



Measure just under arms & across shoulder blades holding the tape firm & level

WAIST

Measure around your natural waistline, keeping the tape comfortably loose

**INSEAM** 

Measure trousers that fit you well. Lay them flat, with the front and back creased smooth. Measure along the inseam from crotch to bottom of leg hem. Or, measure from your crotch to your desired trouser length.

HEMMING BIRDS // 12 NEWNHAM ROAD, PLYMOUTH





