



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.

Trousers & Shorts

Leg	Short (S - 29")	Reg (R - 31")	Tall (T - 33")
Inseam "	28 - 29	30 - 31	32 - 33
Inseam CM	71 - 75	76 - 80	81 - 85

Waist	28"	30"	32"	34"	36"	38"	40"	42"	44"
Inches	26 - 28	28 - 30	30 - 32	32 - 34	34 - 36	36 - 38	38 - 40	40 - 42	42 - 44
CM	66 - 71	72 - 76	77 - 81	82 - 86	87 - 91	92 - 96	97 - 101	102 - 106	107 - 111