



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.

Upper Garments

Size	XS	S	M	L	XL	XXL	3XL
Chest CM	92 - 96	98 - 102	104 - 108	110 - 114	116 - 120	122 - 127	129 - 134
Chest "	36 - 38	39 - 40	41 - 42	43 - 45	46 - 47	48 - 50	51 - 53
Waist CM	70 - 77	78 - 84	85 - 91	92 - 99	100 - 107	108 - 114	115 - 121
Waist "	28 - 30	31 - 33	34 - 36	37 - 39	40 - 42	43 - 45	46 - 48