

## MEASURING GUIDE & TIPS ON HOW TO SELECT THE BEST SIZE FOR YOU.

- Note that all dimensions listed against each style are 'garment' measurements.
- We advise that you compare measurements against a like garment you already own that fits the way you prefer (i.e. loose or fitted).
- Be aware of your 'body' measurements when selecting size and how these relate to the 'garment' measurements.

### TO MEASURE YOUR BODY CORRECTLY:

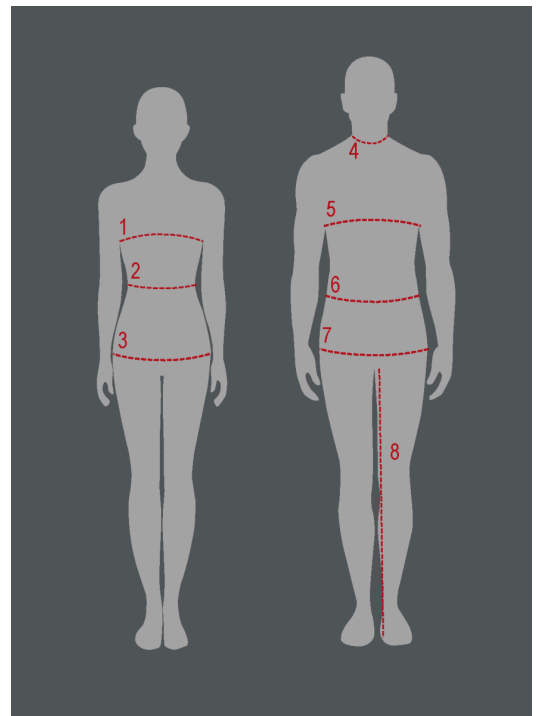
- Keep the tape firm, but not tight.
- Measure over clothing.
- Ask someone to measure you.
- Stand up straight and look ahead.

#### LADIES

1. **BUST** – measure around the fullest part, keeping tape under arm and across the shoulder blades
2. **WAIST** – Measure around narrowest part of waist.
3. **HIP** – Measure around fullest part of seat, approx. 22cm down from the waist

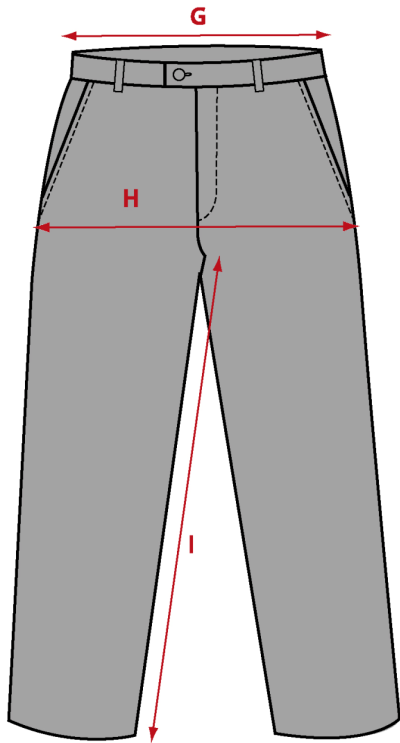
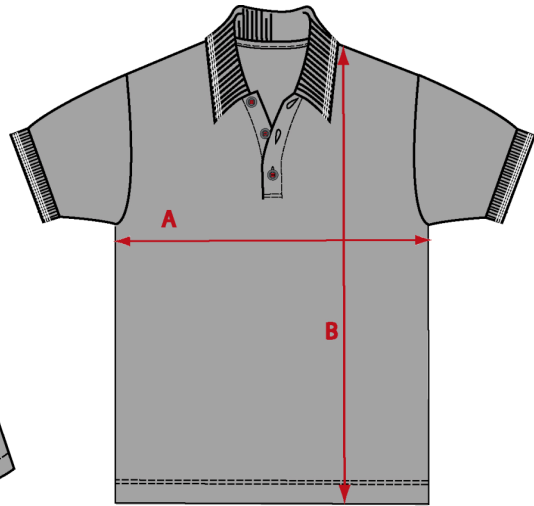
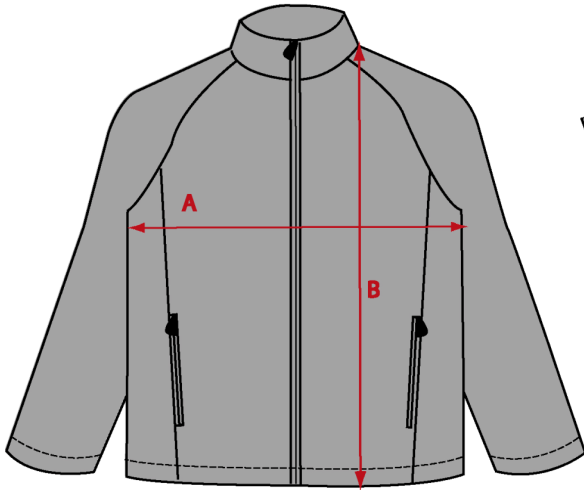
#### MENS

