



ECC Life&Style, LLC

## MISURA WHITE MEASURING GUIDE

---



### MEASURE YOUR NECK

Place the tape around the neck. Set the tape low in the back of the neck and bring it around the front to where the collar will button. The tape should not be pulled tightly, rather just a true skin measurement.

Now add 1/2 inch to your skin neck measurement to determine your final collar size. The collar size should always be at least 1/2 inch more than your skin neck measurement.



ECC Life&Style, LLC  
**MISURA WHITE MEASURING GUIDE**

---



**MEASURE YOUR CHEST**

Place the tape around the fullest  
area of the back and chest.  
Across the breast line of the Chest.



ECC Life&Style, LLC  
**MISURA WHITE MEASURING GUIDE**

---



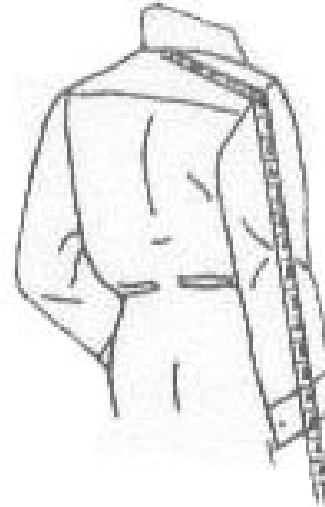
**MEASURES YOUR STOMACH**

Place the tape measure around the most prominent area of your stomach above the trouser belt line.



ECC Life&Style, LLC  
**MISURA WHITE MEASURING GUIDE**

---



**MEASURE YOUR SLEEVE LENGTH**

Place the tape measure at the base of the collar in the center of the back. Measure across to the highest point of the shoulders and down to the end of the wrist. Approximately 1/4 inch past the point where the wrist joins the hand.