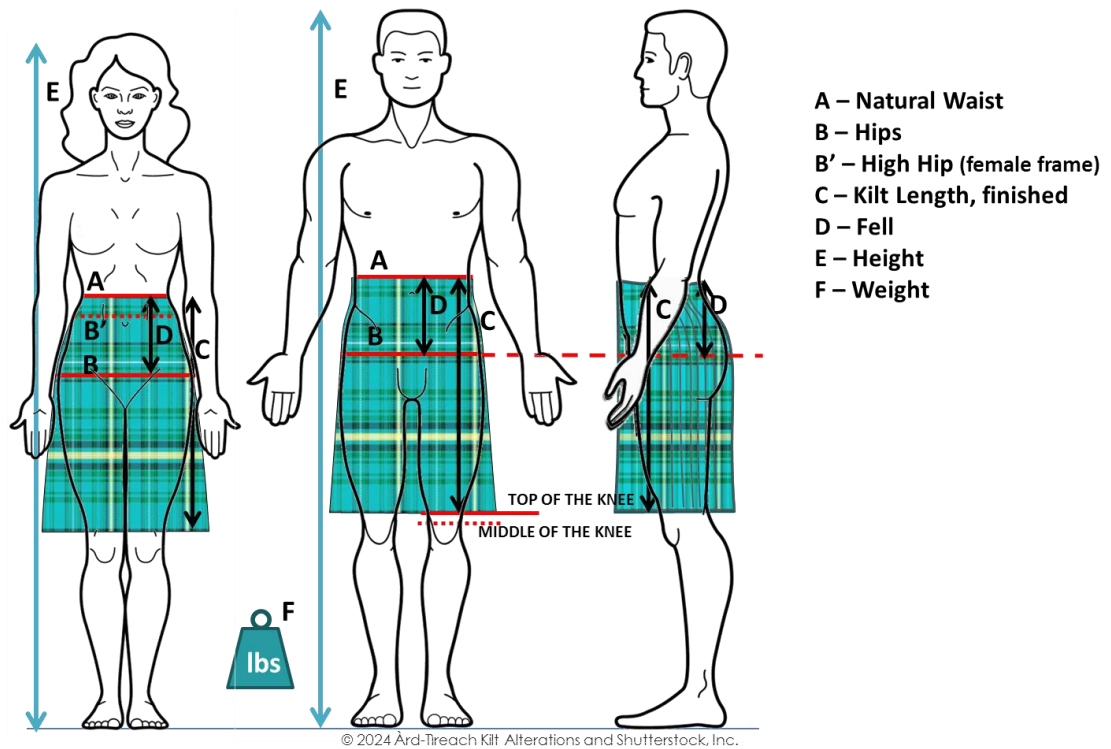


Measuring for a Kilt



REQUIRED FOR MANY SERVICES.

Measuring for a kilt should be done by another person since even small shifts in body posture will affect the accuracy of the measurements. If self-measuring, take repeated measurements until consistent values are obtained.

- Measure the **natural waist (A)** (usually about 2½ - 3 fingers above the navel). This should be a firm measurement: very snug, but not severely tight. On a slender frame, this measurement should be less firm. On a fuller frame, this measurement needs to be quite firm. Round down to the nearest ½" and record.
- Measure the **hips (B)** at the deepest point of the buttocks (dotted red line on diagram). This should be as loose a measurement as will allow the tape to stay in place with four fingers inserted underneath the tape. On fuller frames, pull the tape out further to about the extent of the abdomen. Round up to the nearest ½" and record.
(*Tip: apply a short length of painter's tape to your shorts and mark the vertical position on it when you take the hip measurement.*)
- Measure the **high hips (B')** at the top of the hip bone (iliac crest). This should be a loose measurement, without finger padding.
Note: this measurement is used only if shaping the kilt to a female figure.
- Measure the **finished kilt length (C)** from either:
 - the top of the knee (traditional/military), or
 - the middle of the knee
 to the natural waist (A). Measure near the mid-line of your front to capture the curve of the abdomen. Repeat this measurement several times until consistent values are obtained. Round off to the nearest ½" and record.
- To measure the **fell (D)** hold one end of the tape at the level of the hips (B) and, using your other hand, run the tape up to about two-and-a-half fingers above the navel, as in measuring for the natural waist (A).

SELF-MEASUREMENT of "C"

*Self-measurement of the **finished kilt length** can be difficult. If unsure, err on the side of too long by ¼"; it can always be shortened later, if needs be.*

1. Facing a mirror and wearing shorts with pockets empty, attach the "zero" end of a tailor's tape measure to the top of the front of your exposed knee using scotch tape or something similar. (Transparent tape lets you see the tape's end and where the kilt selvedge will lie).
(*Hint: bending your knee slightly will help define it better.*)
2. Toss the other end of the tailor's tape over your shoulder so that both hands are free.
3. With one hand, find your navel and place your little finger over it (or in it) with your hand horizontal against your abdomen.
4. Stand erect, feet close together, staring straight forward into the mirror. With your other hand, snug the tape up slightly and pinch it at the top or middle of the index finger of your first hand. Do not look down while performing this step.
5. Relax and read the tape measure -- that is the finished kilt length.
6. Repeat steps 3 to 5 (5-7 times) until a consistent value is obtained. If you are getting lengths that vary by more than ¼", stop and try again later. This measurement needs to be very consistent as we will rely on it for a variety of alterations.
7. Round off the average measurement to the nearest ½" and record it as the finished kilt length.