

## GUIDE TO A PERFECT MEN'S SHIRT FIT

We value quality and perfection. We know that every man is different. Your size, posture, figure, and the shape of your body all change the way a shirt fits. This is why we have prepared a comprehensive guide to help you take the perfect measurements for your bespoke dress shirts.

We know that taking measurements can be a chore, so we have worked hard to make it as easy and quickly as possible for you.

### **What you will need:**

- A fabric measuring tape (fabric only).
- Assistance from a friend
- A well fitting shirt, pair of trousers (not jeans), and a pair of shoes.

### **When taking measurements:**

- Keep the measuring tape comfortably snug, but not tight.
- All measurements should be made to nearest inch / centimeter.

The following sections provide instructions on how you can create your own perfect bespoke shirt. These four (4) measurement methods are completely different from each other but should yield the same result. The steps within each of these methods are not to be interchanged:

- **SHIRT MEASUREMENT METHOD.** [Measure your best fitting shirt.](#) **“RECOMMENDED”**
  - Measure the shirt that fits you well and enter the shirt measurements through the control panel.
- **BODY MEASUREMENT METHOD.** [Measure your body.](#)
  - Ask someone to take your own measurements then create your body measurements profile online. Many customers get this wrong the first time, so if you do not have experience doing this, please use “Shirt Measurements Method”.
- **SELECT FROM OUR STANDARD-SIZED SHIRTS.**
  - Refer to our [measurement table](#) to select [standard-sized](#) shirt.
- [SEND US YOUR BEST-FITTING SHIRT.](#)

**Moderntailor**

**Attention : Gong Hongyue**

**Address : Nantong Moja trade Co., Ltd, 16F Qirui Plaza, No.1, Chongwen Road,  
Chongchuan District, Nantong City, Jiangsu, China 226007**

**Phone number: 13606292807**

\*\*\* In sending your best fitting shirt, you may send it to us via first class mail. Fold the shirt neatly inside the package. The total weight should not go over 9oz. Do not declare any value for the package and mark them as “used” or “sample”. Email us the customs declaration number or reference number provided by your post office.\*\*\*

**[CLICK HERE to create your FIRST TRIAL SHIRT Now! Starting at US\\$19.95](#)**

## Men's Shirt – Measure your best fitting shirt

Please note that the shirt should be laid flat on a table or smooth surface for proper measurement.



**COLLAR**

### **1. COLLAR**

The collar measurement should be taken from the middle of the button hole to the center of the collar button when the collar is spread flat.



**HALF CHEST**

### **2. HALF CHEST**

Button the shirt and lay it flat. Then measure from left seam to right seam just below the armpit.



**HALF WAIST**

### **3. HALF WAIST**

With the shirt laid flat, measure from left seam to right seam at the waistline. (Measure at the narrowest point of the waist or mid-torso of the shirt.)

