

Measurements for Fitting Pants

Cooperative Extension Service
College of Agriculture and
Home Economics



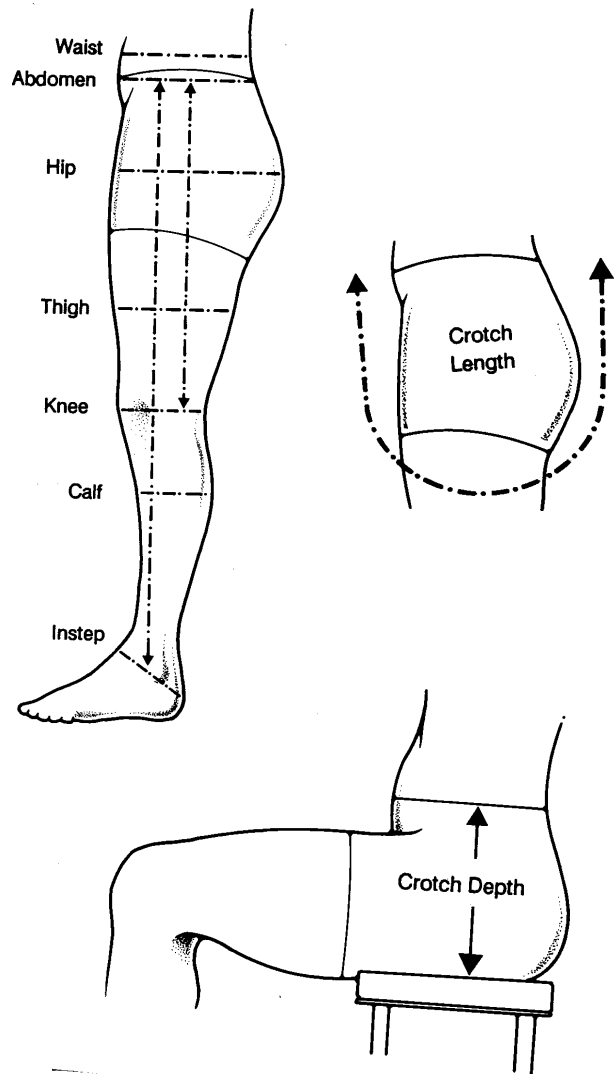
Guide C-209

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Measurement Suggestions:

1. **Waist**—Measure the smallest part of the waist. Leave a tape or ribbon tied snugly around the waist while taking other measurements
2. **Hips**—Measure the fullest part of the hips. Also record the distance from the waist down to tape, located at fullest area.
3. **Abdomen**—Measure about 3 to 4 inches below the waistline over the fullest part of the abdomen.
4. **Thigh**—Just below crotch, around leg.
5. **Knee**—Measure around knee with knee slightly flexed.
6. **Calf**—Measure around calf.
7. **Instep**—Measure around heel over the instep. This measurement is necessary for narrow tapered pants. Be sure to allow enough room for the foot to slip through.
8. **Side length to knee**—Measure from the waist to the knee.
9. **Side length**—Measure from the waist to desired length.
10. **Crotch**
 - a. **Depth**—Sit on flat chair, bench, floor, or table. Measure from waist to top of flat surface.
 - b. **Length**—Determine measurement from front waist to center of body and from center of body to back waist.



PERSONAL MEASUREMENTS

Item	Description	Your Measurement	Suggested Ease	Total Needed	Pattern Measurement	Changes: Plus or Minus
Waist	As tight as you wear waistbands		Up to 1 inch			
Abdomen	3–4 inches below waist over fullest part of abdomen		Up to 2 inches			
Hips	Fullest part		At least 2–4 inches			
	Inches down from waistline					
Thigh	Fullest part of upper leg		1–2 inches			
	Inches down from waistline					
Knee	Fullest part		At least 1 inch			
	Inches down from waistline					
Crotch length	Standing—from waistline in front—under crotch—to waistline in back. Indicate front to center and center to back measurements.	Front	1/2–1 inch			
		Back	1/2–1 inch			
Crotch depth	Seated—follow contour of body from waistline to hip, hold tape straight from hip to chair.	Left	1/2 inch if under 36 inches hip; 1 inch if over 38 inches hip; 3/5 inch if in between.			
		Right				
Slack length	Waist to ankle at side seam	Left				
		Right				

*The publication was edited by Darlene Dickson, 4-H/youth specialist.
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