

# MEN'S WEARHOUSE®

Take this form to a local tailor and fill in the 7 measurements we need to get you fitted.  
Then enter your measurements online at [menswearhouse.com/tailor](https://menswearhouse.com/tailor) — or, call our  
Customer Service Team at (866) 211-0831 to complete the rental process.

## GET MEASURED IN 7 EASY STEPS

### 1 NECK:

First, grab a measuring tape and place it around the neckline, just under the Adam's apple. When taking this measurement, we recommend placing one finger between the tape and the neck.

### 2 SHIRT SLEEVE:

Let's do this in phases, starting with arms relaxed. Next, place the tape measure behind the center of the neck and run it over the top of the shoulder. Then hold the tape measure there and continue to the elbow. Hold again, then continue down to the wrist, about one inch past the wrist bone.

### 3 OVERARM:

Place the tape over the arms and measure around the widest part of the chest and upper arms. Keep the tape snug, but not too tight and not too loose. Pro Tip: make sure your tape remains parallel to the ground to get the best fit.

### 4 CHEST:

Place the tape under the arms and measure around the widest part of the chest. Remember to keep it snug and parallel to the ground.

### 5 WAIST:

First, locate the navel and hip bone—it's important that the tape is above the waistband of the pants, not on the pants themselves. Then, measure around the waistline just below the navel while keeping the tape parallel to the ground.

### 6 HIPS:

Wrap the measure around the widest part of the seat, ensuring it's snug. And make sure to remain relaxed, standing up straight—no slouching!

### 7 OUTSEAM:

Locate the hip bone and place one end of the tape measure just above it. Then, go all the way down to where the heel meets the sole of the shoe, with no slack in the tape measure.

