



TUSKEGEE UNIVERSITY NAVAL RESERVE OFFICERS TRAINING CORPS

How to Measure Your Neck Size and Sleeve Length

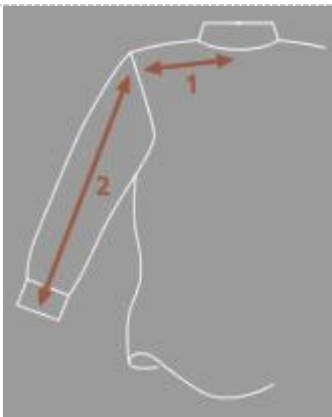
Measuring Neck Size

Wrap the measuring tape around the neck, beginning at the Adam's apple.

Come fully around the neck, leaving no dangling space in between the neck and the tape.

Note the measured number. This is the *actual neck size*. The *dress shirt size* will be half an inch bigger. For example, if you measure your neck to be exactly 15 inches around, then your dress shirt size will be 15½ inches. Your neck size should range between about 14 - 19 inches.

Measuring Sleeve Length



Shirt Size	Neck Size	Sleeve Length
Small	14 - 14 ½	32 - 33
Medium	15 - 15 ½	32 - 33
Large	16 - 16 ½	34 - 35
X-Large	17 - 17 ½	34 - 35
XX-Large	18 - 18 ½	35 - 36

Stand still, with your arms falling naturally to your sides. Begin at the middle of the upper back, as shown in the picture above.

Measure the length from the middle of the upper back to the stitching located at the shoulder of the shirt.

Remember this value. Measure the length from the top stitching on the shoulder to the *bottom of the wrist*.

When measuring sleeve length, be careful not to measure too high above or too far below the wrist, otherwise the sleeves will come out to be too short/too long. A good rule of thumb is to measure to the bottom of the small bump in your wrist. **Add these two values together to determine your sleeve length.** The value should range anywhere from about 32 - 37 inches.

Tips

- The table above shows an *approximation* of sleeve lengths to dress shirt sizes. Your sleeve length may be longer or shorter, depending on your height and other factors, such as the natural length of your arms.
- If you are at a retailer, have a salesperson measure your neck size and sleeve length for you.
- When trying on a dress shirt, your collar should feel comfortable around your neck, and not tight. You should be able to fit two fingers [one overlapping the other] into the shirt with ease.