Layer a crew-neck cardigan under a coat without guessing the bulk

Layering-fit checklist • Free, no signup or purchase.

Check whether a crew-neck cardigan fits under your coat before you rely on it. Measure the cardigan and the coat flat, then fasten the coat over both layers and test six movements: shoulder pull, sleeve bunching, fastening ease, elbow bend, forward reach and cuff length. The free layering-fit checklist has a tick box for each test and fields for the measurements.

What you need

- A thin base top
- The crew-neck cardigan you plan to layer
- The coat you will wear over it
- A flexible tailor's tape and a pen
- The free layering-fit checklist (PDF), printed on US Letter paper

Steps

1. **Build the layers**
   Put on the thin base and the cardigan, then the coat. Check that each layer is comfortable on its own before judging them together.
2. **Measure the cardigan and the coat**
   Lay each garment flat and measure across the chest, the shoulders from seam to seam, the sleeve length and the body length. Record both sets on the checklist; the coat needs room for the cardigan beneath it.
3. **Move in the coat**
   Fasten the coat, bend your elbows and reach forward. Tick each test on the checklist: shoulder pull, sleeve bunching, fastening ease, elbow bend, forward reach and cuff length.
4. **Record the result**
   Write whether the combination works and what you would change, such as a thinner base or a different cardigan size. Check the cardigan's size chart and current return terms before buying; the coat and other pictured items are separate.

Tips

- FigureNook guidance: a cardigan described as lightweight can still feel bulky under a fitted coat, so test the actual pair rather than relying on the label.
- The printable is free to download and print. No account, email or purchase is required.

Product note (optional)
The optional cardigan link is an affiliate link. Check the selected size, fabric, garment measurements, care and return terms on the current listing before buying. The coat and other accessories are separate.

Notice
Original AI editorial illustration depicting a design concept; review manufacturer specifications and product details for final suitability. Exact color, fit, performance and pictured accessories are not established by the image. Optional product details: check the current listing and manufacturer directions.

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1. Measurements (garment laid flat)

Measurement	Cardigan	Coat	Notes
Chest, armpit to armpit			
Shoulders, seam to seam			
Sleeve length			
Body length			

2. Movement tests (coat fastened over both layers)

Test	OK if	OK	Needs change
Shoulder pull	No pulling across the back or shoulders	☐	☐
Sleeve bunching	Cardigan sleeves lie flat inside the coat sleeves	☐	☐
Fastening ease	Coat closes without strain at the buttons or zip	☐	☐
Elbow bend	Elbows bend without tightness	☐	☐
Forward reach	You can reach forward without the coat pulling	☐	☐
Cuff length	Cardigan cuff stays inside the coat sleeve	☐	☐

3. Result

Works as it is, or what to change: _____

Change to try next: _____

Extra writing space