

# FEMALE MEASUREMENTS

Print this sheet and write in your accurate measurements as stated, getting someone to help you where necessary. Please do not be tempted to guess any of these and re-measure yourself as and when your body shape changes. Your agent may well ask you for this information, as will wardrobe personnel when you are booked for a job, so be prepared!

Height: \_\_\_\_\_ feet \_\_\_\_\_ inches      \_\_\_\_\_.\_\_\_\_ metres

\* Hat size: \_\_\_\_\_

Neck to heel: \_\_\_\_\_ inches      \_\_\_\_\_ centimetres

Shoulder to elbow: \_\_\_\_\_ inches      \_\_\_\_\_ centimetres

\* Bust / cup (bra size): \_\_\_\_\_

Elbow to cuff: \_\_\_\_\_ inches      \_\_\_\_\_ centimetres

Waist: \_\_\_\_\_ inches      \_\_\_\_\_ centimetres

Waist to heel: \_\_\_\_\_ inches      \_\_\_\_\_ centimetres

\* Glove size: \_\_\_\_\_

Hips: \_\_\_\_\_ inches      \_\_\_\_\_ centimetres

Inside Leg: \_\_\_\_\_ inches      \_\_\_\_\_ centimetres

Shoe size: \_\_\_\_\_ UK      \_\_\_\_\_ Europe      \_\_\_\_\_ USA

Dress size: \_\_\_\_\_

**\* DON'T GUESS THIS MEASUREMENT!!!**

Go to a department store, milliners or lingerie fitter and get specially fitted for these items (you don't have to buy them, just make the measurer think that you might!)