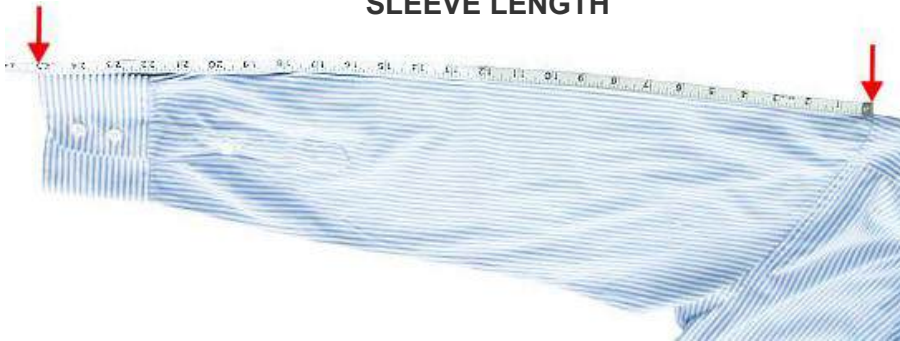


**HALF HIPS**

### **4. HALF HIPS**

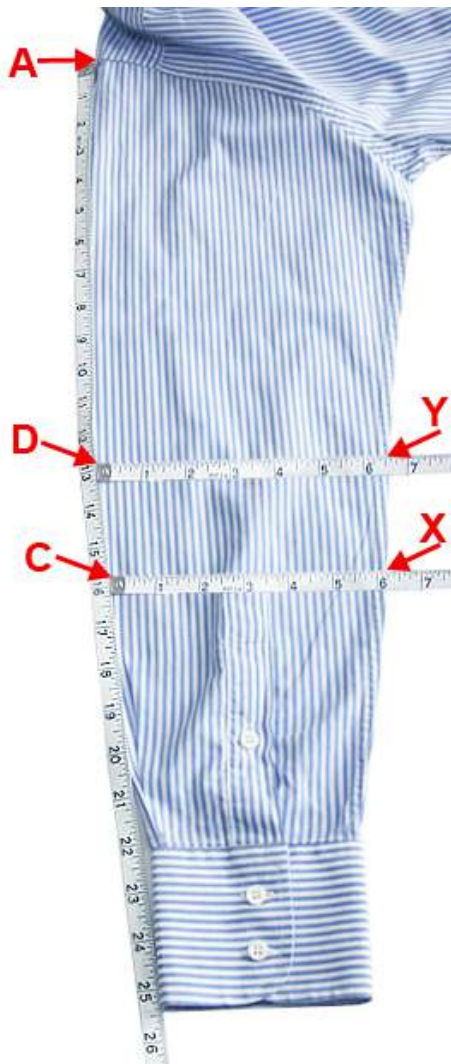
With the shirt laid flat, measure from left seam to right seam at the base of the shirt.

## SLEEVE LENGTH



## 5. SLEEVE LENGTH

Lay the sleeve flat and measure along the outside edge (opposite to the sleeve seam) **from the top of the shoulder** (starting at the seam) to the end of the cuff.



## ELBOW AND FOREARM

### 5.1 ELBOW

When you require a width for the elbow, provide us with the “Elbow reference point” and “Elbow width”. You may use these as a note in your measurement profile.

**Elbow reference point:** Measure from top shoulder seam (point **A**) as seen on image above to where your elbow normally sits when you wear a shirt (point **D**).

**Elbow width:** Measure from points **D** to **Y** as shown in the image above.

### 5.2 FOREARM

When you require width for the forearm, provide us with the “Forearm reference point” and “Forearm width”.

**Forearm reference point:** Measure from top shoulder seam (point **A**) as seen on image above to where your forearm normally sits when you wear a shirt (point **C**).

**Forearm width:** Measure from points **C** to **X** as shown in the image above.



**HALF BICEP**

## 6. HALF BICEP

With the shirt laid flat, measure the width of your sleeve at the upper arm. This is normally taken about 15cm to 18 cm from the tip of the shoulder seam. This is the sleeve width of the largest part of your arm/sleeve.

**\*\*Half armhole is always bigger than half bicep. Normally, half armhole is at least 6cm bigger than half bicep.\*\***



**CUFF**

## 7. CUFF

Spread the cuff on flat surface. Place the measuring tape on the center of the buttonhole and measure across to center of the button.



**YOKE**

### **8. YOKE**

Measure the distance between the sleeves, from one edge of the shoulder to the other, across the back.

**\*\*Do not measure at yoke seam.\*\***

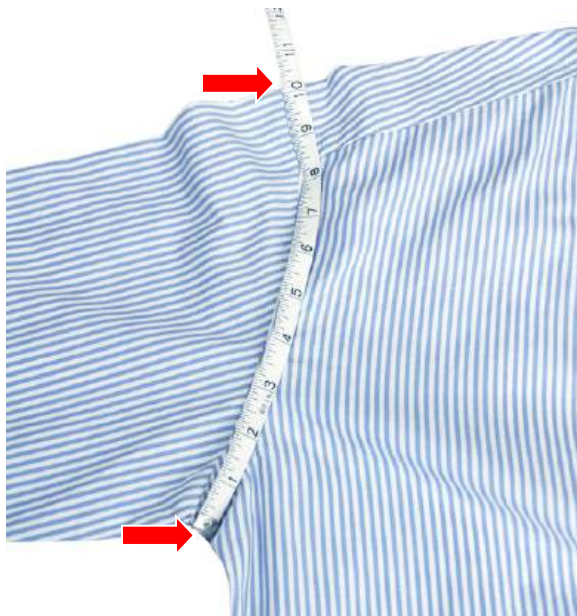


**SHIRT LENGTH**

### **9. SHIRT LENGTH**

Measure at the back from the base of the collar seam at the middle to a point where the shirt ends.

