



# Measurement Worksheet

Your shopping experience will be easier and faster if you complete your “Measurement Worksheet” before you start browsing through product.

**Please note:**

It is critical to measure and use our detailed sizing charts. Our size range is broader than typical retailers and, as a result, your child may be a different ‘numerical size’ than you are used to (i.e. if your child is size 8 at the GAP, it does not mean he is size 8 in his uniform). Please complete your Measurement Worksheet and then match actual measurements against our size charts.

<b>Measurement Worksheet</b>
<b>Waist</b> Circumference in inches “
<b>Hip</b> Circumference in inches “
<b>Chest</b> Circumference in inches “
<b>Sleeve / Arm Length</b> Circumference in inches “
<b>Body Length</b> in inches
<b>Neck</b> Circumference in inches “

Measuring can be an art and a science. View our measuring video to help guide you. This can be found on our website.

Our size charts are based on the measurement guidelines below. Use a tape measure and these guidelines to determine your size. If you do not have a measuring tape, use a piece of string and hold it alongside a ruler to get a measurement.

**Bottoms:**

**Waist Circumference:**

Measure around your natural waistline, keeping the tape measure taut. This will be at the very bottom of your ribcage, typically at your bellybutton area.

**Hip Circumference:**

Start by placing your heels together. Keeping your measuring tape taut, measure the fullest part of your hips. Remember that your hip measurement represents the broadest point on your bottom half. So, once you have your tape measure in place, you may need to move up or down to find the widest spot.

**Adjustable Waist and Relaxed (Husky Fit):** Finding the right fit for the changing bodies of kids is not always easy. That's why our size range goes beyond the average.

An adjustable waist is available in all our bottoms. Pull the elastic bands until the waist is the perfect fit. Fasten the elastic bands to the buttons inside the waistband. To loosen or tighten, simply adjust the button placement.

**Tops:**

**Chest Circumference:**

Lift your arms slightly and measure around your body, crossing over the fullest part of your chest. Keep a finger between your body and the measuring tape for an accurate fit.

**Sleeve / Arm Length:**

Bend your elbow 90 degrees and place your hand on your hip. Hold the tape at the center back of your neck. Measure across your shoulder to your elbow and down to your wrist. The total length is your arm length.

**Neck Circumference:**

Measure around the middle of your neck (at the Adam’s apple). The measuring tape should be resting lightly on the skin, not squeezing it tightly.

**Help:**

**Still not sure what you need? Our Customer Service department can help you find the perfect size. Email [customerservice@mccarthyuniforms.ca](mailto:customerservice@mccarthyuniforms.ca) or call 416-593-6900 or 1-800-668-8261**