## ACME•ATELIER

SCOTLAND

## BEFORE YOU START:

- Don't ever measure yourself. Stand tall, with feet together \& head up.
- Measure over trousers, with shoes on, remove everything from your pockets.
- Measure from the side of the body. Ensure the tape measure is straight and taught, put two fingers inside the tape
- For measurements 1, 2 and 5: measure all the way around you PLUS the front and the back half measurements individually, using the side seams of your trousers is a good guide to finding the center point.


## HOW TO MEASURE:

1.Waist Circumference: measure at the level of the belly button - or lower if you wish to wear your kilt lower - the position of the waistband of your trousers is a good guide.
2. Hip Circumference: Take the seat measurement at the widest part of the hip/bottom
3. Kilt Length:

For Gents: measure the length from the belly button to the center of the knee For Ladies: measure from the belly button to your desired length
4. Hip Width:

Ladies only: put your index fingers on each hip bone and measure between them.

## 5. Inter-hip Circumference:

Ladies only: Measure your inter-hip (approximately halfway between your waist and your seat), or the widest point of body.
6. Hip Level

Ladies only: Take the vertical measurement on your side, between where you took your waist measurement (1) and where you took your hip measurement (5)

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\begin{gathered}
\text { ALL MEASUREMENTS MUST BE SUMBITTED } \\
\text { WHEN PLACING YOUR ORDER }
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