

FIT GUIDE

version 1

How to choose the best size to make

How to choose a size?

Berroco patterns are sized according to the finished measurements of the actual garment, after washing and blocking. Sweater sizes are the finished measurement around the chest unless otherwise noted.

Select the size that is closest to your actual chest measurement +/- your desired ease.

What is ease?

Ease is the difference between your body measurements and the finished measurement of the garment.

How much ease do I need?

Berroco patterns include suggested ease for all garment patterns- usually a range based on both the designer's intended fit and on how the piece in the photo fits the model. However, we all have our own preference of how we like our clothes to fit. The best way to determine the correct amount of ease for you is to measure a similar article of clothing that fits the way you want your garment to fit, either a favorite sweater or a sweatshirt. Measure your garment on a flat surface from underarm to underarm then subtract your actual body measurement from that number, that is how much ease is right for you.

Garment circumference - Body circumference = Ease.

Ease could be a positive or a negative number depending on your personal style. The fabric characteristics of your knits will affect how a garment fits as well. How much the fabric drapes, how thick the fabric is, and the kinds of stitch patterns used are all things to consider when selecting reference garment.



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How to Measure

All sweater measurements should be taken over a thin base layer or undershirt. Make sure the measuring tape is straight around—for best results have a friend help you but working with a mirror works well too. Take a deep breath to make sure you can fill your lungs with air and don't pull the tape too tight.

GARMENTS

Chest: Measure around the underarm, above the full bust.

Bust: Measure around the fullest part of the bust. For many women the full bust is larger than the chest. If these two measurements are within 1–3 or 4 inches of each other, use the CHEST measurement to determine your size. If Bust is more than 4 inches larger than the Chest, you may want take an average of the two measurements to choose the size.

Length: Measure from the most prominent bone at base of neck to the natural waistline, to the waistband, and to the hip bone.

Center Back Neck-to-Wrist: With arm straight, measure from back base of neck, across shoulder, and along arm to wrist.

Arm Length: With arm relaxed, measure from the arm pit to the wrist bone.

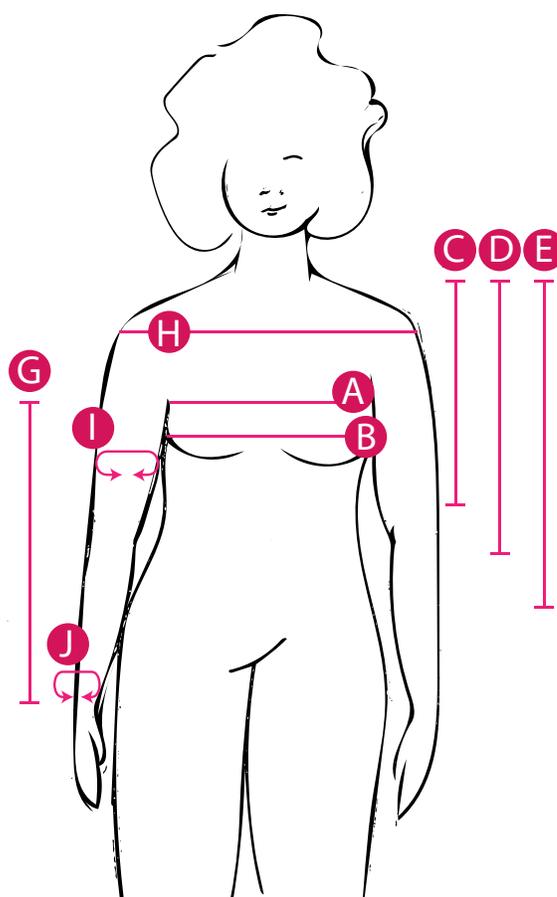
Shoulder: There are two ways to measure shoulders.

Method 1—Wearing a fitted shirt, measure from the shoulder seam to the shoulder seam across the back. This method is most useful for set-in sleeve style garments.

Method 2—[Center Back Neck-to-Wrist minus Arm Length] times 2 = shoulder width. This method is most helpful for drop shoulder.

Bicep: Measure around the widest section of the upper arm above the elbow.

Wrist: Measure around the widest part of the wrist.



YOUR MEASUREMENTS

A (Chest):

B (Bust):

C (Length—to waist):

D (Length—to waistband):

E (Length—to hip):

F (Center back neck-to-wrist):
(not shown on diagram)

G (Arm length):

H (Shoulder):

I (Bicep):

J (Wrist):

ACCESSORIES

HATS

Head Circumference: Around the head, across the forehead just above the ears

HANDS

Hand Circumference: Around the palm of your dominant hand, usually just below the knuckles above where your thumb branches off.

Wrist Circumference: Around the widest part of the wrist.

Hand Length: Measure from the wrist to the base of the hand to the tip of the middle finger or to the top of the longest finger.

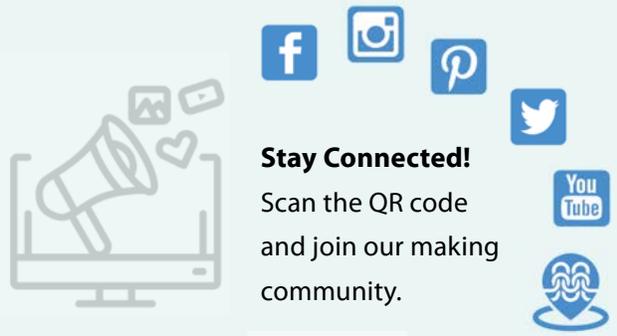
FEET

Foot Circumference: Around the widest part of your foot.

Sock Height: Measure standing, the height of the sock is the distance from the top of the cuff to where the heel meets the floor.

Total Foot Length: Place a ruler or tape measure on the floor against a wall. Position the back of your heel at the wall and the measure to your longest toe.

For additional guidance on sizing and pattern standards <https://www.craftyarnCouncil.com/standards/body-sizing>

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