

Measuring and Fitting Techniques for Military Uniforms

Ref: NSTCINST M-1533.2 (26 Oct 12) Appendix I, Section 10

The measuring and fitting of military uniform is very challenging, when you are not sure how to determine the right size for the customer. When garments are sized and fitted properly, they may need (little or no alterations), just the hemming.

These are key points for physical measurements and fitting techniques, to help determine the correct size and fit for military uniforms. Fitting means trying on different sizes, lengths, body types and name brands of uniforms. Note: Keep the tape level to the floor when measuring.

1. HEAD - Take the measurement by placing the tape around the back of the head meeting at the forehead about one inch below the hairline and one inch above the ears.

The fitting of the hat or the cap should rest comfortably for the wearer over the normal hair style, and rest comfortable on the head without any depression in the forehead. The cap should fit one inch above the ears, and about one inch below the forehead.

The following is a hat sizing chart:

Head Size Hat Alpha

Inches	Cm.	Size	Size
21	53	6 5/8	XS
21 1/2	54	6 3/4	S
21 5/8	55	6 7/8	S
22 1/8	56	7	M
22 1/2	57	7 1/8	M
23	58	7 1/4	L
23 3/8	59	7 3/8	L
23 3/4	60	7 1/2	XL
24	61	7 5/8	XL
24 1/2	62	7 3/4	XXL
25	63	7 7/8	XXL

2. NECK - When measuring for the neck size, place the tape measure around the neck at the collar line with one finger between the tape and the neck.

The shirt collar should be fitted with one half inch ease for comfort. Collars on chokers should fit snugly around the neck without any ease or movement.

3. CHEST/BUST - To obtain these sizes, place the tape over the bulk of the shoulder blades, under the arms, over the fullest part of the chest with no ease.

The coats should be fitted with two inches of ease in chest or bust area with no restrictions in the armhole, sleeve, or shoulders. The waist of the coat should fall at the waistline, hanging straight with no gapping in front, if there is a vent in the back, it should hang straight without gaping. The body length of the men's dress coats should fall in the palms of the hand. The shoulder seams should be even with the shoulders and not hanging over. The collar area should fit smoothly without wrinkles or folding at the back of the neckline. Tapering of sides, waist, and shorting of the bottoms of Coats, Shirts and Jumpers can be done when needed to help accomplish the desired fitting of the garment.

4. SLEEVE -Raise the right arm of the customer even with the shoulder with the elbow bent at an angle, with the forearm parallel to the floor and palms down. Measure from the center of back and around the bend in the elbow down one inch past the wrist bone. Long sleeve shirts should blouse at the elbow with ease when buttoned. When it is worn with the service dress blue coat the cuffs should be partially exposed. Fit the long sleeve shirts and black jumper's sleeve with the cuff open, hanging one and one half inch from the top of the knuckles. If the neck of the long sleeve shirt fits, it is considered to be the correct size. The fitting for dress coat sleeves and white jumper's tops are one inch below the wrist bone.

5. WAIST - Place the tape directly over the hipbone to get the best results. In cases where you cannot locate the hipbone, place the tape around the fullest part as close to the top of the waistband as possible.

Trousers or slacks should fit comfortable in waist, with no wrinkles nor stress across the abdomen. The pockets should lay flat on the sides with no gaping. When the belt is fastened there should be no excessive gathers in the waistband. The waistbands on skirts should not be folded, nor any ridges riding up on the hips. Zippers shouldn't be bulging or gaping when closed, but should sip up or down with ease.

6. HIP - The measuring tape should be placed around the largest part of the hip area and across the lower pelvis or fly. Trousers and slacks should fit comfortably in the seat, hip, crotch, and thighs, without wrinkles in crotch, nor looseness or bagginess or bagginess in the seat. You may try a larger size waist size if there is stress in the seat or thighs.

7. INSEAM - This is not a required measurement for fitting, but is used for special ordering of garments. It is measured from crotch to the heel of the shoe. This measurement is more accurate and effective when taken after the garment is hemmed, from the crotch to the hem.

The rise can be measured by subtracting the inseam measurement from the out seam. This measurement may be requested for special ordered uniforms.

Customers may have a long rise and short legs, or a short rise and long legs. The lengths are (short, regular, long, or extra-long for men), and for women (petite, regular, tall and etc.). Garments should not fit droopy or short in strides or the crotch area.

8. OUTSEAM - This measurement is more accurate for determining lengths on Trousers and slacks. Place the tape on the top of the hipbone or (lower edge) of the waistband at the side seam, and measure down to the heel of the shoe or the floor if shoes are not worn.

Taking this measurement will help determine if the Trousers or slacks will have enough length to hem. This measurement is more accurate than the measuring of the inseam. Trousers should be marked one half inch up from the top of the back of the heel of the shoe, and down to the last shoe lace in the front of the shoe.

9. GLOVE - Measure (in inches) around your hand with a tape measure across your palm at the fullest part (exclude thumb). You should measure your dominant hand; the right if you are right-handed, and the left if you are left-handed. Measure from the tip of the middle finger to the base of the hand. Use the LARGEST of these two measurements for the correct size glove. The number of inches measured equals the size of the glove (example: a 7" measurement equals a size 7 glove).

Female Uniform's Sizing and Fit Guidelines. Take the measurements and compare measurements with the size chart to determine the size for try on. You will need to try different sizes in lengths, and body types to accomplish the proper fit. The main objective in uniform fitting is to obtain a smart military appearance with comfort. The information below may help you to decide which size you need to try on.

1. The upper and lower body garments are available in 3 lengths for women. They cannot always be determined by height, but by the lengths of the upper and lower body areas. The lengths are petite, regular and tall.

A. Petite's (P) are the shortest length garments for women less than 63.5" tall.

B. Regular's (R) are the average lengths for women between 63.5" and 67" tall.

C. Tall's (T) are the longest lengths for women greater than 67" tall.

2. There are 3 different body types' sizes: they are junior, misses and women. **When changing the body types, keep in mind that the junior sizes are 2 inches smaller in the hip and bust than the misses. The misses are 2 inches smaller than the women and 4 inches small than the junior sizes in the hip and bust.**

a. Junior's are the slim figure with little or no bust, or hip accent, sizes 6J(P/R/T) to 16J(P/R/T).

b. Misses are the average figure with average bust and hip accent. The sizes are 4M(P/R/T) to 26M(P/R/T).

c. Women's are the full figure with extra notable accent in the hip, waist, bust or shoulder. The sizes are 4W(P/R/T) to 26W(P/R/T).

We aim to fit the fullest area of the body first; the excess fullness can be taken in.

d. If the bust, hips or shoulders of the garments are tight or too loose, before going up or down a size, change the body type to a junior, misses or women's. If this doesn't work then proceed to the next available size.

e. When fitting the dress jackets, there must be sufficient room in the shoulders, bust and hips. The waistline of the jacket must fall at the waist. Check the sleeves to see if they can be lengthened to the length desired if needed.

f. The slacks must have adequate room in the hip and seat. Zippers should go up and down with ease. They must have enough length in the legs to hem. The waist can be adjusted.