



UNISEX SIZING

NECK

Measure around your neck, beginning about 2.5cm from the meeting of your neck and shoulders.

SHOULDER

Measure from the side of your neck to the edge of your shoulder where it meets the top of your arm.

SLEEVE LENGTH

Place your hand at your waist (your elbow should be bent at a 90-degree angle.) Start at the top of your shoulder and measure down your arm to your elbow, and then on to your wrist.

CHEST SIZE

Measure under your arms at the fullest part of the chest.

WAIST SIZE

Measure around your natural waistline, above your hips.

BICEP

Measure around the largest part of your upper arm.

HIP SIZE

Measure around your hips ensuring the tape measure goes around the largest part of your buttocks.

THIGH

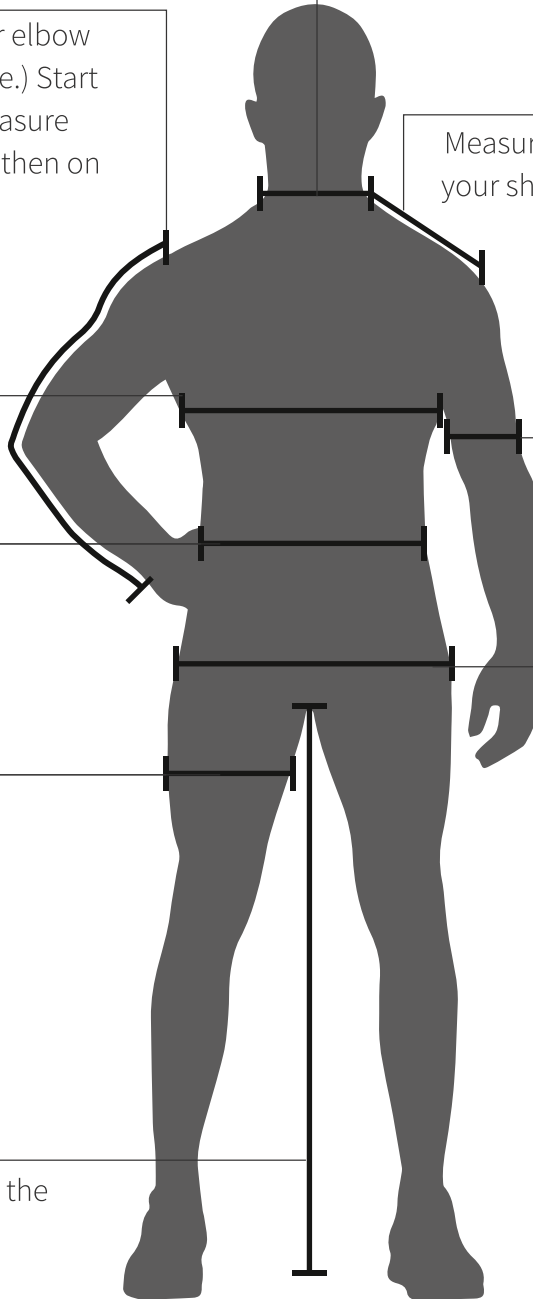
Measure around the largest part of your thigh.

INSIDE LEG

Measure from your inside crotch to the floor standing bare foot.

HEIGHT

Find a flat surface and wall. Take off your shoes and stand against the wall making sure you are stood straight and looking forward. Have someone rest a flat object on your head at a right angle to the wall and mark your height, then measure the distance from the floor to the mark on the wall.



All measurements should be in centimetres



WOMENS SIZING

NECK

Measure around your neck, beginning about 2.5cm from the meeting of your neck and shoulders.

SHOULDER

Measure from the side of your neck to the edge of your shoulder where it meets the top of your arm.

SLEEVE LENGTH

Place your hand at your waist (your elbow should be bent at a 90-degree angle.) Start at the top of your shoulder and measure down your arm to your elbow, and then on to your wrist.

CHEST SIZE

Measure under your arms at the fullest part of the chest.

BICEP

Measure around the largest part of your upper arm.

WAIST SIZE

Measure around your natural waistline, above your hips.

HIP SIZE

Measure around your hips ensuring the tape measure goes around the largest part of your buttocks.

THIGH

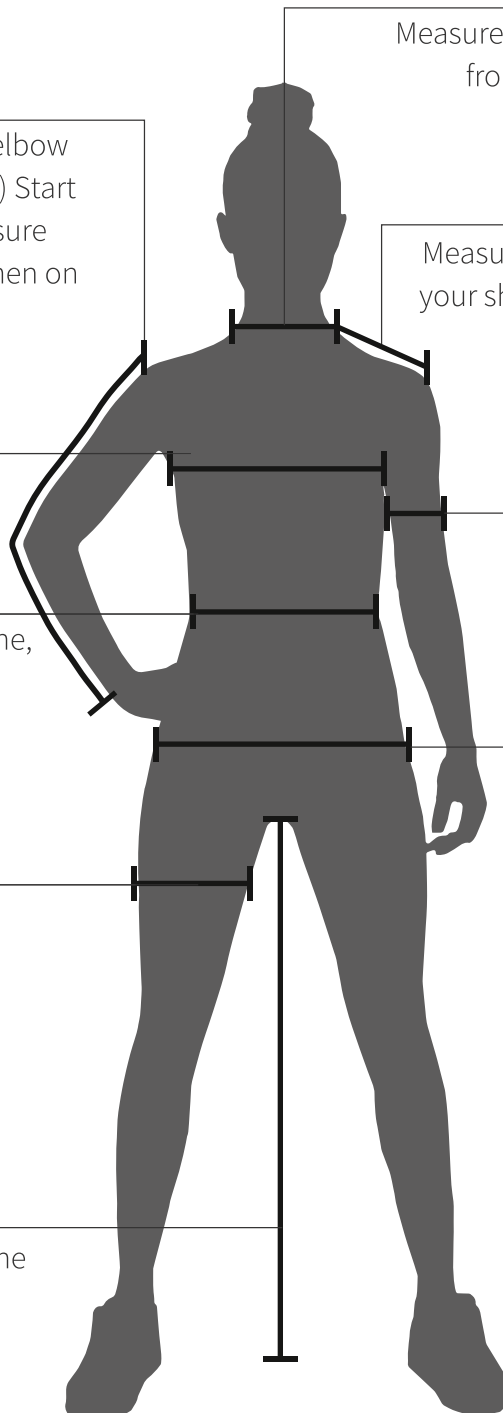
Measure around the largest part of your thigh.

INSIDE LEG

Measure from your inside crotch to the floor standing bare foot.

HEIGHT

Find a flat surface and wall. Take off your shoes and stand against the wall making sure you are stood straight and looking forward. Have someone rest a flat object on your head at a right angle to the wall and mark your height, then measure the distance from the floor to the mark on the wall.



All measurements should be in centimetres