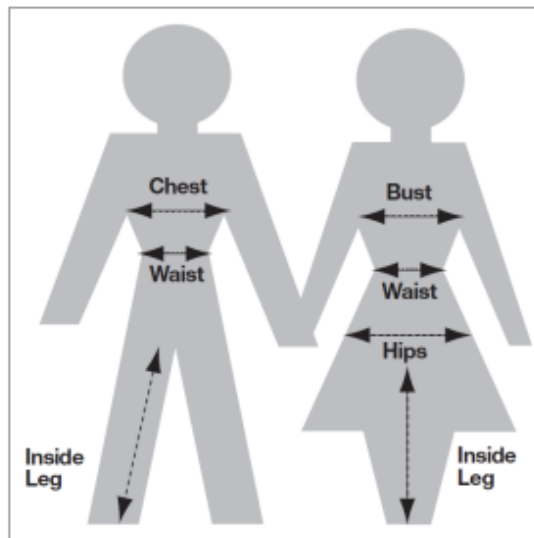




Uniform Measuring Guide

This guide will give you all the information you need relating to your Uniform. The guide will assist with assessing your correct sizing. A good fit is vital for a professional look and wearer comfort.



How to Measure

Please follow these guidelines when choosing your garments.

- Take body measurements and do not measure your clothing
- Check whether the garments you are measuring for is sized in cm or inches.
- Use the same unit of measurement when measuring.
- Ask someone else to measure you for greater accuracy.
- Take the measurements from the fullest part of your body.
- Do not pull the tape too tight.
- Choose the length of your item of clothing from an existing garment in your wardrobe.
- Always order the garment to accommodate the largest body measurement

Where to Measure

Bust or Chest – Measure over the fullest part of the chest under the arms and straight across the back.

Waist – Measure around the natural waistline- with the tape snug but not tight.

Hips/Seat – Measure the fullest part of the body, generally 20cm below waist.

Inside Leg – Measure from the crotch to the finished length required.

Cotton Polo's (Men's) available in White, Navy & Black

Size	XS	S	M	L	XL	XXL	3XL
Size:	XS	S	M	L	XL	XXL	3XL
Chest (to fit):	34/36	36/38	38/40	42	44/46	48	50/52

Cotton Polo's (Ladies) available in White, Navy & Black

Size	10	12	14	16	18
Size:	S	M	L	XL	XXL
Ladies size:	10	12	14	16	18
Chest (to fit):	32/34	34/36	36/38	38/40	40/42

Cool Polo's – Unisex available in Jet Black and French Navy

Size	S	M	L	XL	XXL
Size:	S	M	L	XL	XXL
Chest (to fit):	37/39	39/41	41/43	43/45	45/48

Cool Round Neck T-shirts (Unisex)

Size	XS	S	M	L	XL	XXL	3XL	4XL	5XL
Size:	XS	S	M	L	XL	XXL	3XL	4XL	5XL
Chest (to fit):	35/37	37/39	39/41	41/43	43/45	45/48	48/50	51/53	54/56

Sweatshirts (Unisex) available in Navy & Black

Size	S	M	L	XL	XXL	3XL	4XL	5XL	6XL	7XL
Size:	S	M	L	XL	XXL	3XL	4XL	5XL	6XL	7XL
Chest (to fit):	36	40	44	48	52	56	60	62	64	66

Light Weight knitwear V-Neck Sweater (Men's)

Size	XXS	XS	S	M	L	XL	XXL	3XL	4XL
-------------	------------	-----------	----------	----------	----------	-----------	------------	------------	------------

Size:	XXS	XS	S	M	L	XL	XXL	3XL	4XL
-------	-----	----	---	---	---	----	-----	-----	-----

Chest (to fit):	32/34	34/36	36/38	38/40	42	44/46	48	50/52	54
-----------------	-------	-------	-------	-------	----	-------	----	-------	----

Light Weight Knitwear V-Neck Sweater (Ladies)

Size	XXS	XS	S	M	L	XL	XXL	3XL	4XL
-------------	------------	-----------	----------	----------	----------	-----------	------------	------------	------------

Size:	XXS	XS	S	M	L	XL	XXL	3XL	4XL
-------	-----	----	---	---	---	----	-----	-----	-----

Ladies size:	6	8	10	12	14	16	18	20	22
--------------	---	---	----	----	----	----	----	----	----

Chest (to fit):	28/30	30/32	32/34	34/36	36/38	38/40	40/42	42/44	44/46
-----------------	-------	-------	-------	-------	-------	-------	-------	-------	-------

Combat Trouser

- Leg lengths - S (29"), R (32"), T (35")
- Sizes: 28"- 52" (waist to Fit)



Jackets (Men's)

Size	S	M	L	XL	XXL	3XL	4XL
-------------	----------	----------	----------	-----------	------------	------------	------------

Size:	S	M	L	XL	XXL	3XL	4XL
-------	---	---	---	----	-----	-----	-----

Chest (to fit):	37/38	39/40	41/42	43/44	46/48	49/51	52/54
-----------------	-------	-------	-------	-------	-------	-------	-------

Jacket (Ladies)

Size	8	10	12	14	16	18
-------------	----------	-----------	-----------	-----------	-----------	-----------

Size:	XS	S	M	L	XL	XXL
-------	----	---	---	---	----	-----

Ladies size:	8	10	12	14	16	18
--------------	---	----	----	----	----	----

Chest (to fit):	32	34	36	38	40	43
-----------------	----	----	----	----	----	----

Soft Shell Jackets (Men's)

Size	XS	S	M	L	XL	XXL	3XL	4XL
Size:	XS	S	M	L	XL	XXL	3XL	4XL
Chest (to fit):	34/36	36/38	38/40	40/42	42/44	44/46	46/48	48/50

Soft Shell Jacket (Ladies)

Size:	XS	S	M	L	XL	XXL	3XL	4XL
Ladies size:	8	10	12	14	16	18	20	22
Chest (to fit):	30/32	32/34	34/36	36/38	38/40	40/42	42/44	44/46