

## How to Measure for a Bra Pattern

Measuring for a bra should be done with your best-fitting bra on, but not a foam cup bra as this will not be accurate. If you don't have a bra that fits, the measurement will not be totally accurate since the breast tissue will be compressed. Hold the tape measure level and not twisted.

### BAND SIZE

To determine your size using the Pin-up Girls bra patterns, you need only two measurements. It doesn't matter if you use inches or centimeters, just as long as you use the same for both measurements. Measure the high bust, pulling the tape snug against the skin but not tight. The high bust measurement determines your band size. The chart below should help determine your band size.

If your High Bust Measures	Use this Band Size
29 - 31" (73.5 cm – 78.5 cm)	30
31 - 33" (78.5 cm -83.5 cm)	32
33 - 35" (83.5 cm – 89)	34
35 - 37" (89 cm – 94 cm)	36
37 - 39" (94 cm – 99 cm)	38
39 - 41" (99 cm – 104 cm)	40
41 - 43" (104 cm – 109 cm)	42
43 - 45" (109 cm – 114.5 cm)	44
45 - 47" (114.5 cm – 119.5 cm)	46
47 - 49" (119.5 cm – 124.5 cm)	48

### CUP SIZE

Now measure over the fullest part of the bust, but do not pull the tape snug, just tight enough to keep it from sliding down. This is the full bust measurement. To determine the cup size, subtract the high bust from the full bust measurement. The difference determines the cup size. In my patterns, cup sizes are as follows:

If the Difference is	Use this Cup Size
0 - 1/2" (0 - 12 mm)	AAA
1/2 – 3/4" (12 - 20 mm)	AA
3/4 – 1 3/4" (2 – 4.5 cm)	A
1 3/4 – 2 3/4" (4.5 cm – 7 cm)	B
2 3/4 – 3 3/4" (7 cm – 9.5 cm)	C
3 3/4 – 4 3/4" (9.5 cm – 12 cm)	D
4 3/4 – 5 3/4" (12 cm – 14.5 cm)	E
5 3/4 – 6 3/4" (14.5 cm – 17 cm)	F
6 3/4 – 7 3/4" (17 cm – 19.5 cm)	G
7 3/4 – 8 3/4" (19.5 cm – 22.5 cm)	H

If the chart size is greatly different from your ready-to-wear bra size, and you are happy (generally) with that size, we suggest you make a trial bra in your ready-to-wear size and assess the fit. Getting the right fit in the cups is the most important thing. If the cups fit but the band doesn't, the band is easy to adjust.

**If the cups fit, but the band is too short** - it is easiest to lengthen the band. Just split the back band from top to bottom and spread by half of the needed distance. Blend the lines along the top and bottom to make smooth edges.

**If the cups fit, but the band is too long** - it is easy to shorten the band. In this case, you can split the back band from top to bottom and slide one side over the other, overlapping the two halves by half of the needed amount. Blend the lines along the top and bottom edges.

**If the band fits but the cups are too small**, go up one cup size. For example, from a 36 B to a 36C.

**If the band fits but the cups are too large**, go down one cup size. For example, from a 38C to a 38B.

For individual fitting and pattern alterations, please consult [The Bra-makers Manual](#), the complete guide to bra design, draft, fit and construction, available on our website at [www.bramakers.com](http://www.bramakers.com).