

WOMEN



A. BUST

Measure around the fullest part of the bust, keeping the tape level and straight. Keep one finger between tape and body.



B. WAIST

Measure around your waist, keeping the tape level and straight. Keep one finger between tape and body.



C. HIPS

Stand naturally, measure around fullest part of hips (approx. 22cm down from waist), ensure tape is level and straight. Keep on finger between tape and body.

NNT WOMEN'S

INTL S / M / L	AU	BUST (cm)	WAIST (cm)	HIP (cm)
	4		57	83
2XS	6	80	62	88
XS	8	85	67	93
S	10	90	72	98
M	12	95	77	103
	14	100	82	108
L	16	105	87	113
	18	113	95	121
XL	20	120	102	128
2XL	22	125	107	133
	24	130	112	138
3XL	26	135	117	143
	28	140	122	148
4XL	30	145	127	153

WONDERWINK SCRUBS WOMEN'S

INTL S / M / L	BUST (cm)	WAIST (cm)	HIP (cm)
XS	83-87	63-67	88-92
S	88-92	68-72	93-98
M	93-100	73-80	99-105
L	101-110	81-89	106-115
XL	111-119	90-99	116-124
2XL	121-130	101-110	126-135
3XL	131-140	111-120	136-145

WOMEN'S FOOTWEAR



Place heel & paper against wall



Measure your foot length in CM from your heel to your longest toe.

AUS / USA	4	5	6	7	8	9	10	11	12
UK	2	3	4	5	6	7	8	9	10
EUROPEAN	35	36	37	38	39	40	41	42	43
Foot length in Centimetres*	21.0	21.5	22.5	23.5	24.0	24.8	25.9	26.8	27.6

MEN



A. NECK

Remember, make allowance for comfort. Ask a friend to measure around your neck at collar level. This measurement is your shirt size.



B. CHEST

Measure around fullest part of the chest, keeping the tape level and straight. Keep one finger between tape and body.



C. HIPS

Measure around waist, keeping one finger between tape and body. Over your shirt (not trousers) at the position you would normally wear your trousers.

NNT MEN'S

AU	CHEST (cm)	WAIST	
		(cm)	(in)
2XS	82	67	26
XS	87	72	28
S	92	77	30
M	97	82	32
L	102	87	34
XL	110	95	36
			38
2XL	118	103	40
			42
3XL	126	111	44
			46
4XL	134	119	48
			50
5XL	142	127	52
			54
6XL	150	135	56
			58

NNT MEN'S NECK (SHIRT)

NECK (cm)
36
37
38
39
41
42
43
44
46
48
50
52
54

UNISEX

NNT SCRUBS UNISEX

INTL S / M / L	CHEST (cm)	WAIST (cm)
2XS	82	67
XS	87	72
S	92	77
M	97	82
L	102	87
XL	110	95
2XL	118	103
3XL	126	111
4XL	134	119

WONDERWINK SCRUBS UNISEX

INTL S / M / L	CHEST (cm)	WAIST (cm)	HIP (cm)
XS	84-89	61-67	84-89
S	90-97	68-74	90-97
M	98-105	75-82	98-105
L	106-113	83-90	106-113
XL	114-123	91-100	114-123
2XL	124-133	101-110	124-133
3XL	134-143	111-120	134-143

CHEFWORKS UNISEX

INTL S / M / L	CHEST (cm)	CHEST (in)	WAIST (cm)	WAIST (in)
XS	81-86	32-34	66-71	26-28
S	91-97	36-38	76-81	30-32
M	102-107	40-42	86-91	34-36
L	112-117	44-46	97-102	38-40
XL	122-127	48-50	107-112	42-44
2XL	132-137	52-54	117-122	46-48
3XL	142-147	56-58	127-132	50-52

BELTS

INTL S / M / L	WAIST (cm)
S	72-77
M	82-87
L	92-97
XL	102-107
2XL	112-117
3XL	122-127