

DVC Self-Measurement Sheet for Actors

Download copies of this sheet and the how-to video at <https://costumes.org/2021/02/16/measuring-yourself-for-costume-construction/>

Name: _____ Role: _____

Preferred gender Pronouns: They/Their She/Her He/His

Favorite contact method(s): _____

Head: (Around at widest point above ears-like a hat) _____

Neck: (Around and into hollow of throat like a man's dress shirt collar) _____

Bust/Chest (Around the chest at the nipples, measuring **with** a bra is preferred for women) _____

Underbust (Women only- Around the chest under the breasts like the band of a bra) _____

Waist: (Around the body 1" below your lowest ribs) _____

High Hip: (Around the area of the top of your hip bones-like a hip hugger jeans waist band) _____

Hip: (Around the widest part of your butt) _____

Inseam: (From the lowest part of your crotch inside your legs to the floor) _____

Outseam: (From below your bottom rib to the floor on the outside of your leg) _____

Outer Arm: (From the top of your arm where it meets the shoulder, to your wrist bone) _____

Back Neck to Wrist: (From the bone where your spine meets your neck bones to your wrist bone going over your bent elbow) _____

Back Neck to Floor _____

Height _____ Weight _____

Shoe Size (Check inside your three most comfortable pairs of shoes) Indicate the type of shoe it is, and any size markings that are there, including width. For example, my shoes today are: **Nike High Tops US 11 UK 10 EUR 45 CM 29**

This lets me know in US sizes I'm a 13 in US Women's Shoes, and an 11 in Men's. However, if I were buying character shoes I might want to drop to a 12.5 for a more stable fit, since people wear high tops in looser sizes than they do character shoes.
