## SIZE GUIDE

Men's \& Unisex (to fit)

| SIZE | Chest $(\mathrm{cm})$ | Inches | Waist $(\mathrm{cm})$ | Inches |
| :---: | :---: | :---: | :---: | :---: |
| XXS | 86 | 34 | $66-71$ | $26-28$ |
| XS | 91 | 36 | $71-76$ | $28-30$ |
| S | 96 | 38 | $76-81$ | $30-32$ |
| M | 102 | 40 | $81-86$ | $32-34$ |
| L | 107 | 42 | $86-91$ | $34-36$ |
| XL | 112 | 44 | $91-96$ | $36-38$ |
| $2 X L$ | 117 | 46 | $96-102$ | $38-40$ |
| $3 X L$ | 122 | 48 | $102-107$ | $40-42$ |
| $4 X L$ | 127 | 50 | $107-112$ | $42-44$ |



1 Chest: Measure around the largest part of your chest. Be sure not to pull the measuring tape too taut.

2 Bust: Measure around the fullest part of the bust, across your shoulders blades

3 Waist: Measure around your natural waistline and ensure the measuring tape is taut

4 Hip: Stand with your feet together and measure around the widest part of your hips. Ensure measuring tape is taut.

Women's (to fit)

| SIZE | Dress Size | Chest (cm) | Waist (cm) | Hip (cm) |
| :---: | :---: | :---: | :---: | :---: |
| XXS | 6 | $78-82$ | $58-62$ | $82-86$ |
| XS | 8 | $83-87$ | $63-67$ | $87-91$ |
| S | 10 | $88-92$ | $68-72$ | $92-96$ |
| M | 12 | $93-97$ | $73-77$ | $97-101$ |
| L | 14 | $98-102$ | $78-82$ | $102-106$ |
| XL | 16 | $103-107$ | $83-87$ | $107-111$ |
| XX | 18 | $108-112$ | $88-92$ | $112-116$ |
| $3 X L$ | 20 | $113-117$ | $93-97$ | $117-121$ |

Children's (to fit)

| SIZE | Years | Chest $(\mathrm{cm})$ | Waist $(\mathrm{cm})$ |
| :---: | :---: | :---: | :---: |
| YXXS | $3-4$ Years | $54-56$ | $50-51$ |
| YXS | $5-6$ Years | $58-60$ | $54-55$ |
| YS | $7-8$ Years | $62-64$ | $56-57$ |
| YM | $9-10$ Years | $66-68$ | $59-61$ |
| YL | $11-12$ Years | $72-76$ | $63-65$ |
| YXL | 13 Years | $78-80$ | $66-68$ |



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