Men＇s Clothing

|  | $\mathbf{S}$ | $\mathbf{M}$ | $\mathbf{L}$ | $\mathbf{X L}$ | $\mathbf{c m}$ |
| :--- | :---: | :---: | :---: | :---: | :---: |
|  | $\mathbf{c m}$ | $\mathbf{c m}$ | $\mathbf{c m}$ | $\mathbf{c m}$ | $\mathbf{c m}$ |
| Height | $170-174$ | $174-178$ | $178-182$ | $182-186$ | $186-190$ |
| Chest | $91-95$ | $96-100$ | $101-106$ | $107-112$ | $113-118$ |
| Waist | $78-82$ | $83-87$ | $88-93$ | $94-99$ | $100-105$ |
| Hip | $95-99$ | $100-104$ | $105-110$ | $111-116$ | $117-122$ |
| Inseam | $77-79$ | $79-81$ | $81-83$ | $83-85$ | $85-87$ |



1 Sleeve length：

## 2 Chest：

3 Waist：
4 Hip：

With your arms in a slightly bent position，measure from the centre of the back of your neck，along the length of your arm，to the wrist Measure the chest circumference at the fullest point keeping the tape horizontal around the body．

Measure the waist circumference at the smallest part of the waist，often at or above the belly button，keeping the tape horizontal around the body．
Measure the hip circumference at the fullest part of the seat，keeping the tape horizontal around the body

Measure the distance from the crotch to your ankle．Or you can take a pair of pants that fits and measure the inseam．

## Women's Clothing

|  | $\mathbf{X S}$ | $\mathbf{S}$ | $\mathbf{M}$ | $\mathbf{L}$ | $\mathbf{c m}$ |
| :--- | :---: | :---: | :---: | :---: | :---: |
|  | $\mathbf{c m}$ | $\mathbf{c m}$ | $\mathbf{c m}$ | $\mathbf{C L}$ |  |
| Height | $160-163$ | $163-166$ | $166-170$ | $170-174$ | $174-178$ |
| Chest | $78-82$ | $83-87$ | $88-92$ | $93-98$ | $99-104$ |
| Waist | $61-65$ | $66-70$ | $71-75$ | $76-81$ | $82-87$ |
| Hip | $86-90$ | $91-95$ | $96-100$ | $101-106$ | $107-112$ |
| Inseam | $75-76$ | $76-77$ | $77-79$ | $79-81$ | $81-83$ |



1 Sleeve length:
2 Chest:

3 Waist:
4 Hip:

With your arms in a slightly bent position, measure from the centre of the back of your neck, along the length of your arm, to the wrist
Measure the chest circumference at the fullest point keeping the tape horizontal around the body.

Measure the waist circumference at the smallest part of the waist, often at or above the belly button, keeping the tape horizontal around the body.
Measure the hip circumference at the fullest part of the seat, keeping the tape horizontal around the body.

Measure the distance from the crotch to your ankle. Or you can take a pair of pants that fits and measure the inseam.

