

Sizing Guide and How to Measure Yourself

Step 1 – Bust

Measure around the fullest part of your bust, keeping the tape up under arms and around shoulder blades. Keep one finger between the tape and your body.

A. Women's Bust Measurements - cms

Size	4	6	8	10	12	14	16	18	20	22	24	26	28	30	32
Cms	75	80	85	90	95	100	105	110	115	120	125	130	135	140	145
Female Polo	XS	XS	XS	S	M	M	L	XL	2XL	2XL	3XL				
Unisex Polo				XS	S	S	M	M	L	XL	XL	2XL	3XL	3XL	4XL
Knitwear			XS	S	M	L	XL	XL	2XL	3XL	3XL				

Step 2 – Waist

Measure around your waist, keeping one finger between the tape and body.

B. Women's Waist Measurements - cms

Size	4	6	8	10	12	14	16	18	20	22	24	26	28	30	32
Cms	57	62	67	72	77	82	87	92	97	102	107	112	117	122	127

Step 3 – Hips

Stand naturally and measure around the fullest part of the hips, approximately 22cms down from the waist.

C. Women's Hips Measurements - cms

Size	4	6	8	10	12	14	16	18	20	22	24	26	28	30	32
Cms	82	87	92	97	102	107	112	117	122	127	132	137	142	147	152

Hat Sizes

Size	S – 55cms	M – 57cms	L – 59cms	XL – 61cms
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Step 1 – Neck

Measure around your neck, at collar level. Remember to place two fingers behind tape to allow for comfort.

Step 2 – Chest

Standing naturally, measure around the fullest part of the chest, keeping the tape under your arms and around your shoulder blades.

Step 3 – Waist

Measure around your waist, keeping one finger between the tap and your body. Measure over your shirt (not trousers) at the position you would normally wear your trousers.

A. Men's Collar Measurements - cms

Collar	37	38	39	41	42	43	44	46	47	48	50
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B. Men's Chest Measurements – cms/in

Cms	82	87	92	97	102	107	112	117	122	127	132	
Inches	32	34	36	38	40	42	44	46	48	50	52	
Unisex Polo	XS	S	S	M	L	L	XL	2XL	2XL	3XL	4XL	5XL
Knitwear		S	S	M	L	L	XL	2XL	2XL	3XL		

C. Men's Trousers Waist Measurements – cms/in

Size	72	77	82	87	92	97	102	107	112	117	122	127
Cms	28	30	32	34	36	38	40	42	44	46	48	50

Hat Sizes

Size	S – 55cms	M – 57cms	L – 59cms	XL – 61cms
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