

OSH Concert Band Tux and Dress Fitting Guide

OSH Marching Band Uniform Fitting Guide

What to Wear for fitting at the School: (If you wish, you can bring the clothes and change at school before fitting)

Boys:

Shirt for Concert Band – Wear a long sleeve dress shirt with collar, any style or color or a polo shirt with collar.

Shirt for Marching Band - Wear a T-Shirt, not a collared shirt.

Pants – Sport-style shorts (light weight materials – cotton, nylon). Jeans and denim shorts will not work for fitting.

Girls:

Shirt (Concert or Marching Band) – Wear a T-Shirt, tank top or other light weight blouse (no puffy or square shoulders).

Pants – Wear sport-style shorts (light weight materials – cotton, nylon) any length. Jeans and denim don't work.

Bring your Measurements – Please fill in your information. Even if you know your sizes, please measure yourself and record the information below to confirm. This is important to ensure a proper fitting. Write them down!

Boys:

Suit Jacket Size of a suit that currently fits you: _____ (example 38-Long)

Trouser Size of a pair of pants that currently fit: Waist: _____ Length: _____ (Don't use pants you sag)

Suit Jacket Measurements: (Please read the "How to Measure" instructions!)

Chest Size: _____ inches (round up to nearest half inch)

Arm Length: _____ inches (round up to nearest half inch)

Trousers Measurements: (Please read the "How to Measure" instructions!)

Measured Waist Size: _____ inches (No sagging - round up to nearest half inch)

Measured Inseam Length _____ inches (Don't use pants that you sag. Round up to nearest half inch)

Measured Outseam Length _____ inches (round up to the nearest half-inch)

Girls:

Dress Size, if known: _____ (example 3)

Dress/Jacket Measurements: (Please read the "How to Measure" instructions!)

Chest Size: _____ inches (round up to nearest half inch)

Bust Measurement: _____ inches (round up to nearest half inch),

Arm Length: _____ inches (round up to nearest half inch)

Trousers Measurements: (Please read the "How to Measure" instructions!)

Waist Size: _____ inches (round up to nearest half inch);

Hips Size _____ inches (round up to nearest half inch)

Measured Inseam Length _____ inches (Don't use pants that you sag . Round up to nearest half inch)

Measured Outseam Length _____ inches (round up to the nearest half-inch)

Boys – How to measure

Before you start: You will need a cloth tape measure and a friend to help you measure.

- If you don't have a cloth tape measure use a flexible carpenter's tape measure.
- **DON'T MEASURE YOURSELF.** If you must measure yourself, for your chest, use a mirror and read the tape measure carefully. For your inseam or length you can use a carpenter's tape measure
- When taking your measurements, you should wear lightweight clothing that is not too loose and not too tight. A button-down shirt and sport shorts will work fine. You will measure over your clothing. Before taking the leg measurement, make sure you are wearing the shoes that you plan on wearing with the suit
- For all measurements, ensure that you stand up straight, breath normally, relax your abdomen, and let your arms hang naturally at your side.
- Always start each measurement with the beginning of the tape measure—the end that begins with zero inches. (Sounds easy enough, but this is a common mistake for the chest and waist measurements.)
- When using a cloth tape measure for horizontal body measurements, ensure that the cloth tape measure is parallel to the floor and is not lopsided.
- If a particular measurement falls between two increments on the cloth tape measure, you should round up to the nearest half-inch.
- Finally, remember that measuring your body is not rocket science. Just follow the directions and your suit will fit you very well.

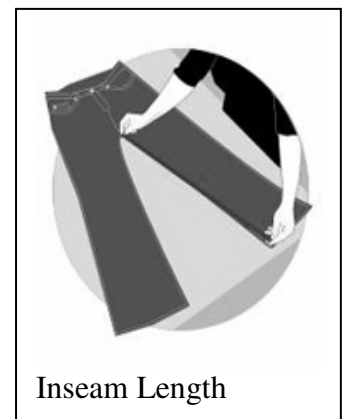
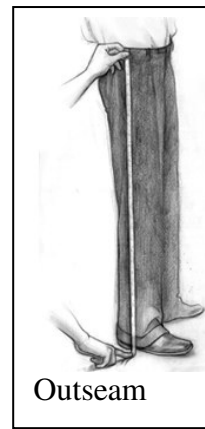
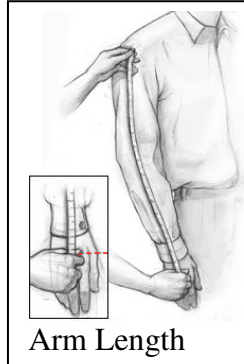
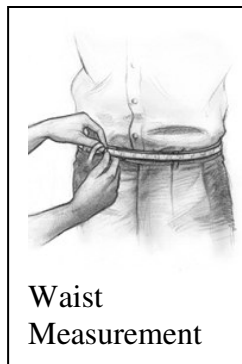
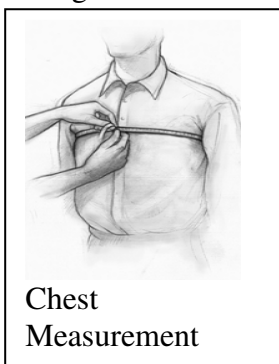
Chest: Breathing normally and wrap the cloth tape measure under your armpits around the largest part of your chest. Keep your arms down. In the back, make sure the tape measure wraps across your shoulder blades. You want the tape measure to be snug, but not tight. As you breathe normally, have a friend insert a finger between your chest and the measuring tape.

