

SIZE GUIDE

Men's (to fit)

SIZE	Chest (cm)	Inches	Waist (cm)	Inches
XXS	86	34	66-71	26-28
XS	91	36	71-76	28-30
S	96	38	76-81	30-32
M	102	40	81-86	32-34
L	107	42	86-91	34-36
XL	112	44	91-96	36-38
2XL	117	46	96-102	38-40
3XL	122	48	102-107	40-42
4XL	127	50	107-112	42-44

Women's (to fit)

SIZE	Dress Size	Chest (cm)	Waist (cm)	Hip (cm)
XXS	6	78-82	58-62	82-86
XS	8	83-87	63-67	87-91
S	10	88-92	68-72	92-96
M	12	93-97	73-77	97-101
L	14	98-102	78-82	102-106
XL	16	103-107	83-87	107-111
2XL	18	108-112	88-92	112-116
3XL	20	113-117	93-97	117-121



1 Chest: Measure around the largest part of your chest. Be sure not to pull the measuring tape too taut.

2 Bust: Measure around the fullest part of the bust, across your shoulder blades.

3 Waist: Measure around your natural waistline and ensure the measuring tape is taut.

4 Hip: Stand with your feet together and measure around the widest part of your hips. Ensure measuring tape is taut.

