#### HOW TO MEASURE FOR PSSO UNIFORM

NOTE: Please follow these directions.

Our uniform supplier has their own way of sizing, which does not necessarily conform with other places.

Use a seamstress-type tape to measure. (If you don't have such a tape measure, you can use a string that doesn't stretch, and then measure it with a regular tape or ruler – be as accurate as possible for best fit.)

Record the measurements below and turn them in to the North Campus or send them via a reply to this email.

Girls, wear a light-weight top and bra, if applicable, and your performance shoes (black, close-toed dress shoes). If you don't have the shoes yet, wear a pair with similar heel to what you will get.



# How to measure for her garments

Height: With shoes on, stand with your feet slightly apart and your back to a wall. The measurement from the top of your head to the floor is your height.

Bust Size: Measure snugly (under arms) around fullest part of bust. Keep measuring tape parallel to ground.

Waist Size: Measure snugly around the narrowest part of waist, usually the belly button area.

Hip Size: Measure snugly around the fullest part of hips.

Record the measurements in feet/inches (not metric) below and send them via a reply to this email.

### **GIRL'S NAME:**

**Bust:** 

Natural Waist:

Hip:

Height with your performance shoes on (black closed-toed dress shoe):

Boys, wear a light-weight shirt and your performance shoes (black, close-toed dress shoes). If you don't have the shoes yet, wear a pair with similar heel to what you will get.



Neck Size: Open shirt collar and measure 2" above base of neck.



Sleeve Length: With arm down at side, start tape at center of back (at the neckbone). Measure with tape over TOP of shoulder, and down to the end of cuff (at the wrist bone).



### Chest Size:

Place tape snugly around chest, high under arms. Be sure tape is well up on shoulder blade in back

#### Waist Size:

Medium snug measurements taken ABOVE waistband of trousers at natural waistline.

Full height is with shoes on (head to floor).

## **BOY'S NAME:**

Neck (do not add extra):

Chest:

Sleeve:

Natural Waist (narrowest part above waistband):

Height with your performance shoes on (black dress shoe):