

## How to take your measurements

To begin find your waist. This is where it feels most natural for you to have your pant waistband. Tie a piece of elastic firmly around this spot. Twist and bend to be sure it feels comfortable. Remember, you want to be able to play in these pants; bend, climb, bike, wrestle, etc. Make sure as you glance in a mirror that the elastic is parallel to the floor. Leave the elastic on your chosen waist location throughout the measurement process.

MOST MEASUREMENTS WILL BE DONE FROM THIS ELASTIC.

BE SURE IT IS PLACED WHERE YOU WANT THE WAIST BAND OF YOUR PANTS TO BE.

**Waist**- Measure the width around this elastic to find your waist measurement. When taking this measurement, relax—don't suck in or hold your breath.

**Hip 3 inches below waist**- Measure the width or circumference 3 inches down from your waist elastic parallel to your waist.

**Hip at the fullest point**- Move the tape down your body until you reach the largest point. To find the biggest part of your hips look in a mirror at a side angle and see where your bottom sticks out the most and measure there. Keep the measuring tape parallel to the floor.

**Hip depth**- This is a side measurement. Follow the curve of your body when measuring from the elastic on your waist to where you found the fullest part of your hip.

**Length of waist to knee**- On the outside of your body, measure from the elastic on your waist to the middle of your knee. Be sure you stand up straight when you do this. Allow the tape to hang vertically (do not follow the curve of your body).

**Length of waist to floor**- Again, On the outside your body, measure from the elastic on your waist to the floor while standing up straight. Allow the tape to hang vertically (do not follow the curve of your body).

**Length of Inseam**- Measure from where your inseam starts between your legs to the floor. Again, stand up straight for this measurement. Allow the tape to hang vertically.

**Crotch length front to back**- To find your crotch length, measure from the elastic on your waist in the back to the ribbon at your front going between your legs. Don't pull the tape tight, you want it to rest along your body to get the correct measurements.

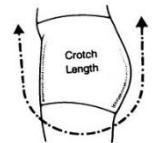
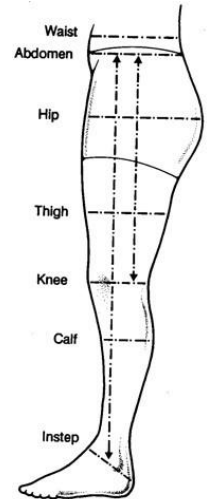
**Crotch length front**- Hold the end of the measuring tape between your legs where the inseam of your pants usually rides. Measure from there to the ribbon on your waist. Be sure to stand straight up when you take this measurement.

**Thigh width, one inch below crotch**- Measure the circumference of each of your thighs one inch below your crotch. Keep the measuring tape parallel to the floor. Record the largest of the two measurements.

**Knee width**- Measure the circumference of your knee. Measure both legs and record the measurement for the largest leg.

**Calf width at fullest point**- Glancing in the mirror turn around several times until you see where your calf is the fullest and measure the circumference around your leg at that point. Measure both legs and record the measurement for the largest leg.

**Pant Leg Opening**- Find a pair of pants (not leggings) in your wardrobe that have the most desirable ankle width. Measure the circumference of the pant leg opening of those pants. (Hint-if you are going to be using your new pants to ride a bike it is better to have a smaller pant leg opening.)



CAREFULLY DONE MEASUREMENTS ARE THE **MOST IMPORTANT** STEP IN GETTING A GREAT FITTING PAIR OF PANTS!

**MEASURE TWICE!**

**RECHECK THE NUMBERS ENTERED ON YOUR ORDER FORM!**