

# SIZE GUIDELINES

POLO SHIRTS, T-SHIRTS, SWEATSHIRTS, JACKETS									
UK	XS	S	M	L	XL	2XL	3XL	4XL	5XL
CHEST TO FIT (INCHES)	34-36	36-38	38-41	41-44	44-46	46-50	50-52	52-56	56-58
CHEST TO FIT (CMS)	85-90	90-95	95-102.5	102.5-110	110-115	115-125	125-130	130-140	140-145
EUR	44-46	46-48	48-52	52-56	56-58	58-62	62-64	64-66	66-68
DE	42-44	44-46	46-50	50-54	54-56	56-60	60-62	62-66	66-68
NL	42-44	44-46	46-50	50-54	54-56	56-60	60-62	62-66	66-68

LADIES POLO SHIRTS									
UK	8	10	12	14	16	18	20	22	24
BUST TO FIT (INCHES)	34-36	36-38	38-40	40-42	42-44	44-46	46-48	48-50	50-52
BUST TO FIT (CMS)	85-90	90-95	95-100	100-105	105-110	110-115	115-120	120-125	125-130
EUR	44-46	46-48	48-50	50-54	54-56	56-58	58-60	60-62	62-64
DE	42-44	44-46	46-48	48-52	52-54	54-56	56-58	58-60	60-62
NL	42-44	44-46	46-48	48-52	52-54	54-56	56-58	58-60	60-62

WATERPROOF JACKETS									
UK	XS	S	M	L	XL	2XL	3XL	4XL	5XL
CHEST TO FIT (INCHES)	34-36	36-38	38-41	41-44	44-46	46-50	50-52	52-56	56-58
CHEST TO FIT (CMS)	85-90	90-95	95-102.5	102.5-110	110-115	115-125	125-130	130-140	140-145
EUR	44-46	46-48	48-52	52-56	56-58	58-62	62-64	64-66	66-68
DE	42-44	44-46	46-50	50-54	54-56	56-58	58-60	60-62	62-64
NL	42-44	44-46	46-50	50-54	54-56	56-58	58-60	60-62	62-64

WATERPROOF SALOPETTES									
UK	XS	S	M	L	XL	2XL	3XL	4XL	5XL
WAIST TO FIT (INCHES)	35	37	39	41	43	45	47	49	51
WAIST TO FIT (CMS)	89	94	99	104	109	114	119	124	129
INSIDE LEG TO FIT (INCHES)	32	32	32	32	32	32	32	32	32
INSIDE LEG TO FIT (CMS)	81	81	81	81	81	81	81	81	81
EUR	50R	52R	54R	56R	58R	60R	62R	64R	66R
DE	48	50	52	54	56	58	60	62	64
NL	48R	50R	52R	54R	56R	58R	60R	62R	64R

BASELAYERS									
UK	XS	S	M	L	XL	2XL	3XL	4XL	5XL
CHEST TO FIT (INCHES)	34-36	36-38	38-41	41-44	44-46	46-50	50-52	52-56	56-58
CHEST TO FIT (CMS)	85-90	90-95	95-102.5	102.5-110	110-115	115-125	125-130	130-140	140-145
WAIST TO FIT (INCHES)	26.8	29.9	33.1	36.2	39.4	42.5	45.7	48.8	51.9
WAIST TO FIT (CMS)	68	76	84	92	100	108	116	124	132
BODY LENGTH (CMS)	164-172	164-172	172-180	172-180	180-188	180-188	188-196	188-196	188-196

MENS TROUSERS/DUNGAREES (SHORT)													
UK	30"S	32"S	34"S	35"S	36"S	38"S	40"S	42"S	44"S	46"S	48"S	50"S	52"S
WAIST TO FIT (INCHES)	30	32	34	35	36	38	40	42	44	46	48	50	52
WAIST TO FIT (CMS)	75	80	85	87.5	90	95	100	105	110	115	120	125	130
INSIDE LEG TO FIT (INCHES)	30	30	30	30	30	30	30	30	30	30	30	30	30
INSIDE LEG TO FIT (CMS)	76	76	76	76	76	76	76	76	76	76	76	76	76
EUR	44S	46S	50S	51S	52S	54S	56S	58S	60S	62S	64S	66S	68S
DE	22	23	24	25	26	27	28	29	30	31	32	33	34
NL	42S	44S	48S	49S	50S	52S	54S	56S	58S	60S	62S	64S	66S
SE	D84	D88	D92	D94	D96	D100	D104	D108	D112	D116	D120	D124	D128