Arm length: Let your arm hang naturally at your side. Place the beginning of the cloth tape measure on the outside of your shoulder where the arm connects to the body. Hold the top of the tape measure vertical; do not wrap it up over the shoulder. Run the tape measure down the outside of your arm, following the contours of your arm. Take the measurement at the joint where your thumb meets your hand.

Waist: Take this suit measurement with the tape comfortably loose, the tape encircling your natural waistline (typically at the top of your hip bone or slightly above).

Inseam: Find a pair of slacks that fit well (no sagging). Lay them on a table and measure from the crotch to the bottom of the pant.

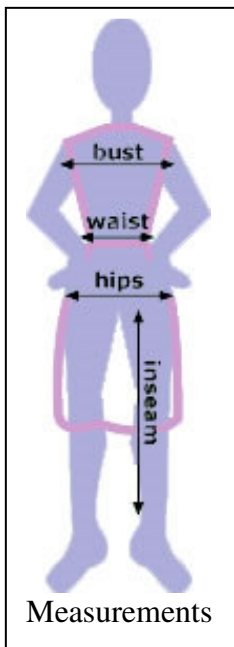
Outseam: Measure from the top of the waist to the bottom of the leg



Girls – How to measure

Before you start: You will need a cloth tape measure and a friend to help you measure.

- If you don't have a cloth tape measure use a flexible carpenter's tape measure.
- **DON'T MEASURE YOURSELF.** If you must measure yourself, for your bust, use a mirror and read the tape measure carefully. For your inseam or length measurements, use a carpenter's tape measure
- When taking your measurements, you should wear lightweight clothing that is not too loose and not too tight. A lightweight T-shirt and comfortable sport shorts. You will measure over your clothes. Before taking any leg or height measurement, make sure you are wearing the shoes that you plan on wearing with the dress or slacks.
- Always start each measurement with the beginning of the tape measure—the end that begins with zero inches. (Sounds easy enough, but this is a common mistake for the chest and waist measurements.)
- When using a cloth tape measure for horizontal body measurements, ensure that the cloth tape measure is parallel to the floor and is not lopsided.
- **Never guess your size** - Don't assume you wear your size in everyday clothes. **Always round up to the nearest half-inch.** Wrap measuring tape around your body snugly, but don't pull it tight!
- Don't suck in your stomach. Stand up straight and let your arms hang naturally at your side.



Remember that measuring your body is not rocket science. Just follow the directions.

Chest:

Wrap the tape measure around your body as high under your arms as possible, parallel to the floor. It should go over your shoulder blades in back and over your chest above the top of your breasts.

Bust:

Measure around the fullest part of your breasts over the bra cups.
Tip: Keep arms relaxed! Chest size (under your arms) is not the same as your Bust size (across fullest part of your breast).

Waist:

Measure around the narrowest part of your body.
Tip: Measure just above your belly button.

Hips:

Measure around the fullest part of your lower body.
Tip: Stand with your feet together.

If your height is 5'3" under: Measure 6" below your waistline
If your height is 5'4" or more: Measure 7" below your waistline.

Arm Length: Start at the top of your shoulder on the outside of your shoulder where the arm connects to the body. Do not wrap it up over the shoulder. Run the tape measure down the outside of your arm, following the contours of your arm. Take the measurement at the joint where your thumb meets your hand.

Outseam: Measure from the top of waist to the bottom of the leg

Inseam: Find a pair of slacks that fit well (no sagging). Lay them on a table and measure from the crotch to the bottom of the pant.

