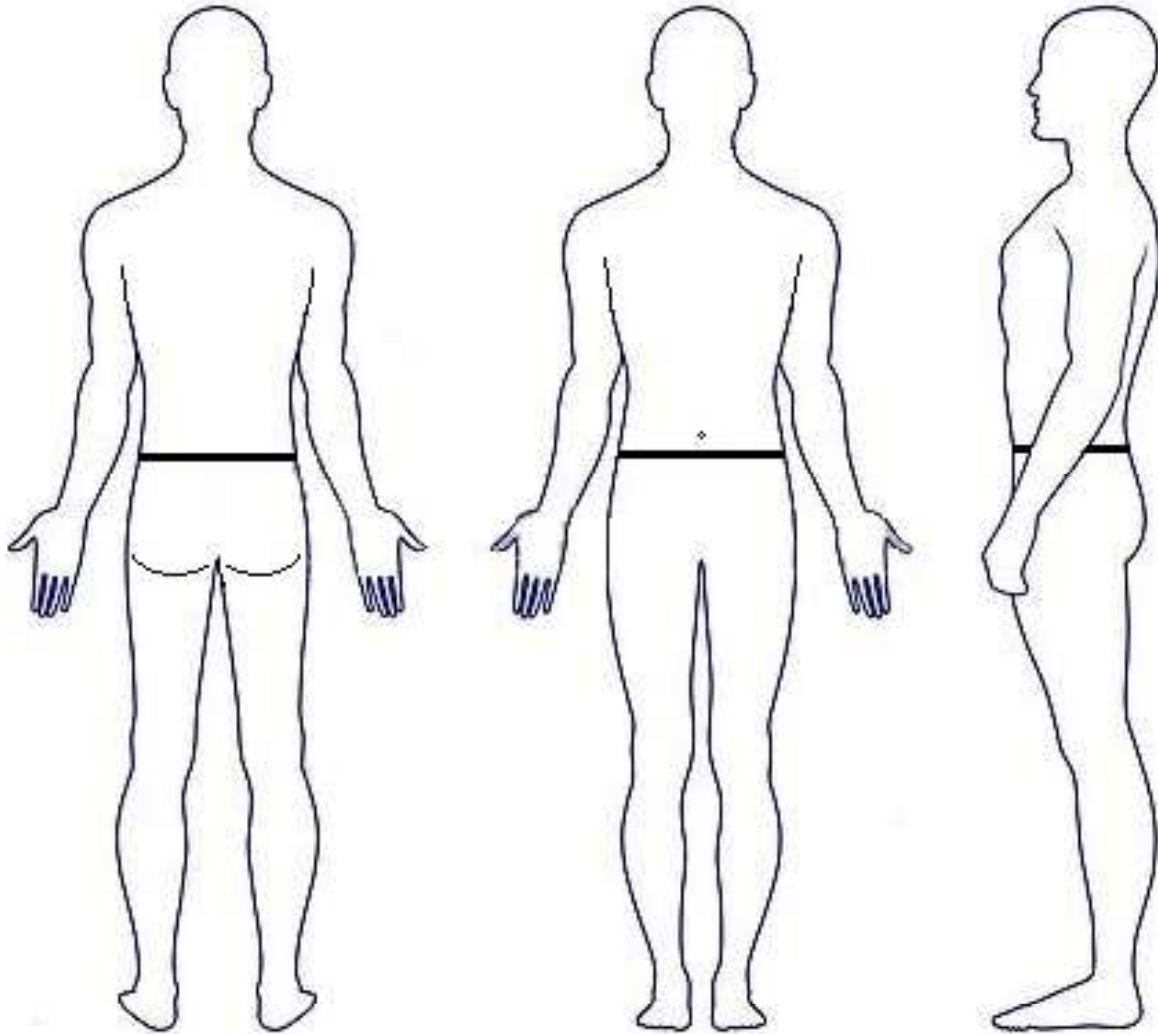
Place one end of the tape measure at the fullest part, wrap it around (under the armpits, around the shoulder blades, and back to the front) to get the measurement. This measurement is referred to as Bust for females and Chest for Males.

## Waist



Measure the circumference of the waist. Use the tape measure to circle the waist (like a belt would) at the narrowest part of the natural waistline, which is located above the navel and below the rib cage. When bending to the side, the crease that forms is the natural waistline. Don't suck in stomach, as this would result in a false measurement. This measurement is best taken mid-breath.