MENS TROUSERS/DUNGAREES (REGULAR)													
UK	30"R	32"R	34"R	35"R	36"R	38"R	40"R	42"R	44"R	46"R	48"R	50"R	52"R
WAIST TO FIT (INCHES)	30	32	34	35	36	38	40	42	44	46	48	50	52
WAIST TO FIT (CMS)	75	80	85	87.5	90	95	100	105	110	115	120	125	130
INSIDE LEG TO FIT (INCHES)	32	32	32	32	32	32	32	32	32	32	32	32	32
INSIDE LEG TO FIT (CMS)	81	81	81	81	81	81	81	81	81	81	81	81	81
EUR	44R	46R	50R	51R	52R	54R	56R	58R	60R	62R	64R	66R	68R
DE	44	46	48	50	52	54	56	58	60	62	64	66	68
NL	42R	44R	48R	49R	50R	52R	54R	56R	58R	60R	62R	64R	66R
SE	C44	C46	C50	C51	C52	C54	C56	C58	C60	C62	C64	C66	C68

Note: This size chart was correct at the time of going to print.

# SIZE GUIDELINES

MENS TROUSERS/DUNGAREES (TALL)													
UK	30" T	32" T	34" T	35" T	36" T	38" T	40" T	42" T	44" T	46" T	48" T	50" T	52" T
WAIST TO FIT (INCHES)	30	32	34	35	36	38	40	42	44	46	48	50	52
WAIST TO FIT (CMS)	75	80	85	87.5	90	95	100	105	110	115	120	125	130
INSIDE LEG TO FIT (INCHES)	34	34	34	34	34	34	34	34	34	34	34	34	34
INSIDE LEG TO FIT (CMS)	86	86	86	86	86	86	86	86	86	86	86	86	86
EUR	44L	46L	50L	51L	52L	54L	56L	58L	60L	62L	64L	66L	68L
DE	90	94	98	102	106	110	114	118	122	126	130	134	138
NL	42L	44L	48L	49L	50L	52L	54L	56L	58L	60L	62L	64L	66L
SE	C144	C146	C150	C151	C152	C154	C156	C158	C160	C162	C164	C166	C168

MENS COVERALLS (SHORT)													
UK	38" S	40" S	42" S	43" S	44" S	46" S	48" S	50" S	52" S	54" S	56" S	58" S	60" S
CHEST TO FIT (INCHES)	36-38	38-40	40-42	42-43	43-44	44-46	46-48	48-50	50-52	52-54	54-56	56-58	58-60
CHEST TO FIT (CMS)	90-95	95-100	100-105	105-107.5	107.5-110	110-115	115-120	120-125	125-130	130-135	135-140	140-145	145-150
INSIDE LEG TO FIT (INCHES)	29.5	29.5	29.5	29.5	29.5	29.5	29.5	29.5	29.5	29.5	29.5	29.5	29.5
INSIDE LEG TO FIT (CMS)	75	75	75	75	75	75	75	75	75	75	75	75	75
EUR	48S	50S	54S	55S	56S	58S	60S	62S	64S	66S	68S	70S	72S
DE	24	25	26	27	28	29	30	31	32	-	33	-	34
NL	46S	48S	52S	53S	54S	56S	58S	60S	62S	64S	66S	68S	70S

MENS COVERALLS (REGULAR)													
UK	38" R	40" R	42" R	43" R	44" R	46" R	48" R	50" R	52" R	54" R	56" R	58" R	60" R
CHEST TO FIT (INCHES)	36-38	38-40	40-42	42-43	43-44	44-46	46-48	48-50	50-52	52-54	54-56	56-58	58-60
CHEST TO FIT (CMS)	90-95	95-100	100-105	105-107.5	107.5-110	110-115	115-120	120-125	125-130	130-135	135-140	140-145	145-150
INSIDE LEG TO FIT (INCHES)	31.5	31.5	31.5	31.5	31.5	31.5	31.5	31.5	31.5	31.5	31.5	31.5	31.5
INSIDE LEG TO FIT (CMS)	80	80	80	80	80	80	80	80	80	80	80	80	80
EUR	48R	50R	54R	55R	56R	58R	60R	62R	64R	66R	68R	70R	72R
DE	48	50	52	54	56	58	60	62	64	65	66	67	68
NL	46R	48R	52R	53R	54R	56R	58R	60R	62R	64R	66R	68R	70R

