

## CHECKLIST FOR BASIC FITTING PRINCIPLES

7 basic body bulges and related ease amounts:

- |                    |      |                |      |
|--------------------|------|----------------|------|
| 1. Bust            | 2-3" | 5. Abdomen     | 1"   |
| 2. End of shoulder |      | 6. Side of hip | 1"   |
| 3. Elbow           | 1-2" | 7. Back of hip | 2-3" |
| 4. Shoulder blade  | 3/8" |                |      |

\*\*the waist is not a bulge but needs 1-1/2" ease\*\*

\*\*the bicep also needs 2-3" ease\*\*

\*\*fitted bodices with waist seams need 1/4"- 3/8" lengthwise ease\*\*

**DART KEY: The larger the bulge, the more material needed, therefore the dart should be larger (have an increased angle). The smaller the bulge the smaller the dart (decreased angle) and smaller amount of material needed.**

**Four easy standards for a good fit:**

### 1. Ease

definition: extra fabric allowed beyond body measurements so the wearer can move in the garment and perform daily activities comfortably

- neither too loose or too tight so garment does not ride up
- learn to recognize horizontal stress lines (too tight), and vertical folds (too loose)
- ease varies with fashion, individual taste and body build
- basic remedy is to let out seam nearest tight area, balancing around the figure ( don't make adjustment in only one seam)
- skirt fit standard is to not cut under the seat, but this changes with fashion
- typical allowances: bust 2-3", waist 1"- 1/2", hip 2-3"

### 2. Grain

definition: correct location of both vertical and cross grain of the fabric on the wearer's body

- crosswise and lengthwise grain in proper relationship to body
- crosswise grain parallel to the floor
- lengthwise grain perpendicular to the floor
- garment is adjusted to adapt to nonsymmetrical body
- when grain is in correct position, body asymmetries appear less noticeable

### 3. Line

definition: correct placement of seams and darts in relation to body of wearer

- a. silhouette lines (shoulder, side bodice and skirt seams) should follow a straight line when garment is viewed from the side
- b. circumference lines (neck, armhole, waistline, hem) should match body locations unless placement has been stylized by the design
- d. darts should point to the bulge they fit, not extending beyond the crown of the bulge
- e. plumb lines may be used to identify placement problems for vertical seams (such as skirt side seams and center front and center back seams)

### 4. Balance

definition: an overall match of garment silhouette and contour to the body of the wearer including adaptation to asymmetries, freedom from wrinkles and incorrectly sized darts, and grain location problems

- a. smoothness of garment position on body or freedom from wrinkles
- b. wrinkles coming from strain are usually on the bias
- c. triangular wrinkles come from strain over a bulge
- d. crosswise wrinkles indicate garment is too tight
- e. follow wrinkles to origin point and release dart or seam and reposition it

Good fit is a balance of comfort, flattery to the figure, current fashion standards, and ability to adjust naturally to the activities of the wearer. Generally it hangs or sets well without wrinkles, sagging, or swinging out from body.

FITTING CHECKLIST AND EVALUATION FORM

<b>Fitting garment</b>	<b>GRAIN</b> lengthwise grain perpendicular to floor; crossgrain parallel to floor	<b>EASE</b> correct amount of movement space	<b>LINE</b> correct placement, length of darts/seams	<b>BALANCE</b> free of wrinkles indicating strain
BODICE FRONT	CF perpendicular to floor; upper chest grain and bust grain parallel to floor	bust: 2-3" total in bodice waist: 1 - 1 2" length: 1/4 - 3/8"	darts point to bulge, are correct length seams bisect body areas and match contours; armscye vertical	no stress indicated by wrinkles grain positions correct
BODICE BACK	CB perpendicular to floor; upper back and back bust grain parallel to floor	length: 1/4" 3/8" width: same as front blade: comfortable without forming folds	darts match blade; seams bisect body areas ,match contours; armscye vertical	no stress over blade area or across shoulders; no wrinkles
SLEEVE	lengthwise grain perpendicular to floor above elbow bicepline parallel to floor	bicep: 2-3";elbow: 2" forearm: 1-1/2"; ends at wrist bone bump on inner edge of arm	armscye matches body contour;elbow darts point to or surround elbow when bent	shoulder cap rotated to match body- no wrinkles; bicepline parallel to floor
SKIRT FRONT	CF and side seam perpendicular to floor; hipline parallel to floor	waist: same as bodice abdomen: 1' minimum hip: 2-3" total	darts match bulges and are correct length; side seams bisect body and are straight; waistline correct located	no wrinkling over hip bones or flesh pads; skirt hangs symmetrically, not to one side nor poking out or hugging knees
SKIRT BACK	CB and side seam perpendicular to floor; hipline parallel to floor	same as skirt front	same as skirt front	no wrinkles over upper side hip or derriere; skirt hang same as front

Name \_\_\_\_\_

Size \_\_\_\_\_

Skirt	Adjustments to dress	Adjustments to pattern
Ease -Waist 1-1 1/2" -Hip 2-3"		
Horizontal Line -Correct hipline placement		
Grain-Darts -Use plumb line -Width and length -Waistline correctly located		
Balance -Hipline to the floor -Hem to floor -No wrinkles -Hangs symmetrically		
Line -Plumb line on side seams -Placement of darts		

Fit \_\_\_\_\_

Name \_\_\_\_\_

Size \_\_\_\_\_

<b>Bodice</b>	<b>Adjustments to dress</b>	<b>Adjustments to pattern</b>
Ease -Bust 2-3" -Waist 1-1 1/2" -Length 1/4 "- 3/8"		
Shoulders -Line: shoulder seam 1" behind ear -Balance/grain: sloping/square shoulders and forward rolling		
Grain -CF and CB perpendicular to floor -Upper back/chest grain parallel to floor		
Line -Bust dart placement point to bulge -Seams bisect body areas		
Balance -Bust dart size: If diagonal wrinkle points to dart, smaller dart needed -If points away, need larger dart		

Fit \_\_\_\_\_

Name \_\_\_\_\_

Size \_\_\_\_\_

Sleeve	Adjustments to dress	Adjustments to pattern
Ease -2" bicep -Elbow 2" -Forearm 1" to 1 ½ "		
Grain -Bicep line parallel to floor -Lengthwise grain perpendicular to floor -Sleeve cap set in, height adjusted		
Balance -Rotate sleeve cap to match forward rolling shoulder -No wrinkles		
Line -Placement of elbow dart -Armscye matches body contour		

Fit \_\_\_\_\_