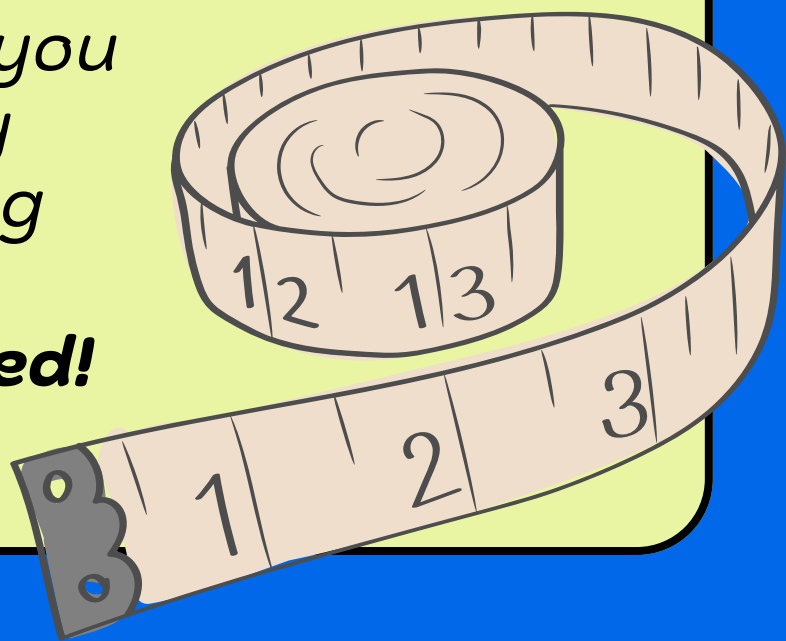


Jules' Quick Guide to Taking Flat Measurements

A few little tips & tricks for finding second-hand fashion that fits

Are you tired of coming home with a thrift haul only to find things don't quite fit right? Are you overwhelmed by inconsistent sizing among brands?

I've got you covered!



What are flat measurements?

*Measurements for clothing are often listed in sizes that represent their circumference, meaning the full distance **around** the garment. **Flat measurements** are an easy way to measure clothing without having to measure around the body of the garment.*

HORIZONTAL flat measurements are approximately 1/2 the total measurement for widths of garments, such as the item's **bust**, **waist**, or **hips**. Measurements such as **rise** or **inseam** need not be doubled, as these are measurements vertically rather than horizontally.

What are the benefits of flat measurements?

Number Sizes = INCONSISTENT! For example, when buying Levi's jeans, you often need to buy a size or two up from what you normally wear to account for the fabric and fit. Isn't that frustrating? You would think that sizes would be consistent, but from brand to brand, everything fits a little differently.

How do I take flat measurements? How do I know my preferred measurements?

The best way to find your preferred fit is to find garments within your wardrobe that fit you the best and feel most comfortable on your body. Take the garment and lay it on a flat surface. See the following pages for a few key points of measurement!

Are there specific measurements you think are more important than others?

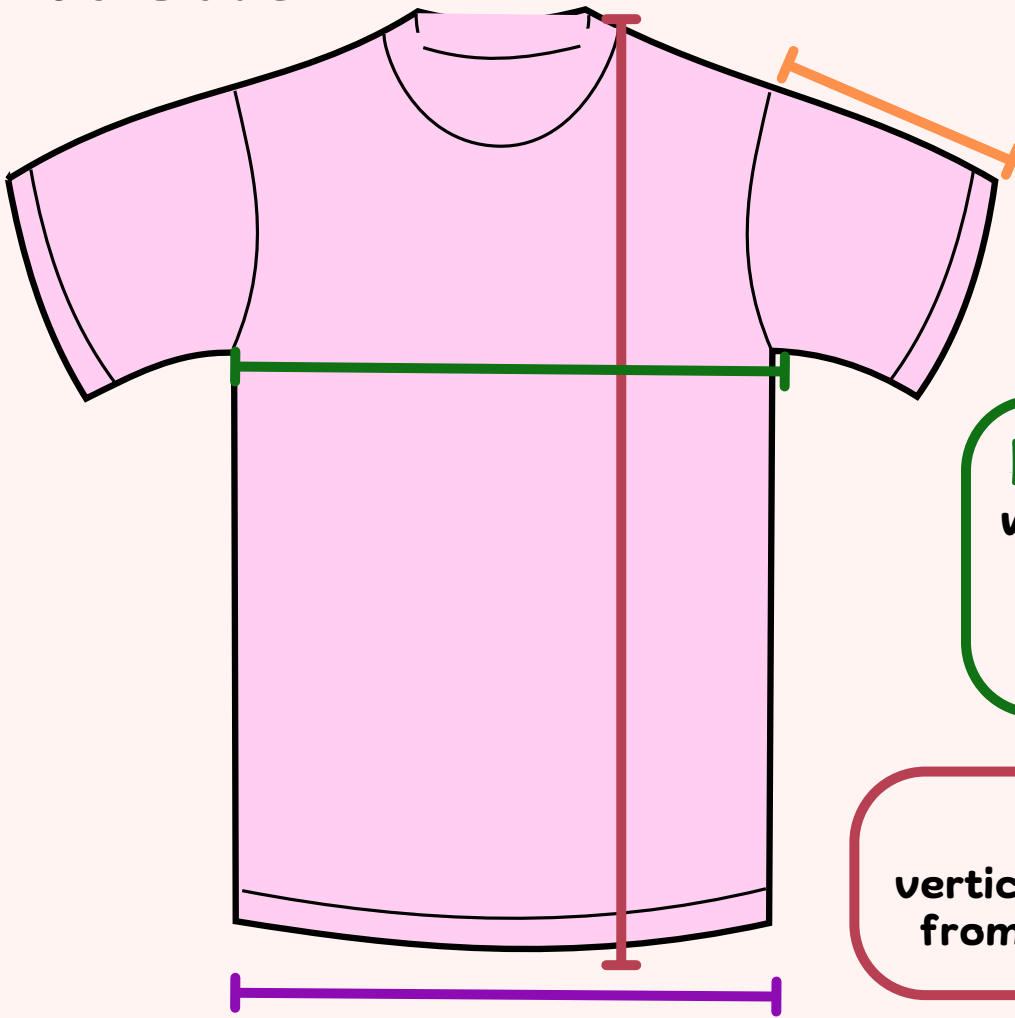
This depends on your preferences and personal style! Personally, here are the first things I measure when I find a secondhand good:

