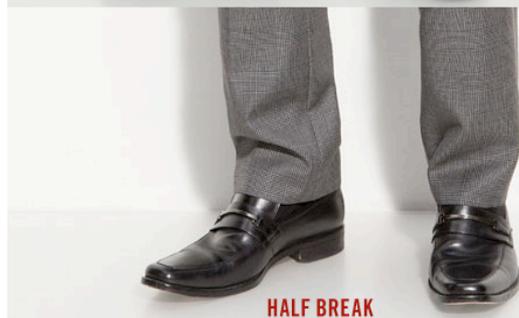


# How Pants Should Fit – The Principles of the Fit



Pants are particularly important because they serve as a base, or an anchor, for the rest of your outfit. Pants will mostly be in the background of an outfit, serving as a foundation for the foreground of your shirt or outerwear. Pants are also important because they in large part determine whether your body appears tall or short. A high rise with a long, straight leg will make you appear taller while a leg broken up by boot tucks, lower rises, cuffs or other pant breaks will make you appear shorter.



Before we delve into how pants should fit, let's discuss the meaning of a pant break. The break is the fold or bend above the cuff of the leg, which is created when the fabric of the leg is longer than your physical leg. Thus the pant line "breaks," or kinks, near your shin when the cuff meets your shoe. If a pant has no break, then the front line of the pant will be unbent, and the cuff will just graze your shoe.



A full break is when the pant develops a deep crease—the leg breaks so much that any more length may cause a second break to develop. A half, or medium break, is between these extremes—the line of the pant bends noticeably, but not significantly. A quarter, or a slight break, is when the trouser meets the shoe and breaks, but only slightly.



You also need to keep in mind the fit of your trousers. If you are wearing a slim fitting trouser, the bottom of the leg will be quite narrow and so you need to go for either a quarter break or no break as if the trouser is any longer, it will just bunch up more at the front creating an untidy scrunch.

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## **Suit Pants and Dress Trousers**

These should sit at the top of your hip bones, directly below your navel. Dress trousers will fit more conservatively than other pants, which is to say that you should not be able to see the contours of your butt.

The key here is to achieve some drape while avoiding unnecessarily large or loose pants. The trousers should be slim enough at the waist that they do not require a belt to stay put, but they should not cut into your waist either. Degree of break is up to preference, some people prefer none, others prefer a full break, but most people go in between – opting for a medium break.

Avoid pleats, they make the seat of the pant appear unnecessarily loose.

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