

MEASUREMENT GUIDE

WOMEN'S Sizes

ALL GARMENTS

SIZE	6	8	10	12	14	16	18	20	22	24	26
Bust	79	84	89	94	99	104	109	114	119	124	129
Natural Waist	60	65	70	75	80	85	90	95	100	105	110
Low Waist (approx 4cm from natural waistline)	67	72	77	82	87	92	97	102	107	112	117
Hip (approx 18cm below natural waistline)	85	90	95	100	105	110	115	120	125	130	135

MEN'S Sizes

TROUSER/ SHORTS/OVERALLS

SIZE(CM) REGULAR	67R	72R	77R	82R	87R	92R	97R	102R	107R	112R	117R	122R	127R
Fits Waist (cm)	67	72	77	82	87	92	97	102	107	112	117	122	127
Fits Waist (inches)	26	28	30	32	34	36	38	40	42	44	46	48	50

SIZE(CM) STOUT	87S	92S	97S	102S	107S	112S	117S	122S	127S	132S	137S	142S	147S	152S
Fits Waist (cm)	87	92	97	102	107	112	117	122	127	132	137	142	147	152

SIZE(CM) LONGS	74L	79L	84L	89L	94L	99L	104L
Fits Waist (cm)	74	79	84	89	94	99	104

SHIRTS/JACKETS

SHIRTS SIZE	2XS	XS	S	M	L	XL	2XL	3XL	4XL	5XL
Fits Neck (cm)	32/33	34/35	36/37	38/39	41/42	43/44	45/46	48/49	50	51
Fits Chest (cm)	82	87	92	97	102	107	112	117	122	127

BUSINESS SHIRTS SIZES	37	38	39	41	42	43	44	46	48	50
Fits Neck (cm)	37	38	39	41	42	43	44	46	48	50

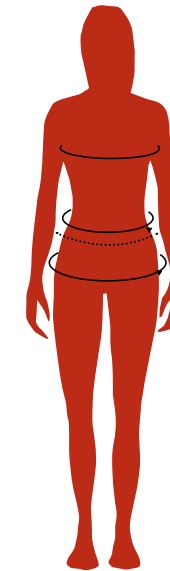
TAILORED JACKETS

Fits Chest Regular (cm)		87R	92R	97R	102R	107R	112R	117R	122R
Fits Chest Long (cm)		87L	92L	97L	102L	107L	112L		
Fits Chest Regular (inches)	34	36	38	40	42	44	46	48	
Fits Chest Long (inches)		34	36	38	40	42	44		

UNISEX Sizes

KNITWEAR

SIZE	XS	S	M	L	XL	2XL	3XL	4XL
Fits Chest (cm)	81-88	88-95	95-102	102-109	109-116	116-123	123-130	130-137

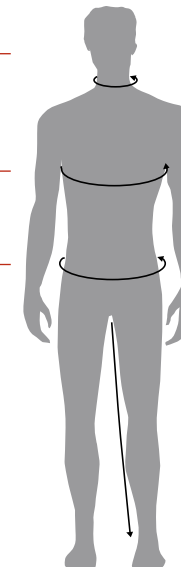


BUST: Measure around the body across the fullest part of the bust, keeping the tape level and straight.

NATURAL WAIST: Measure around the smallest part or your natural waistline, keeping the tape level and straight. Do not measure over trousers.

LOW WAIST: Measure Approximately 4cm from the natural waistline, keeping the tape level and straight. Do not measure over trousers.

HIPS: Measure at the widest part (approximately 20-30 cm below the waist). In this position the tape measure should slide up, down and over the bottom.



NECK: Measure around your neck at the collar level. Remember to make allowance for comfort (usually 2 fingers behind the tape).

CHEST: It is important to stand naturally, keeping the tape level and straight. A firm (not tight) chest measurement should be taken.

WAIST: Measure around natural waistline, keeping the tape level and straight. Do not measure over trousers.

INSIDE LEG: Take the measurement from the crotch to the top of the heel of the shoe.