Women's clothing


How to measure
Bust Use a soft tape measure and place it under your arms and around the fullest part of your bust with your arms slightly raised. Wear your usual underwear

Waist Measure at the smallest part of your waist
Hips Measure around the fullest part of your hips

## Men's clothing

|  | CHEST |  |  |  |
| :---: | :---: | :---: | :---: | :---: |
| $X S$ | $33-35 \mathrm{in}$ | $84-90 \mathrm{~cm}$ | $131 / 2-14 \mathrm{in}$ | $34-36 \mathrm{~cm}$ |
| $S$ | $36-38 \mathrm{in}$ | $91-98 \mathrm{~cm}$ | $14 \frac{1}{2}-15 \mathrm{in}$ | $37-38 \mathrm{~cm}$ |
| $M$ | $39-41 \mathrm{in}$ | $99-104 \mathrm{~cm}$ | $151 / 2-16 \mathrm{in}$ | $39-41 \mathrm{~cm}$ |
| $L$ | $42-44 \mathrm{in}$ | $107-112 \mathrm{~cm}$ | $161 / 2-17 \mathrm{in}$ | $42-44 \mathrm{~cm}$ |
| $X L$ | $45-47 \mathrm{in}$ | $114-119 \mathrm{~cm}$ | $171 / 2-18 \mathrm{in}$ | $45-46 \mathrm{~cm}$ |
| $2 X L$ | $48-50 \mathrm{in}$ | $122-127 \mathrm{~cm}$ | $181 / 2-19 \mathrm{in}$ | $47-48 \mathrm{~cm}$ |
| $3 X L$ | $51-53 \mathrm{in}$ | $130-135 \mathrm{~cm}$ | $191 / 2-20 \mathrm{in}$ | $49-50 \mathrm{~cm}$ |


|  |  | WAIST |  |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| in | 30 | 32 | 34 | 36 | 38 | 40 | 42 |  |
| cm | 76 | 81 | 87 | 92 | 97 | 102 | 107 |  |

## Headwear

|  | cms | Cap size | US cap size |
| :---: | :---: | :---: | :---: |
| Small | 55 | $63 / 4$ | $65 / 8$ |
| Medium | 57 | 7 | $71 / 4$ |
| Large | 59 | $71 / 4$ | $73 / 8$ |
| XL | 61 | $71 / 2$ | $75 / 8$ |

How to measure your
head for the best fit
This applies to both men and women

1 Place a measuring tape around your head at mid-forehead and just above your ears

2 Measure in centimetres and check your size on the chart

