

Getting the sizes right..

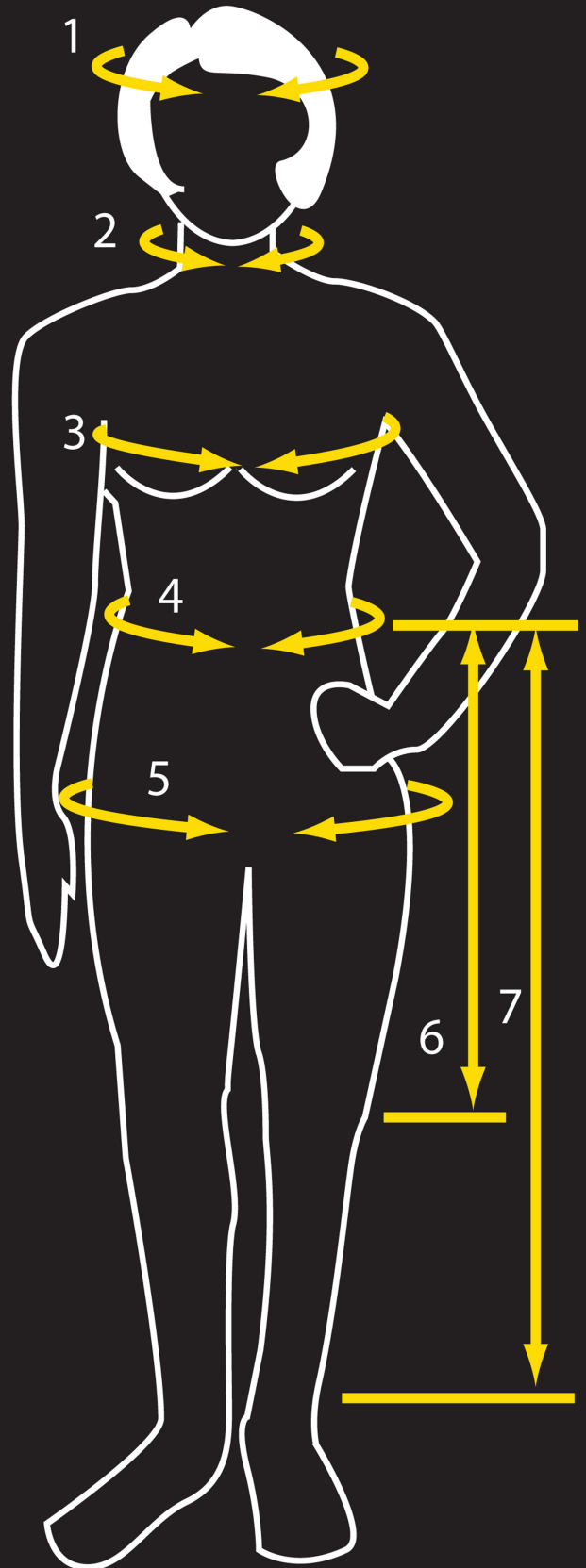
It's important to get the sizes right!
In order to make sure that everything fits these measurements are essential.

