



# SIZING GUIDE

## CLOTHING

### MEASURING GUIDE

Always measure against the body including any undergarments (thermals etc) that would be worn under the outer garments.

### MEASURING YOUR CHEST

Measurements should be taken from under the arm at the fullest part around the chest horizontally around the full girth of your body.

### MEASURING YOUR WAIST

With your feet placed together, measurements should be taken from around the natural hip line (put one finger between the tape and your body before you measure).

**If in doubt go up a size!**

MENS	WOMENS	CHEST CM	WAIST CM
XS	6	86.5	71
S	10	91.5	76
M	12	96.5	81.5
L	14	101.5-106.5	86.5-91.5
XL	16	112-117	96.5-101.5
2XL	18	122-127	106.5-112
3XL	20	132-137	117-122
4XL	22	142-147.5	127-132
5XL	24	152.5-157.5	137-142
6XL	26	162.5-167.5	147.5-152.5

