## Real Men Real Style

## **PERFECT SHIRT CHECKLIST**

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1. Shirt Fit	Too Small	Perfect Fit	Too Big
1.1 Collar	Unable to / struggle to button shirt up to the collar.  If buttoned up, collar feels tight and uncomfortable.	When buttoned up, you can fit 2 fingers between your neck and your collar.  Collar fits snugly against the neck. Doesn't restrict movement.	Noticeable gap between collar and neck when collar is fully buttoned.
1.2 Shoulder Fit	The shoulder seams end before your shoulder end.	The shoulder seams reach to the edge of your shoulders.	The shoulder seams overhang and slide down your arm.

1.3 Torso Fit	Restricted movement, the fabric around shirt buttons is strained.  Fabric is stretched around chest, back or stomach area (or all).	Shirt is comfortable and fits without restricting movement.  Shirt fabric follows the contours of your torso and tucks into your trousers without billowing around the beltline. Tapers at the waist.	Excess fabric at sides. Shirt billows out over beltline when tucked in.
1.4 Arm Holes	Fabric cuts into your underarms.	Full range of arm movement. Fabric is tapered under arm.	Arm movement is restricted, noticeable additional fabric hanging under arm.
1.5 Sleeve Length	Sleeves ride up your forearm when you extend your arms. Wrists visible when	Sleeves reach the base of thumb. ½ inch longer than your jacket or blazer.	Sleeves extend past the base of your thumb onto your hand. Fabric bunches

	arms down by side.		around the cuff.
1.6 Sleeve Width	When your arm is flexed, shirt fabric is stretched, particularly around the upper arm and bicep.	Sleeves are tapered and follow the contour of your arms.	Fabric folds and billows around the arms.
1.7 Shirt Length	If your shirt is too short (just below the belt line), it will pop out of your waistband.	A longer shirt (ends towards the bottom of your fly) will remain tucked in throughout the day.	A dress shirt is too long to wear untucked.

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1.8. Shirt Cuffs	Unable to button your cuffs fully / your cuff will not cover your wrist-watch.	Your cuffs sit comfortably around your wrist and fit over your wristwatch.	You can take your hands out of your cuffs without unbuttoning them.
2. Shirt Fabric	Price	Usage	Crease Resistance
2.1 Cotton	Medium-Expensive	Day-to-day	Creases Easily
2.2 Synthetic	Low-Medium	Day-to-day	Crease Resistant
2.3 Linen	Expensive	Warmer temperatures	Creases Easily
3.1 Collar Style	Description	Description & Usage	Additional
Point Collar	0	Classic look. Traditional collar.  Best with smaller tie knots. Can be worn without a tie.	Visual effect of lengthening your facel
Spread Collar	(0)	Collar spreads away from the face.  Great without a tie or with larger tie knots.	Visual effect of widening your face.

Button Down		Casual variation of	Can be worn with or
Button Bown		Point Collar.	without tie.
		Semi formal or casual environments.	
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**RMRS Tip:** Ensure your collar can accommodate collar stays! These slide in on the underside and prevent your collar from creasing.

3.2 Cuffs	Description	Usage	Additional
Barrel Cuffs	Cuff is secured by 1 or 2 buttons.	Formal, semi-formal, casual.	2 button cuffs give a bespoke look.
French Cuffs	Cuff is double the length of barrel, folded back over on itself and secured with a cufflink.	Black tie, formal, semi formal.	Can be worn with a variety of cufflinks to add individuality to your outfit.
3.3 Buttons	Description	Usage	Additional
Mother of Pearl	Made from the inner layer of pearl oysters. Very expensive.	Found on the most expensive, high quality dress shirts.	Sure sign of quality if found on a dress shirt.
Plastic	Plastic buttons are inexpensive and readily available.	Commonly available on most off the rack dress shirts.	Available in a wide range of colors and thicknesses.
3.4 Pockets	Description	Usage	Additional
Breast Pocket	Dress shirt comes with a small patch pocket on the breast. Either open or with a button down flap.	Unsuitable for black tie events. Found on more casual dress shirts.	Can add depth to a casual shirt - great for the summer (you can hang your sunglasses from the pocket).
No Pocket	Dress shirt fabric is smooth and without a pocket.	Perfect for all occasions.	Lack of pocket gives a clean and crisp look.
3.5 Pleats	Description	Usage	Additional
Вох	Rectangular fold of fabric runs down the	The most common type of pleat.	Allows for some movement when

	middle of the back.		wearing the shirt.
Side	Side pleats are located on the extremes of the back of the shirt, near the shoulder blades.	Side pleats are more formal and stylish than the box pleat.	Allows for most movement when wearing the shirt.
None	Shirt has no pleats.	The most stylish and formal option.	Often found on bespoke shirts.
3.6. Monograms	Description	Usage	Additional
Monograms	The initials of the shirt wearer embroidered onto the shirt.	Traditionally found discreetly under the belt line but now often	A matter of personal preference, monograms are a sign

**RMRS Tip:** You can often tell a quality shirt by the manufacturer's attention to detail. Signs of attention to detail include an extra layer of material sewn under the collar to help maintain its structure. Around 8-12 stitches per inch is a sign of a quality dress shirt.

Click here to watch my video - <u>Design The Perfect Dress Shirt Online</u>.

The RMRS Perfect Shirt Checklist is sponsored by Tailor Store Want the perfect shirt but don't have time to take measurements?

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