





# SIZE GUIDE

## A - NECK

Measure around your neck where the collar would sit, allow two fingers of space for comfort.

## **B - CHEST**

While standing naturally measure around the widest part of the chest under the arms, with the arms in resting position.

# C - WAIST

Measure around your natural waist line, just below navel keeping the tape straight.

# D - INSIDE LEG

Measure from the crotch down to the top of the heel of your shoe/boot.

### E - BUST

Measure around the fullest part of the bust under the arms, with the arms in resting position.

### F - WAIS

Measure around your natural waist line, just below navel keeping the tape straight and not over clothing.

### G - HIP

Measure around the widest part of the hips approx. 20 to 30cm below the waist.

NOTE: All measurements are taken over the clothing with the tape being snug, but not tight.

MEN'S SHIRT / POLO / JACKETS SIZE GUIDE												
METRIC SIZE	2XS	XS	S	М	L	XL	2XL	3XL	4XL	5XL	6XL	7XL
Neck Measurement (cm)	32-33	34-35	36-37	38-39	41-42	43-44	45-46	48-49	50	51	52	53
Chest Measurement (cm)	82	87	92	97	102	107	112	117	122	127	132	137

MEN'S TROUSERS / SHORTS / OVERALLS SIZE GUIDE- REGULAR (R)												
METRIC SIZE	72R	77R	82R	87R	92R	97R	102R	107R	112R	117R	122R	127R
Chest Measurement (cm)	82	87	92	97	102	107	112	117	122	127	132	137
Waist Measurement (cm)	72	77	82	87	92	97	102	107	112	117	122	127
Waist Measurement (inches)	28	30	32	34	36	38	40	42	44	46	48	49
Inside Leg Measurement (cm)	71	74	77	79	81	83	84	85	86	87	88	89

MEN'S TROUSERS / SHORTS / OVERALLS SIZE GUIDE - STOUT (S)											
METRIC SIZE	878	92\$	<b>97</b> S	1028	107S	1128	117\$	122\$	127\$	132\$	
Chest Measurement (cm)	97	102	107	112	117	122	127	132	137	142	
Waist Measurement (cm)	87	92	27	102	107	112	117	122	127	132	
Waist Measurement (inches)	34	36	38	40	42	44	46	48	50	52	
Inside Leg Measurement (cm)	70	72	74	77	79	80	80	82	83	83	

MEN'S TROUSERS / SHORTS / OVERALLS SIZE GUIDE - LONG (L)										
METRIC SIZE	74L	79L	84L	89L	94L					
Chest Measurement (cm)	84	89	94	99	104					
Waist Measurement (cm)	74	79	84	89	94					
Waist Measurement (inches)	29	31	33	35	37					
Inside Leg Measurement (cm)	79	81	83	85	87					

<b>WOMEN'S SIZE GUIDE</b>									
METRIC SIZE	2XS/6	8/XS	10/S	12/M	14/L	16/XL	18/2XL	20/3XL	22/4XL
Bust Measurement (cm)	80	85	90	95	100	105	110	115	120
Waist Measurement (cm)	59	64	69	74	79	84	89	94	99
Hip Measurement (cm)	86	91	96	101	106	111	116	121	126