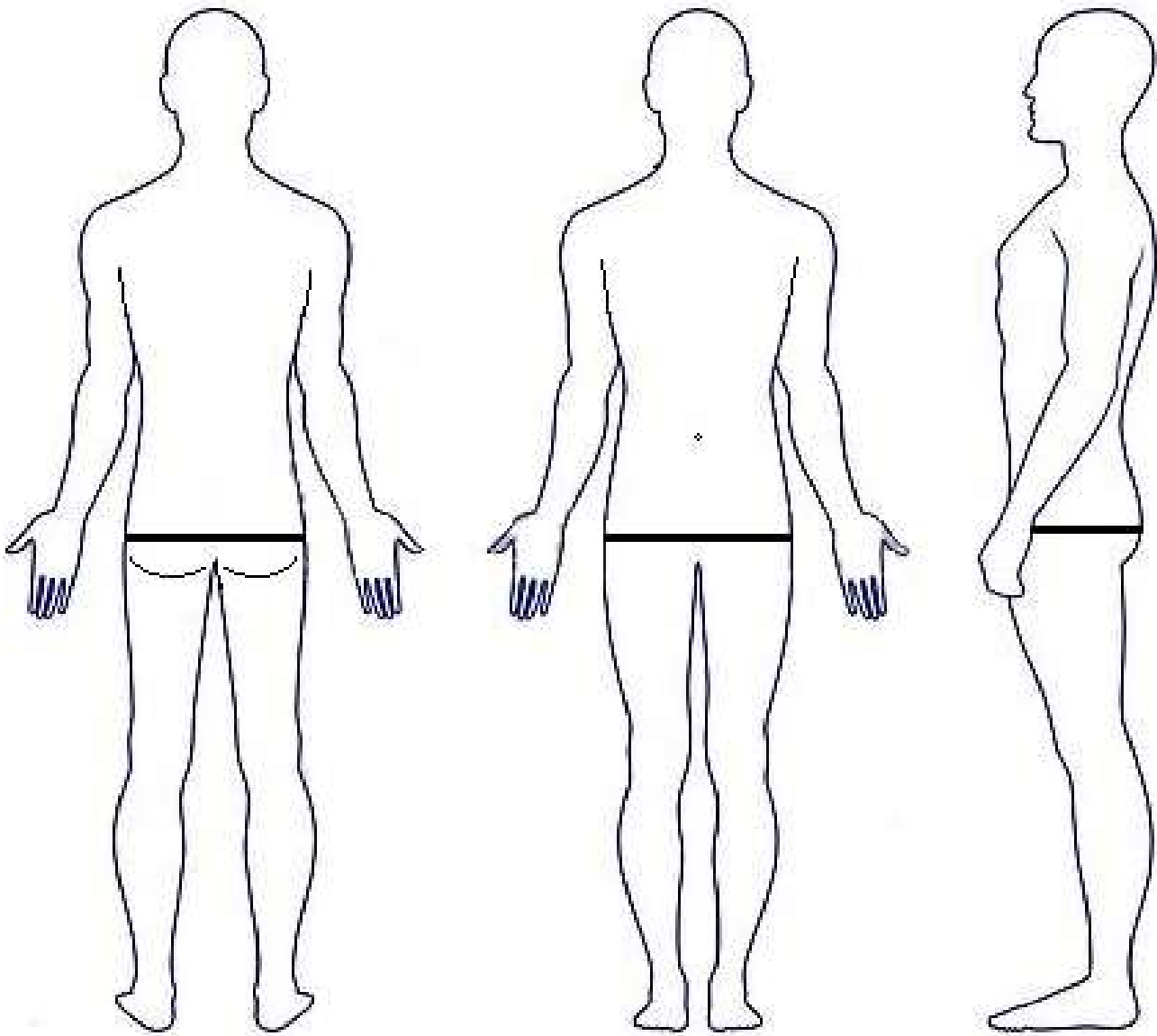
## Abdomen



Measure the circumference of abdomen. Use the tape measure to circle the abdomen like a belt would. The abdomen is located below the naval and above the hips, which is where men usually wear the top of their pants. Don't suck in stomach, as this would result in a false measurement. This measurement is best taken mid-breath.