MENS COVERALLS (TALL)													
UK	38" T	40" T	42" T	43" T	44" T	46" T	48" T	50" T	52" T	54" T	56" T	58" T	60" T
CHEST TO FIT (INCHES)	36-38	38-40	40-42	42-43	43-44	44-46	46-48	48-50	50-52	52-54	54-56	56-58	58-60
CHEST TO FIT (CMS)	90-95	95-100	100-105	105-107.5	107.5-110	110-115	115-120	120-125	125-130	130-135	135-140	140-145	145-150
INSIDE LEG TO FIT (INCHES)	33.5	33.5	33.5	33.5	33.5	33.5	33.5	33.5	33.5	33.5	33.5	33.5	33.5
INSIDE LEG TO FIT (CMS)	85	85	85	85	85	85	85	85	85	85	85	85	85
EUR	48L	50L	54L	55L	56L	58L	60L	62L	64L	66L	68L	70L	72L
DE	98	102	106	110	114	118	122	126	130	132	134	136	138
NL	46L	48L	52L	53L	54L	56L	58L	60L	62L	64L	66L	68L	70L

LADIES TROUSERS/DUNGAREES (SHORT)										
UK	8S	10S	12S	14S	16S	18S	20S	22S	24S	
WAIST TO FIT (INCHES)	30.7	32.7	34.6	36.6	38.6	40.6	42.5	44.5	46.5	
WAIST TO FIT (CMS)	78	83	88	93	98	103	108	113	118	
HIPS TO FIT (INCHES)	40.6	42.5	44.5	46.5	48.4	50.4	52.4	54.3	56.3	
HIPS TO FIT (CMS)	103	108	113	118	123	128	133	138	143	
INSIDE LEG TO FIT (INCHES)	27.6	27.6	27.6	27.6	27.6	27.6	27.6	27.6	27.6	
INSIDE LEG TO FIT (CMS)	70	70	70	70	70	70	70	70	70	
DE	17	18	19	20	21	22	23	24	25	
SE	D17	D18	D19	D20	D21	D22	D23	D24	D25	

LADIES TROUSERS/DUNGAREES (REGULAR)										
UK	8R	10R	12R	14R	16R	18R	20R	22R	24R	
WAIST TO FIT (INCHES)	30.7	32.7	34.6	36.6	38.6	40.6	42.5	44.5	46.5	
WAIST TO FIT (CMS)	78	83	88	93	98	103	108	113	118	
HIPS TO FIT (INCHES)	40.6	42.5	44.5	46.5	48.4	50.4	52.4	54.3	56.3	
HIPS TO FIT (CMS)	103	108	113	118	123	128	133	138	143	
INSIDE LEG TO FIT (INCHES)	29.5	29.5	29.5	29.5	29.5	29.5	29.5	29.5	29.5	
INSIDE LEG TO FIT (CMS)	75	75	75	75	75	75	75	75	75	
DE	34	36	38	40	42	44	46	48	50	
SE	C36	C38	C40	C42	C44	C46	C48	C50	C52	

Note: This size chart was correct at the time of going to print.