## 10. HALF ARMHOLE



ARMHOLE

Place the shirt on a large flat surface so the front of the shirt is facing you. Place the measuring tape at the top of the armhole seam and follow it along its edge to the point where the armhole meets the sleeve seam. (Note: this is a curved measurement, so please measure carefully.)

**\*\*Half armhole is always bigger than half bicep. Normally, half armhole is at least 6cm bigger than half bicep.\*\***

### Choose your preferred fit:

This section is for reference purposes only. We take your measurement as is. **We do not add extra measures** (\*\*except for shrinkage and tolerance allowance) **when you take measurements from your best fitting shirt.**



Slim Fit



Normal Fit



Loose Fit

For your guidance, all finished products follow the international standards for allowances found on this link:

<http://moderntailor.com/pub/index.do?action=faq&id=2#23>. Allowances generally may depend on fabric weave, quality, measurement profile, and shirt design. Please visit our faqs for more information.

\*\* Our tolerance of production (cutting commitment) is based on international standards.

|                      |                                    |
|----------------------|------------------------------------|
| Collar               | : (+/-) 0.5 cm total circumference |
| Shoulder length/Yoke | : (+/-) 0.6 cm Total length        |
| Chest size           | : (+/-) 2.0cm Total circumference  |
| Waist size           | : (+/-) 2.0 cm Total circumference |
| Hip size             | : (+/-) 2.0 cm Total circumference |
| Sleeve length        | : (+/-) 1.0 cm Total length        |

These allowances generally apply to all garment types: shirts, suits, jackets, pants for men and women.

## Measure your body

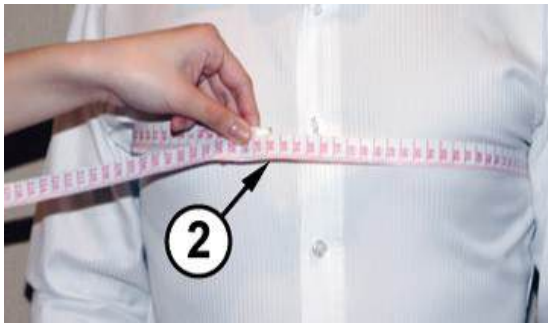
**Note: A shirt should be worn for proper measurement.**



**NECK**

### **1. NECK**

Place two fingers between the tape measure and the neck as the pictures show, and make sure you can move the tape easily. Do not tighten the tape measure. Make sure that the tape is at the base of the neck where the neck and shoulders meet or at the height where the collar would be if you were wearing a shirt.



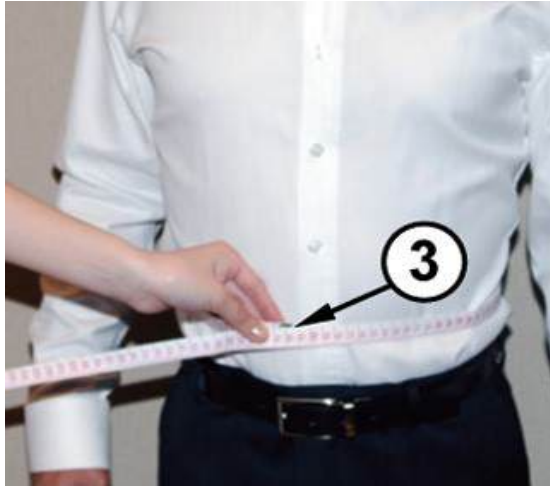
**CHEST**

### **2. CHEST**

Stand up straight, relax and take deep breath with hands down at your side. The chest measurement should be taken around the chest under the armpits. Make sure the tape is parallel and you can move the tape easily. Do not tighten the tape measure. Avoid having thick clothes on when measuring.