4. **NECK** – Measure around neck where collar would normally sit.
5. **CHEST** – Measure around the fullest part, keeping tape under arm and across shoulder blades.
6. **WAIST** – Measure around waist where you would normally wear your trousers.
7. **HIP** – Measure around fullest part of seat.
8. **INLEG** – Measure from crotch to floor with shoes on

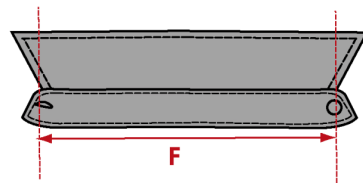
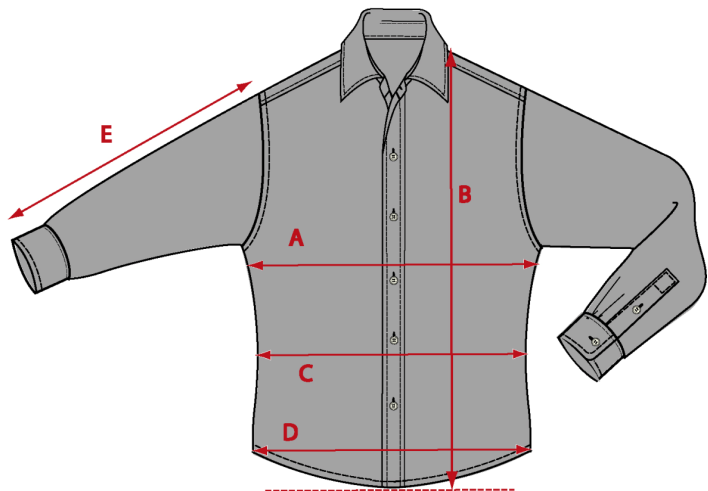


### TO MEASURE GARMENTS CORRECTLY:

- Follow relevant garment type diagram to see how dimensions listed on each style are measured.
- Please allow a tolerance of -1/+1cm for each measurement.
- When comparing to your favourite existing garment be sure to lie garment flat and measure in the same position as diagrams.



\*Note 'BACK LENGTH' is measured from neck seam to hem.



- A = CHEST or BUST - Measure just below armhole edge to edge.
- B = BODY LENGTH – Measure from neck point to hem.
- C = WAIST – For shirts and jackets measure at narrowest point.
- D = HIP - For shirts and jackets measure at hem (except for coat).
- E = SLEEVE LENGTH – For shirts measure from shoulder seam to edge of cuff.
- F = NECK – For shirts measure from buttonhole to button.
- G = WAIST – For trousers and skirts measure straight across fastened waistband.
- H = HIP – For trousers and skirts measure at widest part approx 22cm down from waist.
- I = INLEG – Measure from crotch to hem.