Our measurements and how they are taken are unique to our drafting process. We highly recommend watching our video tutorial in full before you begin, even if you are a seasoned pro!

Please do not measure your own body. This will produce wildly inaccurate measurements and result in ill-fitting drafted blocks. We highly recommend asking a friend to take your measurements or ask your client to come in to be measured.

Please ensure the model is wearing comfortably fitting underwear (non-padded bra and pants) whilst being measured. Make sure the underwear does not restrict or control the form. Underwear that is too tight around the waist, hips and back can restrict the natural form of the body and therefore give inaccurate measurements.

When measurements are taken, ensure the model is standing with their back straight in a comfortable posture. Make sure both feet are together, and their arms are placed at their side - symmetry of the body is key to taking good measurements. Finally make sure you or your model isn't holding their breath or sucking in their stomach.

<table>
<thead>
<tr>
<th>First name:</th>
<th>Last name:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Building number/name</td>
<td>Standard size:</td>
</tr>
<tr>
<td>Street:</td>
<td>D.O.B:</td>
</tr>
<tr>
<td>City:</td>
<td></td>
</tr>
<tr>
<td>Postcode:</td>
<td></td>
</tr>
</tbody>
</table>

1. Neck  
2. Shoulder  
3. Chest  
4. Side Neck Point to Bust  
5. Front Side Neck Point to Waist  
6. Bust  
7. Rib Cage  
8. Bust Span  
9. Top Arm  
10. Wrist  
11. Sleeve Length  
12. Armscyce Depth  
13. Back Width  

14. Back Side Neck Point to Waist  
15. Waist  
16. Top Hip  
17. Hip  
18. Waist to Hip  
19. Waist to Knee  
20. Thigh  
21. Knee  
22. High Ankle  
23. Ankle  
24. Waist to Floor  
25. Body Rise  
26. Height

Enter your custom measurements in the profile page online at: [https://patternlab.london/lab/sizes](https://patternlab.london/lab/sizes)