- **Slim fit:** we add 12 cm to the hip, waist and chest measurements you provided, in order to give you room to move about. Depending on your body type sleeve length, collar, and shirt length are tailored almost exactly to your measurements. While adjustments to the armhole and sleeve width/bicep are determined after comparing shoulder and chest measurements.
- **Normal fit:** we add 16 cm to the hip, waist and chest measurements you provided, to achieve extra room while maintaining that unmistakable tailored look. Depending on your body type sleeve length, collar, and shirt length are tailored almost exactly to your measurements. While adjustments to the armhole and sleeve width/bicep are determined after comparing shoulder and chest measurements.
- **Loose fit:** we add 20 cm to the hip, waist and chest measurements you provided. Depending on your body type sleeve length, collar, and shirt length are tailored almost exactly to your measurements. While adjustments to the armhole and sleeve width/bicep are determined after comparing shoulder and chest measurements. This fit is more appropriate for less slim gentlemen.





**WAIST**

### 3. WAIST

Stand up in a relaxed posture, do not hold your breath or hold your stomach in. If you do not have beer belly, the waist measurement should be taken around the waist at the narrowest point. If you have beer belly, you should measure the widest point. Make sure you can move the tape easily. Do not tighten the tape measure.

- **Slim fit:** we add 12 cm to the hip, waist and chest measurements you provided, in order to give you room to move about. Depending on your body type sleeve length, collar, and shirt length are tailored almost exactly to your measurements. While adjustments to the armhole and sleeve width/bicep are determined after comparing shoulder and chest measurements.
- **Normal fit:** we add 16 cm to the hip, waist and chest measurements you provided, to achieve extra room while maintaining that unmistakable tailored look. Depending on your body type sleeve length, collar, and shirt length are tailored almost exactly to your measurements. While adjustments to the armhole and sleeve width/bicep are determined after comparing shoulder and chest measurements.
- **Loose fit:** we add 20 cm to the hip, waist and chest measurements you provided. Depending on your body type sleeve length, collar, and shirt length are tailored almost exactly to your measurements. While adjustments to the armhole and sleeve width/bicep are determined after comparing shoulder and chest measurements. This fit is more appropriate for less slim gentlemen.



**HIPS**

### 4. HIPS

Take out all of the stuff in the front and back pockets your trouser. The hip measurement should be taken around the hips at the widest point. Stand up in a relaxed posture, and keep the tape parallel. Do not tighten the tape measure. Make sure you can move the tape easily.

- **Slim fit:** we add 12 cm to the hip, waist and chest measurements you provided, in order to give you room to move about. Depending on your body type sleeve length, collar, and shirt length are tailored almost exactly to your measurements. While adjustments to the armhole and sleeve width/bicep are determined after comparing shoulder and chest measurements.
- **Normal fit:** we add 16 cm to the hip, waist and chest measurements you provided, to achieve extra room while maintaining that unmistakable tailored look. Depending on your body type sleeve length, collar, and shirt length are

tailored almost exactly to your measurements. While adjustments to the armhole and sleeve width/bicep are determined after comparing shoulder and chest measurements.

- **Loose fit:** we add 20 cm to the hip, waist and chest measurements you provided. Depending on your body type sleeve length, collar, and shirt length are tailored almost exactly to your measurements. While adjustments to the armhole and sleeve width/bicep are determined after comparing shoulder and chest measurements. This fit is more appropriate for less slim gentlemen.



**SHOULDER**

## 5. SHOULDER

Stand up in a relaxed posture. Measure across the top of the shoulder from one edge to the other. Ensure you take the curved contour over the top of the shoulders as shown. If you are wearing your best fitted shirt measure up to the shoulder seams.



**SLEEVE LENGTH**

## 6. SLEEVE LENGTH

The sleeve measurement should be taken from exactly the same point you used earlier for the "Shoulder" measurement. **Measure from tip of shoulder to a point at the wrist where you want the sleeve to end.** Do not bend your arms. If you want to match your dress shirt with a suit, you should measure the suit sleeve length you want, and then add one (1) centimeter .That will be the shirt's sleeve length.

