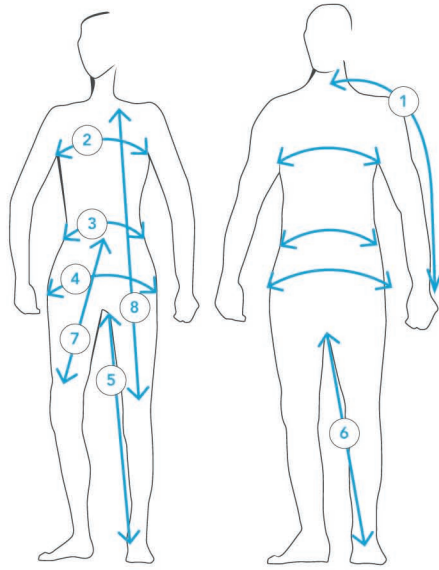




- 1. SLEEVE**

Bend elbow and measure from the centre of your neck (back) to you elbow and down to your wrist
- 2. CHEST/BUST**

Measure the fullest part of your bust, keeping the tape level to the floor
- 3. WAIST**

Measure your natural waist where your torso is the smallest
- 4. HIP**

Stand with feet together and measure the fullest part of your hips (approximately 8" below the natural waist)
- 5. CROTCH TO ANKLE**

From a standing position measure from your crotch to your ankle
- 6. PANT INSEAM**

Garment measurement from crotch to hem
- 7. SKIRT LENGTH**

Measured from top to bottom edge of garment at centre front
- 8. DRESS LENGTH**

Measuring front of garment from neckline at shoulder to hem edge

WOMEN'S SIZING - BODY MEASUREMENTS IN INCHES AND CENTIMETRES

	X-SMALL (0-2)		SMALL (4-6)		MEDIUM (8-10)		LARGE (12-14)		X LARGE (16-18)	
Bust	33"	84 cm	35"	89 cm	37"	94 cm	40"	102 cm	44"	112 cm
Waist	25"	64 cm	27"	69 cm	29"	74 cm	32"	81 cm	36"	91 cm
Hip	36"	91 cm	38"	97 cm	40"	102 cm	43"	109 cm	47"	119 cm
Sleeve	29-1/2"	75 cm	30-1/2"	77 cm	31-1/2"	80 cm	32-1/2"	83 cm	33-1/2"	85 cm
Crotch to Ankle: Regular	29"	74 cm	29"	74 cm	29"	74 cm	29-5/8"	75 cm	30-1/4"	77 cm
Crotch to Ankle: Tall	32"	81 cm	32"	81 cm	32"	81 cm	32-5/8"	83 cm	33-1/4"	84 cm

WOMEN'S NUMERIC PANT SIZING - MEASUREMENTS IN INCHES AND CENTIMETRES

	0		2		4		6		8		10		12		14	
Waist	25"	64 cm	26"	66 cm	27"	69 cm	28"	71 cm	29"	74 cm	30"	76 cm	32"	81 cm	34"	86 cm
Hip	36"	91 cm	37"	94 cm	38"	97 cm	39"	99 cm	40"	102 cm	41"	104 cm	43"	109 cm	45"	114 cm
Pant Inseam	32"	81 cm	32"	81 cm	32"	81 cm	32"	81 cm	32"	81 cm	32"	81 cm	32"	81 cm	32"	81 cm

MEN'S SIZING - BODY MEASUREMENTS IN INCHES AND CENTIMETRES

	X-SMALL		SMALL		MEDIUM		LARGE		X LARGE		XX LARGE	
Chest	36"	91 cm	38"	97 cm	40"	102 cm	43"	109 cm	46"	117 cm	50"	127 cm
Waist	29"	74 cm	31"	79 cm	33"	84 cm	36"	91 cm	39"	99 cm	43"	109 cm
Hip	36"	91 cm	38"	97 cm	40"	102 cm	43"	109 cm	46"	117 cm	50"	127 cm
Sleeve	32"	81 cm	33"	84 cm	34"	86 cm	35"	89 cm	36"	91 cm	37"	94 cm
Crotch to Ankle: Short	28-1/2"	72 cm	28-1/2"	72 cm	28-1/2"	72 cm	29-1/8"	74 cm	29-3/4"	76 cm	30-3/8"	77 cm
Crotch to Ankle: Regular	30-1/2"	77 cm	30-1/2"	77 cm	30-1/2"	77 cm	31-1/8"	79 cm	31-3/4"	81 cm	32-3/8"	82 cm
Crotch to Ankle: Tall	33-1/2"	85 cm	33-1/2"	85 cm	33-1/2"	85 cm	34-1/8"	87 cm	34-3/4"	88 cm	35-3/8"	90 cm

MEN'S NUMERIC PANT SIZING - MEASUREMENTS IN INCHES AND CENTIMETRES

	28		30		32		33		34		36		38	
Waist	28"	71 cm	30"	76 cm	32"	81 cm	33"	84 cm	34"	86 cm	36"	91 cm	38"	97 cm
Hip	35"	91 cm	37"	94 cm	39"	99 cm	40"	102 cm	41"	104 cm	43"	109 cm	45"	114 cm
Pant Inseam	32"	81 cm	32"	81 cm	33"	83 cm	33.5"	85 cm	34"	86 cm	35"	88 cm	35"	89 cm

UNISEX SIZING - BODY MEASUREMENTS IN INCHES AND CENTIMETRES

	X-SMALL		SMALL		MEDIUM		LARGE		X LARGE		XX LARGE	
Chest	34"	86 cm	37"	94 cm	40"	102 cm	43"	109 cm	46"	117 cm	50"	127 cm
Waist	27"	69 cm	30"	76 cm	33"	84 cm	36"	91 cm	39"	99 cm	43"	109 cm
Hip	36"	89 cm	38"	94 cm	40"	102 cm	43"	109 cm	46"	117 cm	50"	127 cm
Sleeve	30 1/2"	77 cm	32 1/4"	82 cm	34"	86 cm	35"	89 cm	36"	91 cm	37"	94 cm