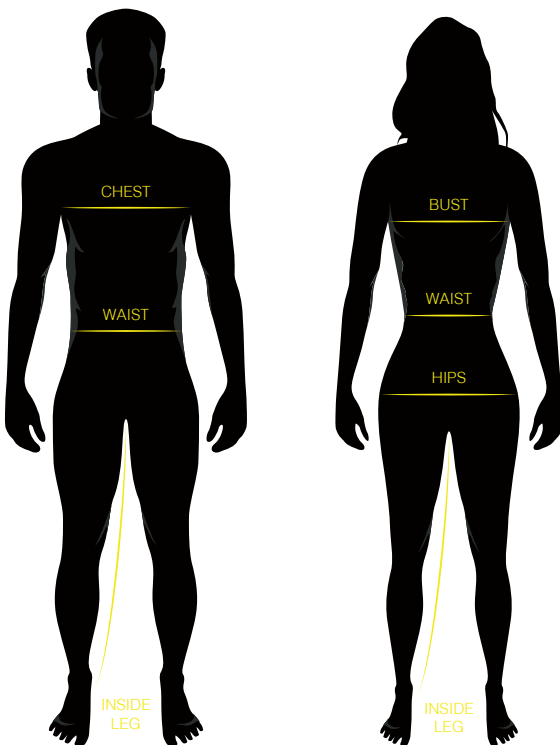
# SIZE GUIDELINES

LADIES TROUSERS/DUNGAREES (TALL)									
UK	8T	10T	12T	14T	16T	18T	20T	22T	24T
WAIST TO FIT (INCHES)	30.7	32.7	34.6	36.6	38.6	40.6	42.5	44.5	46.5
WAIST TO FIT (CMS)	78	83	88	93	98	103	108	113	118
HIPS TO FIT (INCHES)	40.6	42.5	44.5	46.5	48.4	50.4	52.4	54.3	56.3
HIPS TO FIT (CMS)	103	108	113	118	123	128	133	138	143
INSIDE LEG TO FIT (INCHES)	31.5	31.5	31.5	31.5	31.5	31.5	31.5	31.5	31.5
INSIDE LEG TO FIT (CMS)	80	80	80	80	80	80	80	80	80
DE	68	72	76	80	84	88	92	96	100
SE	C136	C138	C140	C142	C144	C146	C148	C150	C152

LADIES COVERALLS (SHORT)									
UK	8S	10S	12S	14S	16S	18S	20S	22S	24S
BUST TO FIT (INCHES)	34-36	36-38	38-40	40-42	42-44	44-46	46-48	48-50	50-52
BUST TO FIT (CMS)	85-90	90-95	95-100	100-105	105-110	110-115	115-120	120-125	125-130
INSIDE LEG TO FIT (INCHES)	27.6	27.6	27.6	27.6	27.6	27.6	27.6	27.6	27.6
INSIDE LEG TO FIT (CMS)	70	70	70	70	70	70	70	70	70

LADIES COVERALLS (REGULAR)									
UK	8R	10R	12R	14R	16R	18R	20R	22R	24R
BUST TO FIT (INCHES)	34-36	36-38	38-40	40-42	42-44	44-46	46-48	48-50	50-52
BUST TO FIT (CMS)	85-90	90-95	95-100	100-105	105-110	110-115	115-120	120-125	125-130
INSIDE LEG TO FIT (INCHES)	29.5	29.5	29.5	29.5	29.5	29.5	29.5	29.5	29.5
INSIDE LEG TO FIT (CMS)	75	75	75	75	75	75	75	75	75

LADIES COVERALLS (TALL)									
UK	8T	10T	12T	14T	16T	18T	20T	22T	24T
BUST TO FIT (INCHES)	34-36	36-38	38-40	40-42	42-44	44-46	46-48	48-50	50-52
BUST TO FIT (CMS)	85-90	90-95	95-100	100-105	105-110	110-115	115-120	120-125	125-130
INSIDE LEG TO FIT (INCHES)	31.5	31.5	31.5	31.5	31.5	31.5	31.5	31.5	31.5
INSIDE LEG TO FIT (CMS)	80	80	80	80	80	80	80	80	80



## HOW TO MEASURE AND PICK THE RIGHT SIZE

### Chest / Bust measurement

Measure the circumference of your chest/bust below the armpit, measure the widest point.

**Example 1:** if your chest measures 102cm, for polo shirt the most suitable size would be M.

**Example 2:** if your bust measures 98cm, for ladies' polo shirt the most suitable size would be 12.

Note: some garments such as Softshell Jackets would have a slim fit and it may be best to pick one size up if you prefer a looser fit.

### Waist measurement

Measure tightly around the waist and pick size accordingly, if your measurements fall in-between two sizes, we recommend picking the larger one, remember to check your inside leg measurement.

### Hip measurement

Measure tightly around the widest part of the hip, also measure the waist and pick size accordingly. If your measurements fall in-between two sizes, we recommend picking the larger one, remember to check your inside leg measurement.

### Inside leg measurement

Measure the distance between crotch and ankle and pick size that is the same or slightly longer than your measurement.