Elbow Reference Point (from top edge of shoulder down to elbow)  
Elbow circumference (measured all the way around the elbow)  
Forearm Reference Point (from top edge of shoulder down to forearm)  
Forearm circumference (measured all the way around the widest point of the forearm)



## ELBOW AND FOREARM

### 6.1 ELBOW WIDTH

When you require a width for the elbow, provide us with the “Elbow reference point” and “Elbow width”. You may add this as a note in your measurement profile.

**Elbow reference point:** Measure from the tip of shoulder (point **A**) as seen on image above to where your widest elbow point is (point **B**).

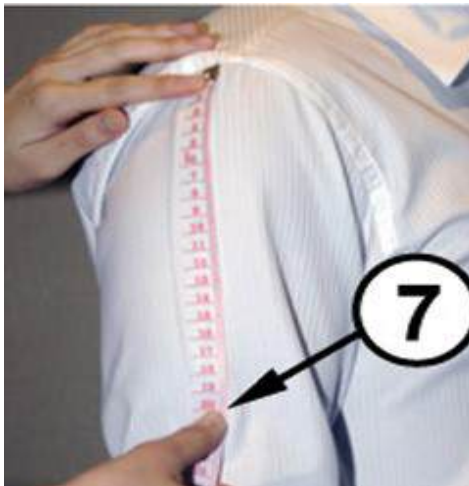
**Elbow width:** At the elbow reference point, measure the actual size around the widest part all the way around the elbow.

### 6.2 FOREARM WIDTH

When you require a width for the forearm, provide us with the “Forearm reference point” and “Forearm width”.

**Forearm reference point:** Measure from tip of shoulder (point **A**) as seen on image above to where your widest forearm point is (point **C**).

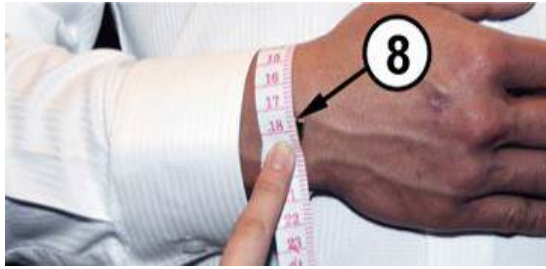
**Forearm width:** At the forearm reference point, measure the actual size around the widest part all the way around the forearm.



## SHORT SLEEVE LENGTH

### 7. SHORT SLEEVE LENGTH

Measure with arm at your side, from the tip of the shoulder to a point on the outside of the arm where you want the sleeve to end.



**WRIST/CUFF**

### **8. WRIST/CUFF**

Measure the actual wrist size around your wrist bone. You may also consider adding  $\frac{1}{4}$ " to  $\frac{1}{2}$ " to your size if you wear medium to heavier watches.

**\*\*Provide us the actual/skin tight measure. Our tailor adds at least 3cm-5cm to your measurement to allow room for movement\*\***



**BICEP**

### **9. BICEP**

Measure around your upper arm at the widest point. **This is normally taken about 15cm to 18 cm from the tip of the shoulder seam. This is the sleeve width of the largest part of your arm.**

**\*\*Do not flex your bicep.\*\***



**SHIRT LENGTH**

### **10. SHIRT LENGTH**

Stand up in a relaxed posture. Measure from the topmost point of the shoulder at a point near the nape at the collar seam, along the front of your body, to a point where you want the shirt to end.



**ARMHOLE**

## 11. ARMHOLE

Place the tape measure under your armpit and around the top of your arm. To ensure a comfortable fit, take the armhole measurement with one finger inside the tape measure.

