

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!)