

# FITTING GUIDE



For an accurate fit please ensure the measuring tape is level and firm, but not tight.

## Sizing Charts

### Shirts / Jackets / Vests

Size	XS	S	M	L	XL	2XL	3XL	4XL	5XL	6XL	7XL
Neck (cm)	34/35	36/37	38/39	41/42	43/44	45/46	47/48	49/50	51/52	53/54	55/56
To Fit Chest (cm)	88	92	96	104	112	120	128	136	144	152	160

### Coveralls / Pants / Shorts

Size	72R	77R	82R	87R	92R	97R	102R	107R	112R	117R	122R
Waist (inches)	28	30	32	34	36	38	40	42	44	46	48
Inside Leg (cm)	74	76	78	80	81	83	85	86	89	89	89

Size	82S	87S	92S	97S	102S	107S	112S	117S	122S	127S	132S
Waist (inches)	32	34	36	38	40	42	44	46	48	50	52
Inside Leg (cm)	72	74	75	76	78	81	83	84	85	87	90

Size	74L	79L	84L	89L	94L
Waist (inches)	29	31	33	35	37
Inside Leg (cm)	80	82	84	86	88

### Women's Shirts

Size	8	10	12	14	16	18	20	22
To Fit Bust (cm)	85	90	95	100	105	110	115	120

### Women's Trousers

Size	6	8	10	12	14	16	18	20	22	24
To Fit Waist (cm)	67	72	77	82	87	92	97	102	107	112
To Fit Hips (cm)	88	93	98	103	108	113	118	123	128	133
Inside Leg (cm)	79	79	79	80	80	80	81	81	81	81



#### Neck

Measure at collar level with 2 fingers behind the measuring tape.

#### Chest/Bust

Stand naturally, measure around the largest part of chest/bust.

#### Waist/Hips

Stand naturally, measure around waistline or hips.

#### Inside Leg

Measured from the crotch to the heel of the shoe.

#### Tips For Measuring

- Thinner clothing or only undergarments is best when measuring
- Hold tape straight when measuring, ensure no slack distorts measurements
- Place fingers underneath measurements on tape to not obstruct view
- Ask another person to read measurements for you