Choose your preferred fit (**Only applies if you took body measurements**):



**Slim Fit**



**Normal Fit**



**Loose Fit**

- **Slim fit:** we add 12 cm to the hip, waist and chest measurements you provided, in order to give you room to move about. Depending on your body type sleeve length, collar, and shirt length are tailored almost exactly to your measurements. While adjustments to the armhole and sleeve width/bicep are determined after comparing shoulder and chest measurements.
- **Normal fit:** we add 16 cm to the hip, waist and chest measurements you provided, to achieve extra room while maintaining that unmistakable tailored look. Depending on your body type sleeve length, collar, and shirt length are tailored almost exactly to your measurements. While adjustments to the armhole and sleeve width/bicep are determined after comparing shoulder and chest measurements.
- **Loose fit:** we add 20 cm to the hip, waist and chest measurements you provided. Depending on your body type sleeve length, collar, and shirt length are tailored almost exactly to your measurements. While adjustments to the armhole and sleeve width/bicep are determined after comparing shoulder and chest measurements. This fit is more appropriate for less slim gentlemen.

**Note: We do not add extra measures (except for shrinkage and tolerance allowance) when you take measurements from your best fitting shirt.**

For your guidance, all finished products follow the international standards for allowances (in addition to the above-mentioned fit allowances) found on this link: <http://moderntailor.com/pub/index.do?action=faq&id=2#23>. Allowances generally may depend on fabric weave, quality, measurement profile, and shirt design. Please visit our faqs for more information.

\*\* Our tolerance of production (cutting commitment) is based on international standards.

|                      |                                    |
|----------------------|------------------------------------|
| Collar               | : (+/-) 0.5 cm total circumference |
| Shoulder length/Yoke | : (+/-) 0.6 cm Total length        |
| Chest size           | : (+/-) 2.0cm Total circumference  |
| Waist size           | : (+/-) 2.0 cm Total circumference |
| Hip size             | : (+/-) 2.0 cm Total circumference |
| Sleeve length        | : (+/-) 1.0 cm Total length        |

These allowances generally apply to all garment types: shirts, suits, jackets, pants for men and women.

**[CLICK HERE to create your FIRST TRIAL SHIRT Now! Starting at US\\$19.95](#)**

## Select from our Standard-Sized Shirts

### Measurement tables for standard sizes

Note: We always recommend that you take your own measurements, either from your body or a shirt you like. Our measures follow European sizes. **The following measurements are taken from finished shirts.**

#### Men's Slim Fit

| Shirt Part / Size          | XS      | S       | M       | L       | XL      | XXL     |
|----------------------------|---------|---------|---------|---------|---------|---------|
| Collar                     | 14 1/8" | 15"     | 15 3/4" | 16 1/2" | 17 3/8" | 18 1/8" |
| Shirt length               | 28 3/4" | 29 1/2" | 29 1/2" | 29 1/2" | 29 1/2" | 29 1/2" |
| Shoulder width             | 16 7/8" | 17 3/4" | 18 1/8" | 18 7/8" | 19 1/4" | 20 1/8" |
| Sleeve length (Normal)     | 25 1/4" | 25 5/8" | 25 5/8" | 26"     | 26 3/8" | 26 3/4" |
| Sleeve length (Extra long) | 27 1/8" | 27 1/2" | 27 1/2" | 28"     | 28 3/8" | 28 3/4" |
| Chest                      | 37 3/4" | 39 3/8" | 41 3/4" | 44 7/8" | 48"     | 51 1/8" |
| Waist                      | 33 7/8" | 36 1/4" | 39 3/8" | 42 1/2" | 45 5/8" | 48 7/8" |
| Sleeve width (at armpit)   | 9 1/2"  | 9 7/8"  | 10 1/4" | 10 5/8" | 11 3/8" | 11 3/4" |
| Cuff                       | 9 1/2"  | 9 1/2"  | 9 7/8"  | 9 7/8"  | 10 1/4" | 10 5/8" |
| Hip width                  | 37"     | 38 5/8" | 41"     | 44 1/8" | 47 1/4" | 50 3/8" |

