

Due to Covid-19, we have modified our sizing process. Normally, we would be in the position to offer sample garments for each customer to try on, but this is not possible in the current circumstances. We have created this size guide as an alternative method to ensure correct sizing.

We have found that the most accurate way to ensure that the perfect size is ordered is to provide measurements of the actual garments.

Please follow the tips below to ensure you order the perfect size for you!

- Use a similar item of clothing that fits you well to measure and compare
- When measuring this item of clothing, lay it on a flat surface and measure at the points illustrated on the diagram provided
- Once you have done this, refer to our measurements and select the size best suited to you
- If you are in the position where you feel you are in-between sizes, we recommend ordering the larger size

If you need further assistance, do not hesitate to contact us via email on info@stamina.ie and we'll be happy to help!

Female Size Guide Conversion

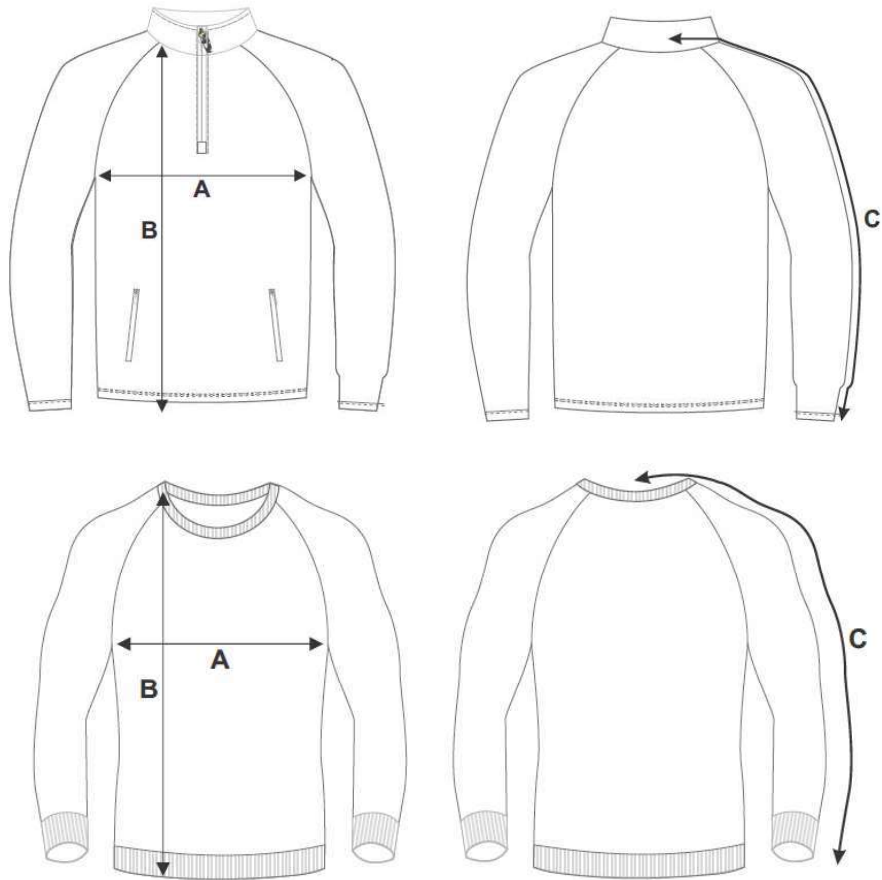
See below some size guidance for our garments that will help females decide which size is best suited to them!

Obviously, there is a crossover in sizes but if someone is a standard size 8 for example, then we would recommend going for the bigger size that it is associated with. For example, if someone was a size 8 and was unsure what size might be best, we would recommend ordering a size 15/16 as opposed to a 13/14.

STAMINA Size	UK Size
13-14	6-8
15-16	8-10
XS	10-12
S	12-14
M	14-16
L	16-18
XL	20-22
2XL	22-24

The above guidance is an effective way to gauge your appropriate size. However, we strongly advise that the measurements of our garments are consulted ahead of ordering.