- Rise
- Waist
- Hips
- Inseam
- P2P*

**p2p = pit to pit.
also known as
bust!*

For me, I prefer trousers with a minimum 12" rise, so that's the first thing I measure! I know if the rise of what I want to buy is less than 12 inches, I will not like the fit, so I put it back on the rack. Saves me SO much heartbreak. I typically measure the rise FIRST, and if it fits my preferences, then I move on to the waist. If that's good, I move to the hips, and if that works, I check the inseam! Figure out what is most important to you and stick to it!

front



sleeve length

length of sleeve starting at the edge of the shoulder and ending at the cuff

pit to pit (p2p)

width from pit to pit double to get chest/bust measurements!

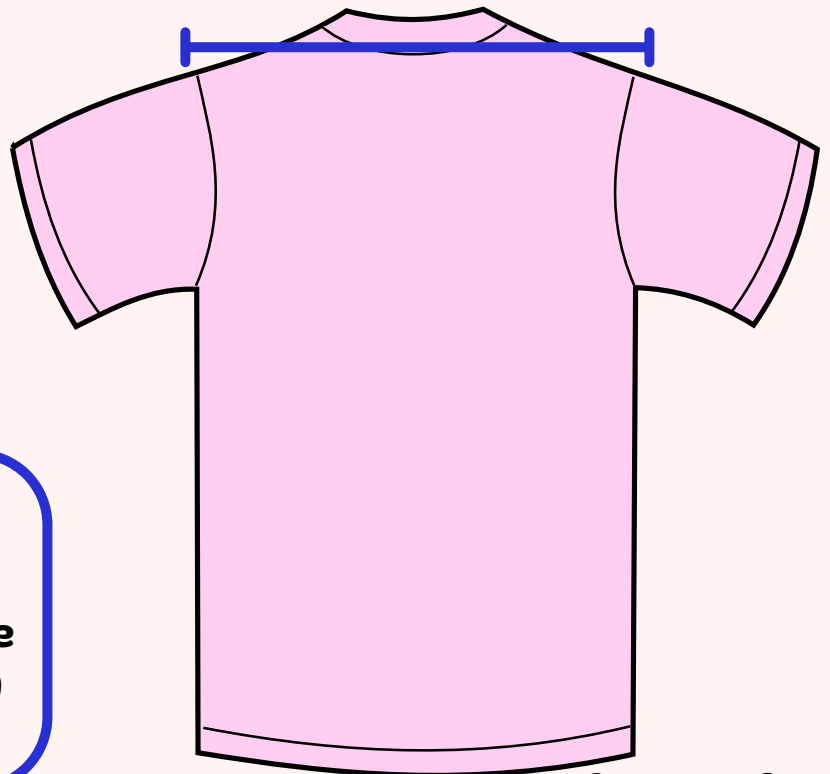
length

vertical - length of shirt from shoulder to hem

bottom sweep
hem of shirt
(width)

shoulders

width shoulder point to shoulder point - measure to find broadness/width of shoulders (on back)



