



- A** Measure around the base of your own neck, keeping two fingers between your neck and the tape measure.
- B** Measure from the end of the shoulder and down to preferred length.
- C** Measure around your chest.
- D** Measure around the fullest part of your waist.
- E** Measure from the crotch down to the desired leg length.

### Mens's Tops and Casual Shirts (Uni-sex Tees)

Size	Chest (cm)	Chest (inch)	Arm Length	Neck
XS	87 - 91	34 - 36	61	36
S	92 - 96	36 - 38	62	37
M	97 - 101	38 - 40	64	38
L	102 - 107	40 - 42	66	39
XL	108 - 113	42 1/2 - 44 1/2	67	40
XXL	114 - 119	45 - 46	68	42
XXXL	120 - 125	47 1/2 - 48 1/2	68	45

### Womenswear Shirts

Size	Bust (cm)	Waist (cm)	Hips (cm)	Arm Length	Bi-cep Circumference	Top Shoulder to Blust	Base of Neck to Waist
4 - XXS	76	59	84	60	24	25	36
6 - XXS	80	63	88	61	25	26	36
8 - XS	85	67	92	62	26	26.5	36.5
10 - S	90	71	96	62.5	28	27	37
12 - M	95	76	101	63	30	27	37
14 - L	100	81	106	63.5	32	28	37.5
16 - L	105	86	111	64	36	29	38
18 - XL	110	92	117	64	40	29.5	38.5
20 - XL	115	98	123	64.5	44	31	39

### Mens's Tops and Casual Shirts (Uni-sex Tees)

Size	Waist (cm)	Waist (inch)	Hip
XS	72 - 76	28 - 29	84
S	77 - 81	30 - 31	89
M	82 - 86	32 - 33	94
L	87 - 91	34 - 35	99
XL	92 - 97	36 - 38	104
XXL	98.5 - 104	39 - 41	109
XXXL	105 - 111.5	42 - 44	114

International Sizing Conversion							
<b>Aust</b>	8	10	12	14	16	18	20
<b>US</b>	4	6	8	10	12	14	16
<b>UK</b>	6	8	10	12	14	16	18
<b>EUROPE</b>	34	36	38	40	42	44	46

## INTERNATIONAL SIZE CONVERSION

### Tips

- Use your exact measurements when selecting your size
- The tape should be firm but not tight
- Measure on the top of your underwear
- Ask someone to help you measure

### Sizes

- Bust - take this measurement across the fullest part of your bust, over the shoulder blades
- Waist - measure around the natural waist line keeping the tape comfortably loose
- Hip - take this measurement around the fullest part of the seat, approx 22cm or 9" down from the waist