

MEN'S SIZE GUIDE

Chest

The chest measurement is taken as a circumference measurement around your chest at the widest point. Stand in a relaxed posture and breathe out.

Waist

Measure around your waist (where you normally wear your trousers). Measure your body not over a trouser.

Size	14	14.5	15	15.5	16	16.5	17	17.5	18	18.5	19	19.5	20	21	22
Collar Inches	14	14.5	15	15.5	16	16.5	17	17.5	18	18.5	19	19.5	20	21	22
Collar cms	35.5	37	38	39.5	40.5	42	43	44.5	45.5	47	48.5	49.5	51	53.5	56
Chest inches	34	36	38	40	42	44	46	48	50	52	54	56	58	60	62
Chest cms	86.5	91.5	96.5	101.5	106.5	112	117	122	127	132	137	142	147.5	152.5	157.5
Waist inches	28	30	32	34	36	38	40	42	44	46	48	50	52	54	56
Waist cms	71	76	81	86	91	96.5	102	107	112	117	122	127	132	137	142

LADIES SIZE GUIDE

Bust

Measure under the arms at the fullest part around the bust horizontally.

Waist

Measure around your waist (where you normally wear your trousers). Measure your body not over a trouser.

Size	6	8	10	12	14	16	18	20	22	24	26	28	30
Bust Inches	30	32	34	36	38	40	42	44	46	48	50	52	54
Bust cms	76	81	86	91	97	102	107	112	117	122	127	132	137
Waist inches	23	25	27	29	31	33	35	37	39	41	43	45	47
Waist cms	59	64	69	74	79	84	89	94	99	104	109	114	119
Hip inches	32	34	36	38	40	42	44	46	48	50	52	54	56
Hip cms	81	86	91	96.5	102	107	112	117	122	127	132	137	142