

# 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**

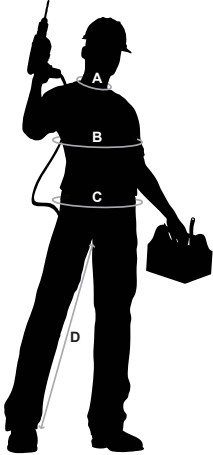
It is important to stand naturally, keeping the tape level and straight. A firm (not tight) chest measurement should be taken.

**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 or 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.



### OUR TWO WOMEN'S FITS RELATE TO THE BODY SHAPE OF THE WEARER

**STRAIGHT FIT**

- More fitted through the hip and thigh
- Slightly lower in the rise



**CURVED FIT**

- A more generous fit, designed for bodies with more curves and shape
- More room in the hip and thigh
- Sits higher on the waist



## FITTING GUIDE

SIZE: MEN'S PANT/SHORT – REGULAR	67R	72R	77R	82R	87R	92R	97R	102R	107R	112R	117R	122R	127R					
SIZE: MEN'S 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: MEN'S 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: MEN'S COVERALL – REGULAR	67R	72R	77R	82R	87R	92R	97R	102R	107R	112R	117R	122R	127R					
SIZE: MEN'S 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: MEN'S 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													

MEN'S 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: MEN'S 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: MEN'S 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								

WOMEN'S SHIRT	6	8	10	12	14	16	18	20	22	24								
FITS BUST	80	85	90	96	102	108	116	124	130	136								

REGULAR WOMEN'S PANT/SHORT	6	8	10	12	14	16	18	20	22	24								
FITS NATURAL WAIST	62	67	72	77	82	87	95	103	108	113								
FITS HIP	88	93	98	103	108	113	121	129	134	139								

STRAIGHT WOMEN'S PANT	6S	8S	10S	12S	14S	16S	18S	20S	22S	24S								
FITS NATURAL WAIST	62	67	72	77	82	87	92	97	102	107								
FITS HIP	88	93	98	103	108	113	118	123	128	133								

CURVED WOMEN'S PANT				12C	14C	16C	18C	20C	22C	24C	26C	28C						
FITS NATURAL WAIST				77	82	87	92	97	102	107	112	117						
FITS HIP				106	111	116	121	126	131	136	141	146						

WOMEN'S 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								