

# AUBURN UNIVERSITY NAVAL RESERVE OFFICERS TRAINING CORPS

[**How to Measure Your Neck Size and Sleeve Length**](http://www.wikihow.com/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 |

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**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.