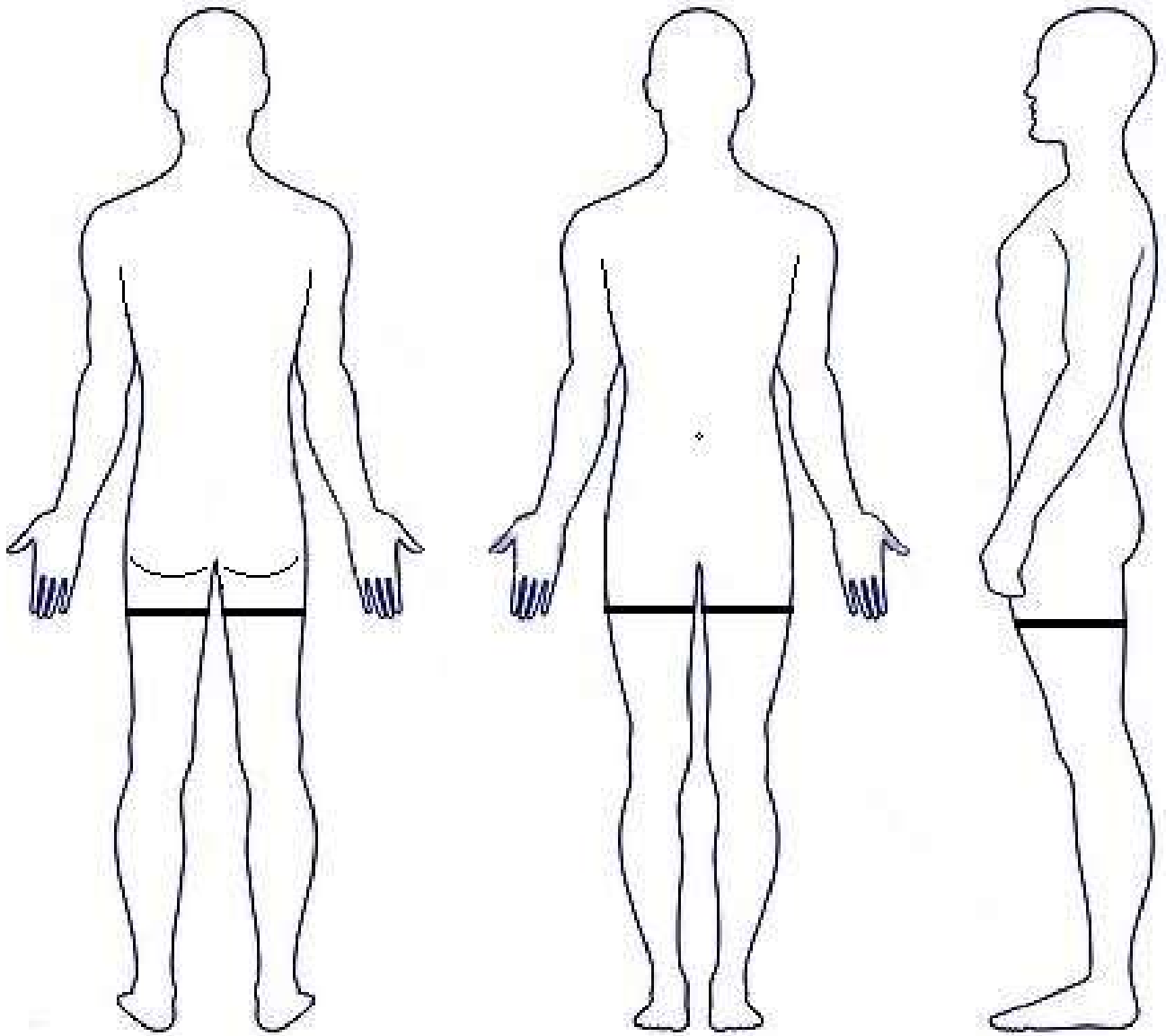


## Hips



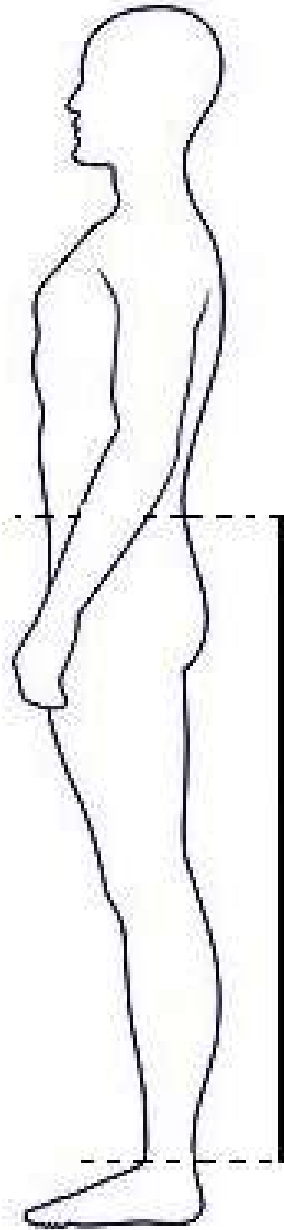
Measure the circumference around hips at the widest point. This will usually be roughly just above the crotch line. Start at one hip and wrap the tape measure around the seat, around the other hip, and back to start. Make sure the tape is over the largest part of the seat.