#### Men's Normal Fit

| Shirt Part / Size          | XS      | S       | M       | L       | XL      | XXL     |
|----------------------------|---------|---------|---------|---------|---------|---------|
| Collar                     | 14 1/8" | 15"     | 15 3/4" | 16 1/2" | 17 3/8" | 18 1/8" |
| Shirt length               | 28 3/4" | 29 1/2" | 29 1/2" | 29 1/2" | 29 1/2" | 29 1/2" |
| Shoulder width             | 16 7/8" | 18 7/8" | 19 1/4" | 20 1/8" | 20 7/8" | 22"     |
| Sleeve length (Normal)     | 25 1/4" | 25 5/8" | 25 5/8" | 26"     | 26 3/8" | 26 3/4" |
| Sleeve length (Extra long) | 27 1/8" | 27 1/2" | 27 1/2" | 28"     | 28 3/8" | 28 3/4" |
| Chest                      | 44 7/8" | 46 1/2" | 48"     | 49 5/8" | 52"     | 54 3/8" |
| Waist                      | 41 3/4" | 43 1/4" | 44 7/8" | 46 1/2" | 51 1/8" | 53 1/2" |
| Sleeve width (at armpit)   | 11"     | 11 3/8" | 11 3/4" | 11 3/4" | 12 5/8" | 13"     |
| Cuff                       | 9 1/2"  | 9 1/2"  | 9 7/8"  | 9 7/8"  | 10 1/4" | 10 5/8" |
| Hip width                  | 44 1/8" | 45 5/8" | 47 1/4" | 48 7/8" | 51 1/8" | 53 1/2" |

## Men's Loose Fit

| Shirt Part / Size          | XS      | S       | M       | L       | XL      | XXL     |
|----------------------------|---------|---------|---------|---------|---------|---------|
| Collar                     | 14 1/8" | 15"     | 15 3/4" | 16 1/2" | 17 3/8" | 18 1/8" |
| Shirt length               | 28 3/4" | 29 1/2" | 29 1/2" | 29 1/2" | 29 1/2" | 29 1/2" |
| Shoulder width             | 16 7/8" | 18 7/8" | 19 1/4" | 20 1/8" | 20 7/8" | 22"     |
| Sleeve length (Normal)     | 25 1/4" | 25 5/8" | 25 5/8" | 26"     | 26 3/8" | 26 3/4" |
| Sleeve length (Extra long) | 27 1/8" | 27 1/2" | 27 1/2" | 28"     | 28 3/8" | 28 3/4" |
| Chest                      | 44 7/8" | 46 1/2" | 48"     | 49 5/8" | 52"     | 54 3/8" |
| Waist                      | 44 7/8" | 46 1/2" | 48"     | 49 5/8" | 52"     | 54 3/8" |
| Sleeve width (at armpit)   | 11 3/8" | 11 3/4" | 12 1/4" | 12 1/4" | 13"     | 13 3/8" |
| Cuff                       | 9 1/2"  | 9 1/2"  | 9 7/8"  | 9 7/8"  | 10 1/4" | 10 5/8" |
| Hip width                  | 44 7/8" | 46 1/2" | 48"     | 49 5/8" | 52"     | 54 3/8" |

## Send us your best fitting shirt

Have a favorite shirt that fits just right and you simply want a new shirt that has the same wonderful fit? Mail it to us and we will do all the measuring. We will also keep a perfect record of the size and other details so you would not have to do this again.

Please mail your shirt to the address listed, include your notes on any changes to the size and style preference. Your shirt will be handled carefully and promptly returned to you along with your new shirts.

### **Our Address:**

**Moderntailor**

**Attention : Gong Hongyue**

**Address : Nantong Moja trade Co., Ltd, 16F Qirui Plaza, No.1, Chongwen Road, Chongchuan District, Nantong City, Jiangsu, China 226007**

**Phone number: 13606292807**

1. Send the shirt using First Class Mail (International Post) through your local post office. This is the cheapest way to send packages to us.
2. Include in the package the following details: order #, full name, registered email address, return/ mailing address and instructions.
3. There is no need to purchase packaging or a large envelope for shipment. Fold the shirt neatly and place it inside a regular envelope. The total weight should not go over 9oz.
4. Mark the package as "used/sample clothing" so you can avoid paying additional/unnecessary customs taxes.
5. Email us the package reference number or customs declaration code provided by your post office (usually printed in the receipt). Please remember to keep the receipt as Moderntailor will not be responsible for lost packages.