back

waist
width
across top

where the top of
your trousers will sit

rise

length from
crotch to waist
measures where
trousers will fit on
hips and/or waist

hips
widest
portion of
trousers

thigh

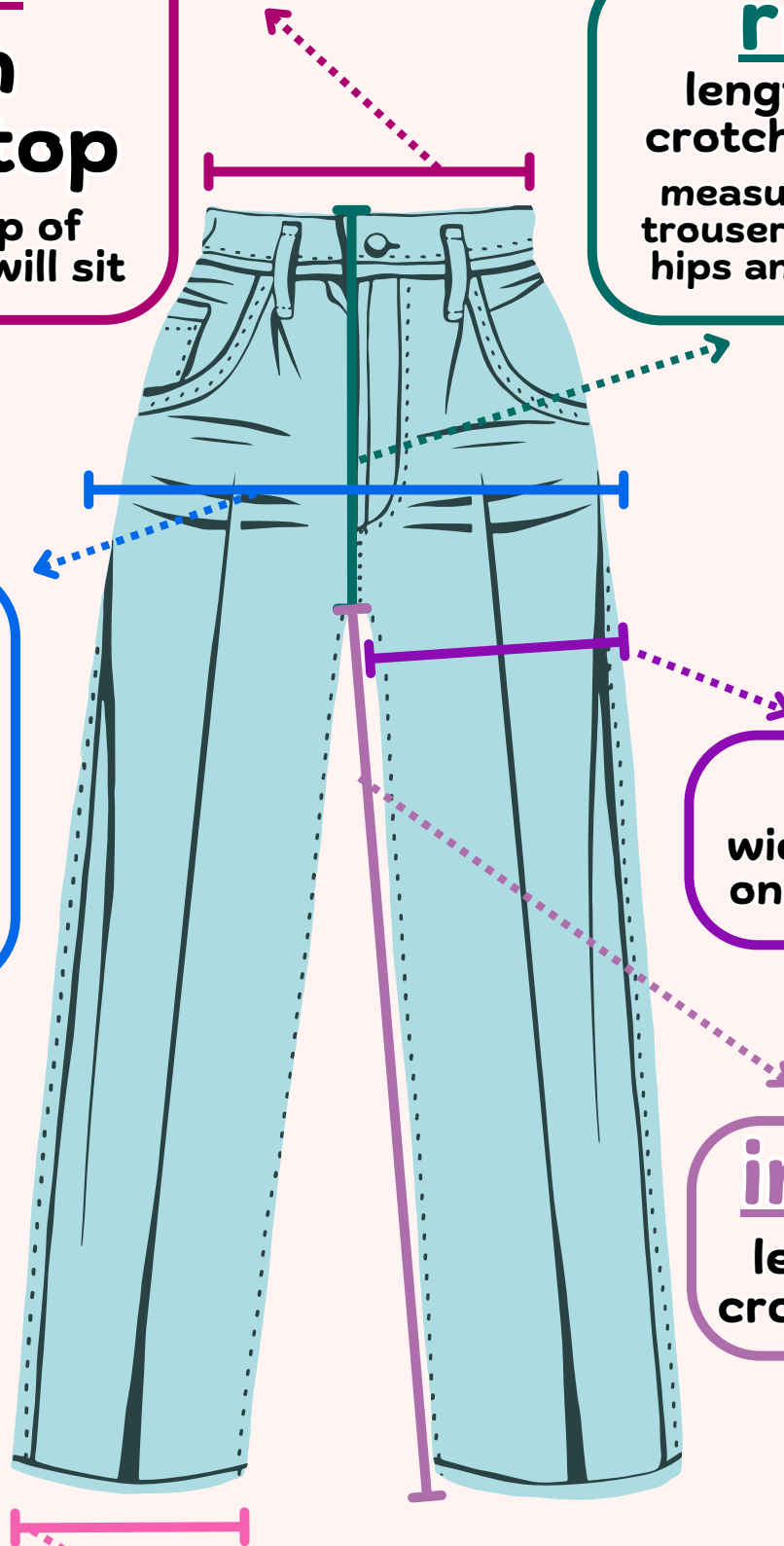
width of thigh
on trouser leg

inseam

length from
crotch to hem

leg opening

width of hem - determines cut of
trouser & fit on ankle and calf



Are there any other factors I should take into account when taking flat measurements?

Absolutely. For example, fabric types can vary the amount of stretch within a garment. Many fast fashion brands (Target, ASOS, etc.) often put spandex in their denim, giving the jeans a slightly stretchy quality.

Many vintage and slow fashion items use sturdier fabrics, such as 100% cotton, canvas, or linen. Some waistlines also have elastic, which extends the size of the garment.

Most garment tags will list the material(s) near the care instructions. When in doubt, give the piece a little tug and see what happens!