## Thigh



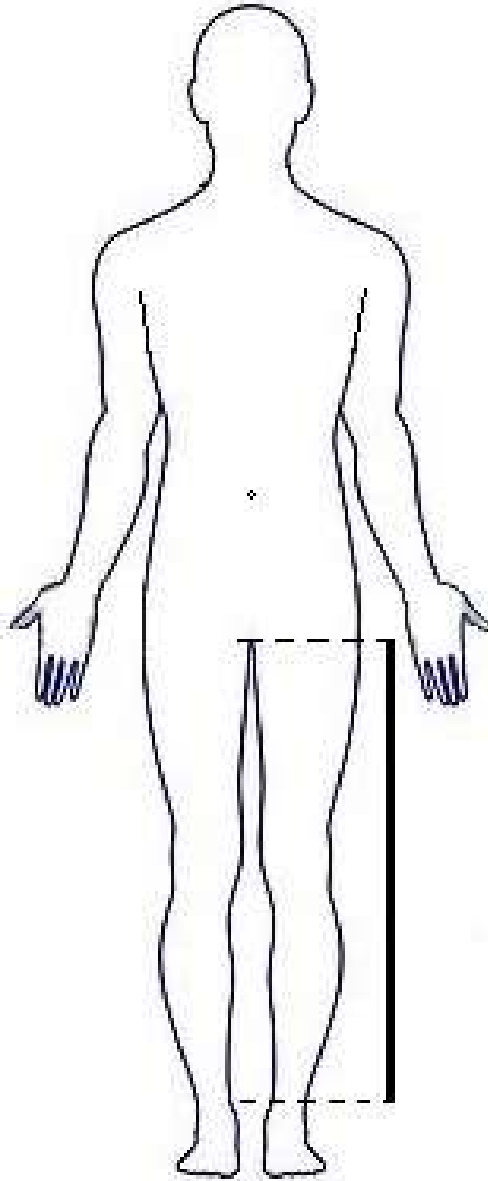
Measure the circumference of the fullest part of the thigh. This may not be the very center of thigh. Wrap the tape measure around the thigh from front to back and then around to the front.

## Leg Outseam



Measure the distance from the waist, along the outside of the leg, to the desired length of the pant at the bottom of the ankle.

