

MEASURING GUIDE



MEN'S/ UNISEX GARMENTS	XS	S	M	L	XL	XXL	3XL
CHEST - INCHES	34-36	36-38	38-40	42	44-46	48	50-52
CHEST - CMS	86-91	91-96	96-101	107	112-117	122	127-132
WAIST - INCHES	28-30	30-32	32-34	34-36	38-40	42	44
WAIST - CMS	71-76	76-81	81-87	87-91	96-101	106	110
INSIDE LEG REG - CMS	73	76	78	78	81	81	81
INSIDE LEG REG - INCHES	29	30	31	31	32	32	32
INSIDE LEG LONG - CMS	78	81	83	86	88	88	88
INSIDE LEG LONG - INCHES	31	32	33	34	35	35	35

LADIES' GARMENTS	XS	S	M	L	XL	XXL
SIZES	8	10	12	14	16	18
CHEST - INCHES	30-32	32-34	34-36	36-38	38-40	40-42
CHEST - CMS	76-81	81-87	87-91	91-96	96-101	101-107
WAIST - INCHES	24	26	28	30	32	34
WAIST - CMS	60	66	71	76	81	86

KIDS' GARMENTS - AGE	5/6	7/8	9/10	11/13
HEIGHT - CMS	116	128	140	158
CHEST - TO FIT INCHES	24-26	26-28	28-30	30-32
CHEST - TO FIT CMS	60-66	66-71	71-76	76-81
WAIST - TO FIT	22	23	24	26
WAIST - TO FIT CMS	56	58	61	64

Please note that height is a better indication of fit than age

IT IS ADVISABLE TO USE ACTUAL BODY MEASUREMENTS RATHER THAN MEASURING OVER CLOTHES.