

## **Costume America's Tips for Measuring**

1. Please ensure before beginning all measurements that you are starting from the "0" end of the measuring tape, and that your measuring tape measures standard inches.
2. Regarding the height, that's fine to do in feet and inches (5'4", 3"11, etc.). Every other measurement should be written as just inches.
3. Students should remove all coats, jackets, and extraneous layers before being measured.
4. The natural waist should be measured where the natural indent is between the bust and hips. This is not necessarily where people wear their pants nowadays. For men, or in cases where a waist is not easily defined, go for the belly button, or just below it. Have the student point out above their clothes where their belly button is, and put the fabric tape measure around their body, where they indicate the belly button is.
5. The hips should be measured at the widest point below the waist. Ensure that the student does not have a phone or wallet in their pocket that might make it bulkier than it is. To make this a little more comfortable for both yourself and the student, we usually take this measurement from the side. The same can be done with the waist and the bust.
6. The waist to floor measurement does need to be all the way to the floor. We adjust the measurement for pants so that they will hit around the performer's ankle, but the initial measurement needs to be to the floor.
7. The "nape" is referring to the nape of your neck, which is the upside down triangle shape between your collarbones at the front of your neck. To make this a little more comfortable for both yourself and the student, we usually have the student hold the measuring tape at the nape of the neck, so you don't have to.
8. On the shoulder to wrist measurement, the student should have their arms relaxed and down at their sides.
9. On neck and head measurements, keep in mind that these do not need to be tight. The measuring tape should fit comfortably, like a collared shirt or a hat would sit. It also helps more nervous students sometimes if you talk through what you're doing around their necks and heads. Just a simple "I'm going to put this loosely around your neck/head for a second, is that okay?" usually is enough to keep them calm.
10. Sex refers to the biological sex of the actor. If the sex of the role is different from the sex of the actor, please let us know so we aren't confused by any of the measurements.
11. If this actor needs padding that we are providing, please give us their measurements without any padding. If your company is providing the padding, please give us their measurements with the padding.

12. If the student will be wearing a bulky microphone pack, or if they will be doing any strenuous stunts onstage (climbing ladders, floor slides, midair splits, etc.), please let us know so we can plan the outfits, or advise for kneepads accordingly.

13. If you have any questions at all, please let us know. We will gladly help however we can. We measure people all the time, so we might be able to further clarify any steps if they are unclear.

Thank you so much for reading, and we hope your measuring goes well!