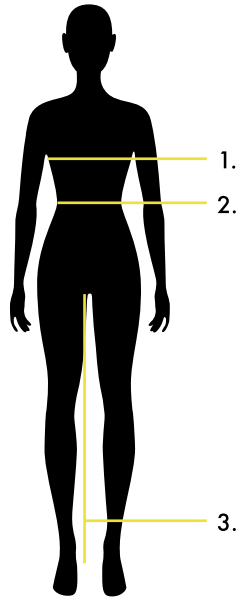


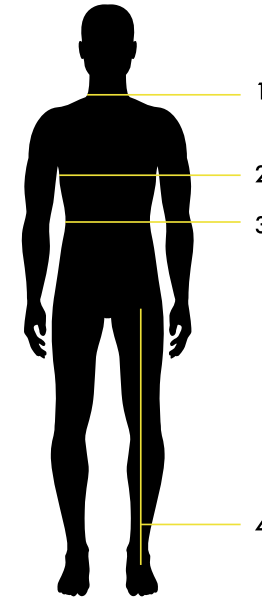
# LADIES SIZING GUIDE



- BUST**  
Measure around the fullest part.
- WAIST**  
Measure around the natural waistline.
- LEG LENGTH**  
Measure from the top of the inside leg to the required length.

The chest sizes shown are a 'to fit' body size. These are not the actual size of the garment which will be larger than the chest size shown to allow the wearer movement and to fit into the garment comfortably. The garment measurement will vary between 2" / 5cm to 5" / 10cm depending on the garment style and fit.

# MENS SIZING GUIDE



- COLLAR**  
Measure around the base of neck and make sure the tape fits comfortably.
- CHEST**  
Measure the fullest part of the chest normally under the arms.
- WAIST**  
Measure around the natural waistline.
- LEG LENGTH**  
Measure from the top of the inside leg to the required length.

The chest sizes shown are a 'to fit' body size. These are not the actual size of the garment which will be larger than the chest size shown to allow the wearer movement and to fit into the garment comfortably. The garment measurement will vary between 2" / 5cm to 5" / 10cm depending on the garment style and fit.

## POLOSHIRTS, FLEECES AND SOFTSHELL

SIZE	XS/8	S/10	M/12	L/14	XL/16	2XL/18	3XL/20	4XL/22
TO FIT	30-32"	32-34"	34-36"	36-38"	38-40"	40-42"	42-44"	44-46"

## BLOUSES

SIZE	6	8	10	12	14	16	18	20	22	24	26	28	30
TO FIT	30"	32"	34"	36"	38"	40"	42"	44"	46"	48"	50"	52"	54"

## TUNICS

SIZE	6	8	10	12	14	16	18	20	22	24	26	28	30
TO FIT	32"	34"	36"	38"	40"	42"	44"	46"	48"	50"	52"	54"	56"

## T-SHIRTS, POLOSHIRTS, FLEECES AND SOFTSHELL

SIZE	XS	S	M	L	XL	2XL	3XL	4XL	5XL	6XL	7XL	8XL	9XL	10XL
TO FIT	36"	38"	40-42"	42-44"	46-48"	50"	52"	54-56"	56-58"	60-62"	62-64"	66"	68"	70"

## SHIRTS

SIZE	14	14.5	15	15.5	16	16.5	17	17.5	18	18.5	19	19.5	20	21	22	23
TO FIT	34"	36"	38"	40"	42"	44"	46"	48"	50"	52"	54"	56"	58"	60"	62"	64"

## TUNICS

SIZE	XS	S	M	L	XL	2XL	3XL
TO FIT	34-36"	38-40"	42-44"	46-48"	50-52"	54-56"	58-60"