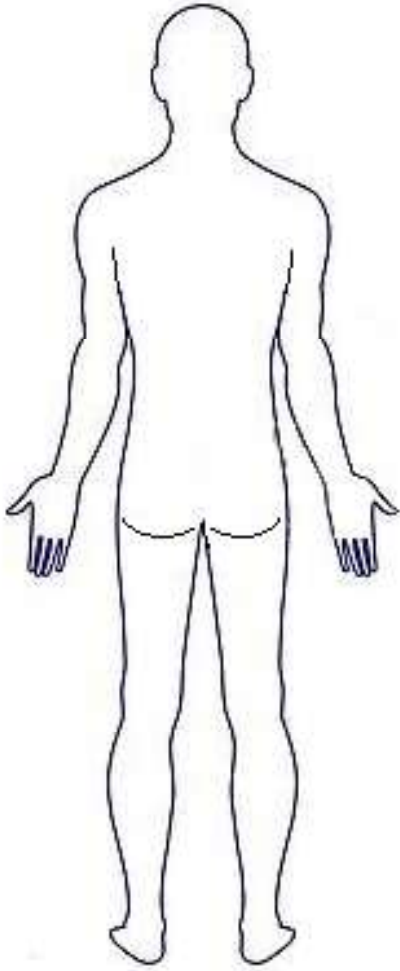
## Leg Inseam



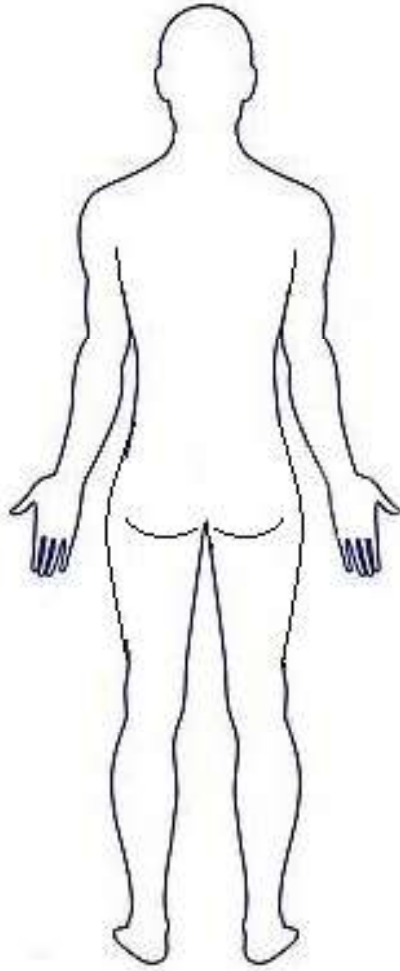
Measure the distance from the uppermost inner part of the thigh, along the inside of the leg, to the desired length of the pant at the bottom of the ankle.



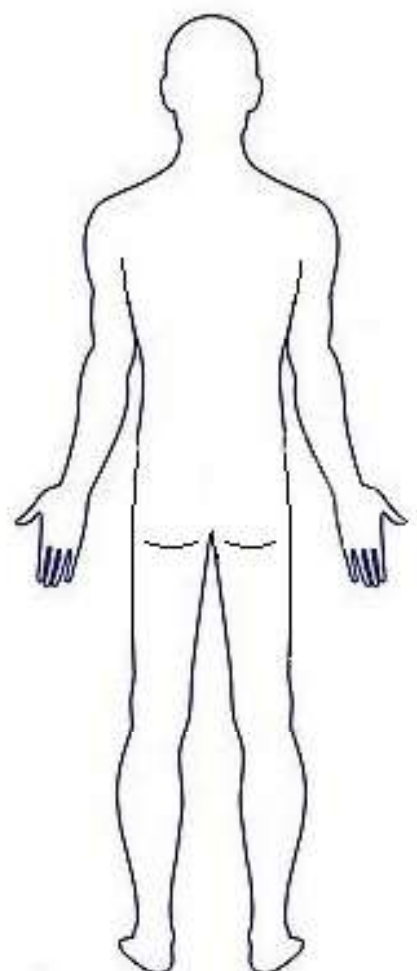
## Seat



Normal

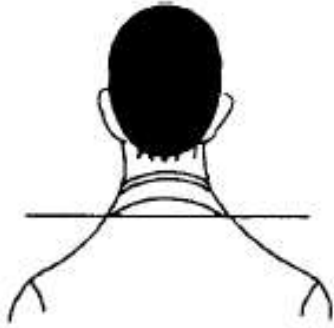


Full

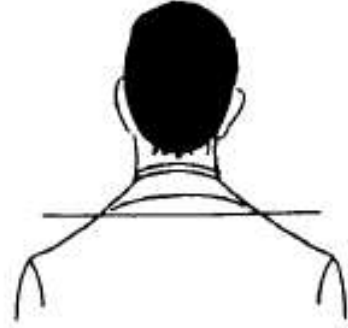


Flat

## Shoulders



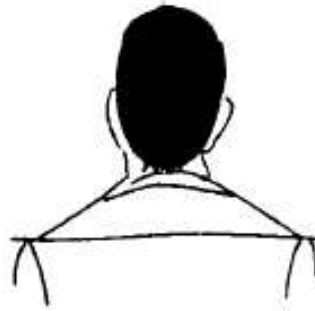
Sloping (Long Neck)



Regular (Regular Neck)



Square (Medium Neck)



High (Short Neck)

# Posture



Normal



Erect



Forward/Stooped



Half-Stout



Stout



Corpulent