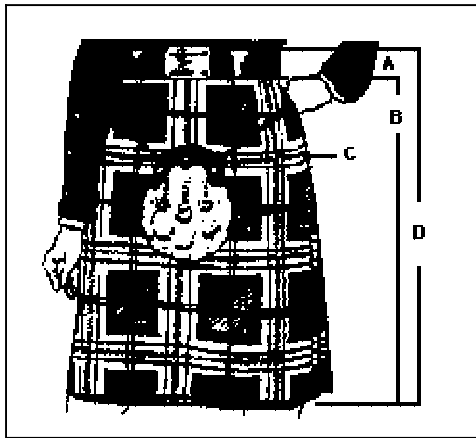


# Measuring for a Traditional Kilt

DO NOT try to measure yourself - ask a friend to help  
\* Take all measurements TWICE - mistakes do happen



	Measurement
Waist	
Seat	
Length	
Height	

## Point A.

Measure your WAIST. Don't be shocked as you wear your kilt higher than your trousers therefore the measurement is usually more. For example, 36 waist for trousers = 37-38 for a kilt. Make this a tight measurement.

## Point C.

To measure the SEAT (hip), take your wallet or any other articles out of your pockets. Measure around the widest part. Put your hand in behind the tape. This will give you a larger measure than what your actual seat is, but this is what we need.

Now for the LENGTH.

Roll up one trouser leg

Kneel down onto the floor, body straight (don't look down).

Have someone mark your knee with a pen. The mark should be 1 inch from the floor.

## Point B.

YOU then stand up. Your friend will stay kneeling and then feel for the top of your hipbone. They will then, in line with your hipbone, bring the top of the tape around to the front of your body in line with the mark on your knee. For e.g.: a 6 foot male kilt length should be approximately 23 inches.

## Point D

Add 2 inches to this for the rise that a jacket will come down over correctly.

Now measure your height, this give us an additional check on the length of the kilt.

A guide to Kilt lengths:

Height Length

5'6" 22"

5'8" 23"

5'10" 24"

6' 25"

6'2" 26"