



## Measuring yourself

**Chest** – Measure below the armpits, around the widest part of the chest

**Waist** – Measure just below the navel, above the hips

**Leg** – Measure from the crotch to the ankle, where your trouser is normally worn on the shoe

**Height** – For children, measure the child’s height, head-to-toe to determine which age group they sit within and then buy the clothes size accordingly

measure close to the body with a traditional yellow tailor measuring tape. The tape should be neat around your body but not tight. Always order one size larger if you are unsure or if your measurements fall between two sizes.

## Junior Upper Garments

Size	Age 3-4	Age 5-6	Age 7-8	Age 9-10	Age 11-12	Age 13
	Height 104 cm	Height 116 cm	Height 128 cm	Height 140 cm	Height 152 cm	Height 164 cm
<b>Chest</b> "	22	24.5	27	29	31.5	34
<b>Chest</b> cm	56	62	68	74	80	86
<b>Waist</b> "	20.5	22	23.5	25	26.5	28
<b>Waist</b> cm	52	56	60	64	68	72