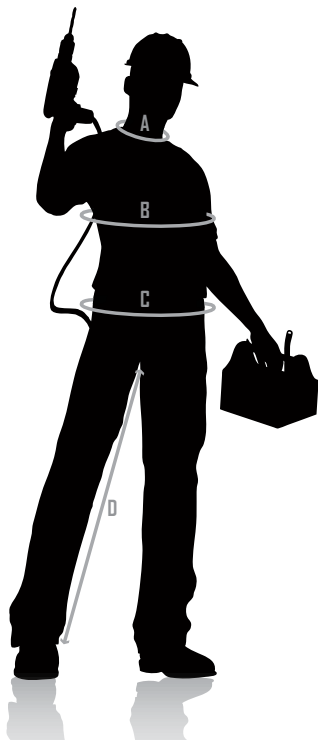


Size guide

HOW TO WORK OUT YOUR SIZE



MEN'S MEASUREMENTS STANDARDS

A / NECK

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

B / CHEST

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

C / WAIST

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

D / INSIDE LEG

Take the measurement from the crotch to the top of the heel of the shoe.



WOMEN'S MEASUREMENTS STANDARDS

A / BUST

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

B / NATURAL WAIST

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

C / LOW WAIST

Measure at a level approximately 4cm down from the natural waistline, keeping the tape level and straight. Do not measure over your trousers.

D / HIPS

Measure around the widest part of your hips (approximately 20-30 cm below the waist). In this position the tape measure should slide up, down and over the bottom.

FITTING GUIDE

SIZE: MENS PANT/SHORT – REGULAR	67R	72R	77R	82R	87R	92R	97R	102R	107R	112R	117R	122R	127R					
SIZE: MENS PANT – STOUT					87S	92S	97S	102S	107S	112S	117S	122S	127S	132S	137S	142S	147S	152S
FITS WAIST (CM)	67	72	77	82	87	92	97	102	107	112	117	122	127	132	137	142	147	152
FITS WAIST (IN)	26	28	30	32	34	36	38	40	42	44	46	48	50	52	54	56	58	60
PANT IN LEG SEAM – REGULAR	83	83	83	83	83	83	83	83	83	83	83	83	83	83	83	83	83	83
PANT IN LEG SEAM – STOUT					78	78	78	78	78	78	78	78	78	78	78	78	78	78

SIZE: MENS PANT–LONG	74L	79L	84L	89L	94L														
FITS WAIST (CM)	74	79	84	89	94														
FITS WAIST (IN)	29	31	33	35	37														
PANT IN LEG SEAM – LONG	88	88	88	88	88														

SIZE: MENS COVERALL – REGULAR	67R	72R	77R	82R	87R	92R	97R	102R	107R	112R	117R	122R	127R					
SIZE: MENS COVERALL – STOUT					87S	92S	97S	102S	107S	112S	117S	122S	127S	132S	137S	142S	147S	152S
FITS WAIST (CM)	67	72	77	82	87	92	97	102	107	112	117	122	127	132	137	142	147	152
FITS WAIST (IN)	26	28	30	32	34	36	38	40	42	44	46	48	50	52	54	56	58	60
FITS CHEST (CM)	77	82	87	92	97	102	107	112	117	122	127	132	137	142	147	152	157	167
IN LEG SEAM – REGULAR	73	73	73	75	77	79	81	82	82	82	82	82	82					
IN LEG SEAM – STOUT					72	74	76	78	80	80	80	80	80	80	80	80	80	80

SIZE: MENS COVERALL – LONG	74L	79L	84L	89L	94L														
FITS WAIST (CM)	74	79	84	89	94														
FITS WAIST (IN)	29	31	33	35	37														
FITS CHEST (CM)	89	94	99	104	109														
IN LEG SEAM – LONG	84	89	94	99	104														

MENS SIZE CONVERSION FROM ALPHA TO NUMERIC FOR LOWERS

WAIST MEASUREMENTS	67CM	72CM	77CM	82CM	87CM	92CM	97CM	102CM	107CM	112M	117CM	122CM	127CM	132CM	137CM	142CM	147CM	152CM
NUMERIC SIZE	67R	72R	77R	82R	87R	92R	97R	102R	107R	112R	117R	122R	127R	132R	137R	142R	147R	152R
ALPHA SIZE	2XS	XS	S	M	L	L	XL	2XL	2XL	3XL	4XL	4XL	5XL	6XL	6XL	7XL	8XL	8XL
					XL				3XL			5XL			7XL			

SIZE: MENS SHIRTS/POLOS/TEES/FLEECE	XXS	XS	S	M	L	XL	2XL	3XL	4XL	5XL	6XL							
FITS CHEST (CM)	82	87	92	97	102	110	118	126	134	142	150							

SIZE: MENS BUSINESS SHIRTS	37	38	39	41	42	43	44	46	48	50								
FITS NECK (CM)	37	38	39	41	42	43	44	46	48	50								

WOMENS PANT/SHORT/SHIRT	6	8	10	12	14	16	18	20	22	24								
FITS BUST	80	85	90	96	102	108	116	124	130	136								
FITS NATURAL WAIST (CM)	62	67	72	77	82	87	95	103	108	113								
FITS HIP	88	93	98	103	108	113	121	129	134	139								

WOMENS POLOS/TEES/FLEECE	2XS	XS	S	M	L	XL	2XL	3XL	4XL	5XL								
FITS BUST	80	85	90	98	106	114	122	130	138	146								