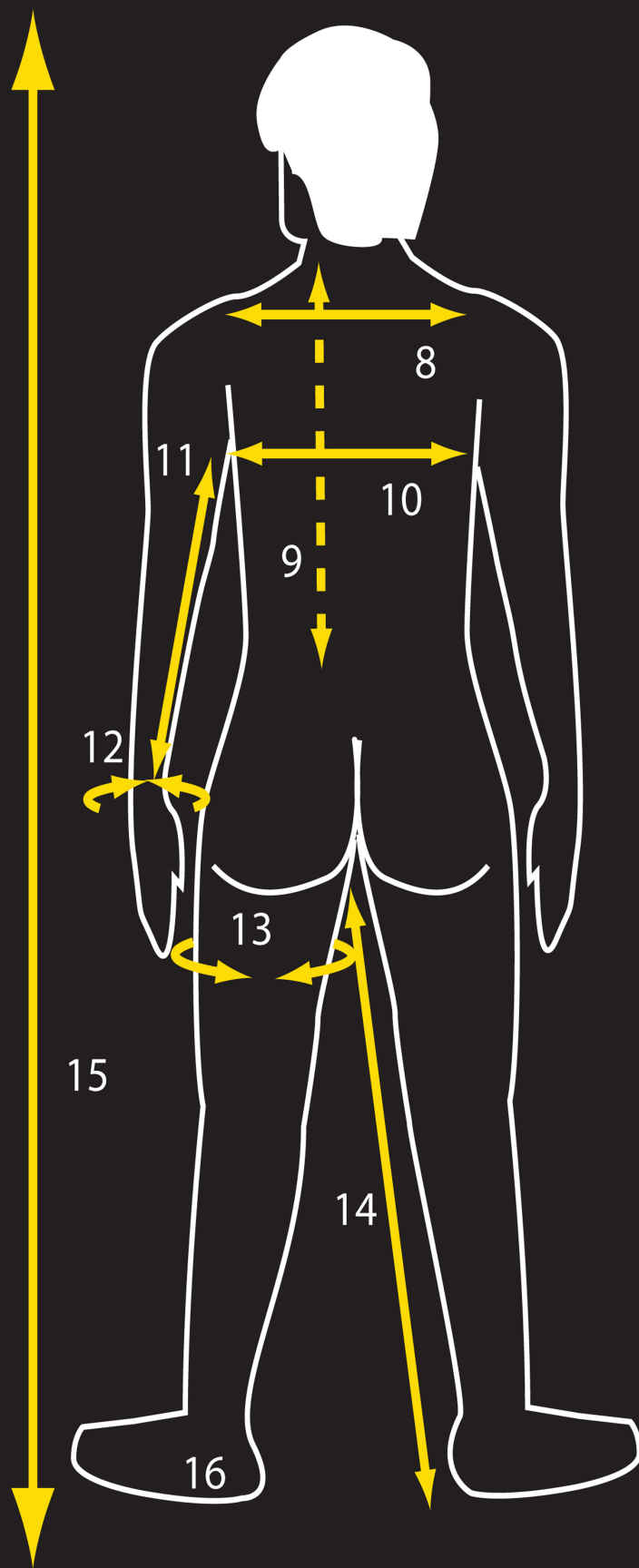
Although some measurements are particular to Women, the following list provides a complete set of dimensions appropriate to both sexes.

The waist is in line with the belly button (not necessarily where people wear their trousers hitched up or down).

When measuring from the nape of the neck, the nape is considered to be the point at the first vertebrae of your neck (the collar line).

1. Circumference of the head
2. Measure around the neck
3. Measure the chest all the way around
4. Measure the waist (level with belly button)
5. Measure the hips (the widest point)
6. Measure from the waist to the knee
7. Measure from waist to floor without shoes





8. Measure the shoulders across the back
9. Measure the back from the nape of the neck to the waist
10. Measure across the chest arm seam to arm seam
11. Measure the inside arm from armpit to wrist
12. Measure the circumference of the wrist
13. Measure the circumference of the thigh
14. Measure the inside leg or the leg of a pair of trousers that fit
15. Measure the height
16. Note down Shoe size

Measurement Sheet

This sheet is provided for you to note down the dimensions of your actors, Please note that for all measurements inches are preferred, however if using centimeters please ensure that this is clearly stated and that it is consistently applied.

Name: Sex: Male/Female

Role:

1. Circumference of head:

2. Neck circumference:

3. Chest (all the way round):

4. Waist:

5. Hips:

6. Waist to knee:

7. Waist to floor :

8. Nape of neck to waist:

9. Back armpit to armpit:

10. Chest armpit to armpit:

11. Inside arm from armpit to wrist:

12. Circumference of wrist:

13. Circumference of thigh:

14. Inside leg (Males) :

15. Height:

16. Shoe size:

THE DRESSING-UP BOX

This sheet is provided for you to note down the dimensions of your actors, Please note that for all measurements inches are preferred, however if using centimeters please ensure that this is clearly stated and that it is consistently applied.

Group Measurement Sheet

17. Shoe Size																
16. Height																
15. Inside leg																
14. Thigh																
13. Wrist																
12. Inside arm																
11. Across Chest																
10. Arm seam to arm seam																
9. Nape of neck to waist																
8. Waist to floor																
7. Waist to knee																
6. Hips																
5. Waist																
4. Chest																
3. Neck																
2. Head																
1. Sex of actor																
Character Name																

Name of Company/School/Theatre Group

Production name

THE DRESSING-UP BOX