Quarter Zip & Jumper



All measurements are in centimetres

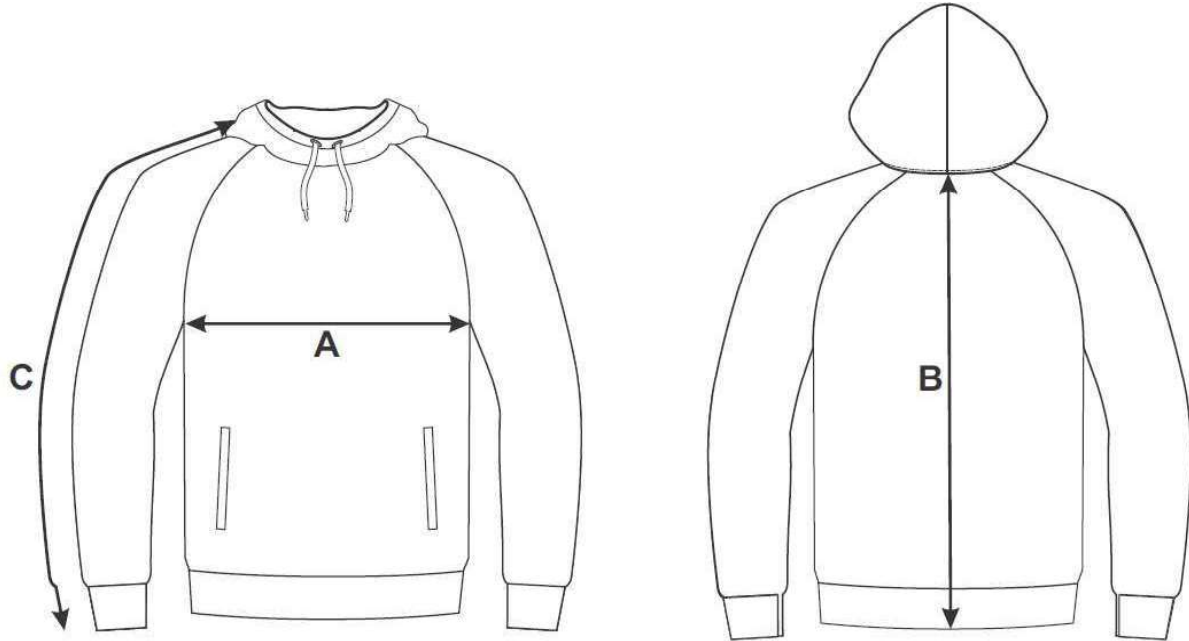
YOUTH

	3/4	5/6	7/8	9/10	11/12	13/14
Chest (A)	39	41	43	44	46	47
Body Length (B)	42	45	48	52	57	61
Sleeve Length (C)	57	60	63	66	68	75

ADULTS

	15/16	XS	S	M	L	XL	2XL	3XL
Chest (A)	49	50	51	53	55	58	60	63
Body Length (B)	63	67	69	72	73	74	76	78
Sleeve Length (C)	83	85	87	88	90	92	94	96

Hoodie Size Guide



All measurements are in centimetres

YOUTH

	3/4	5/6	7/8	9/10	11/12	13/14
Chest (A)	36	37	38	40	42	45
Body Length (B)	40	42	46	50	54	58
Sleeve Length (C)	49	51	54	57	60	64

ADULTS

	15/16	XS	S	M	L	XL	2XL	3XL
Chest (A)	48	51	53	55	57	59	61	63
Body Length (B)	61	65	68	70	72	74	76	78
Sleeve Length (C)	68	72	77	79	81	83	85	87

TOP TIP: Our hoodies are a more tapered fit than our quarter-zips/ jumpers! If you think the quarter-zip or jumper you ordered could be a neat fit, we advise ordering one size up in the hoodie!