

# GENERAL CLOTHING SIZE GUIDE

Women's Size Chart											
Size	6	8	10	12	14	16	18	20	22	24	26
Bust (cm)	81	86	91	96	101	106	111	116	121	126	131
Waist (cm)	58	63	68	73	78	83	88	93	98	103	108
Hips (cm)	87	92	97	102	107	112	117	122	127	132	137
Pant Length (cm)	104	104	105	105	106	106	107	107	108	108	110

Men's Size Chart														
Size		XS	S	M	L	XL	XXL	XXXL						
Neck	In	13½	14	14½	15	15½	16	16½	17	17½	18	18½	19	19½
	Cm	35	36	37	38	39	41	42	43	44	45	46	47	48
Chest	In	30	32	34	36	38	40	42	44	46	48	50	52	54
	Cm	77	82	87	92	97	102	107	112	117	122	127	132	137
Waist	In	26	28	30	32	34	35	39	40	42	44	45	48	50
	Cm	67	72	77	82	87	92	97	102	107	112	117	122	127
Pant Length (Inner Leg)	In	28	28	29	30	31	31	32	33	34	35	36	36	37
	Cm	70	72	75	76	78	80	82	84	85	87	88	89	90

## Measuring Tips

- Use your exact measurements when selecting your size
- Keep the tape firm, but not tight
- Measure over your undergarments
- Ask someone to help measure you

# Women's Sizes

- Bust - measure around fullest part and across shoulder blades.  
Key measure for tops and loose fitting dresses.
- Waist - measure around natural waistline, keep tape comfortably loose.  
Key measure for loose fitting skirts.
- Hip - measure around fullest part of seat, approx 22cm or 9" down from waist.  
Key measure for trousers, narrow fitting skirts or dresses

# Men's Sizes

- Neck - measure where the top of your collar would be. Key measure for shirts.
- Chest - measure around largest part, just under arm pit, keeping tape horizontal across back and front. Key measure for jackets.
- Waist - measure your natural waistline/beltline over your underwear. Key measure for trousers.

