



## SIZING CHART

Measurements refer to average body size not garment dimensions.

Wearing ease alters depending on style and fabric.

This chart is to be used as a guide.

WOMEN	8	10	12	14	16
Waist	65-68	70-73	75-78	80-83	85-88
Hip	90-93	95-98	100-103	105-108	110-113
Bust	82-85	87-90	92-95	97-100	102-105
Sleeve	75	77.5	80	82.5	85
Inseam Leg	63	66	69	72	75

MEN	S	M	L	XL	XXL
Waist	76-79	81-84	86-89	91-94	96-99
Chest	93.5-96.5	98.5-101.5	103.5-106.5	108.5-111.5	113.5-116.5
Sleeve	79	80	83	86	89
Inseam Leg	72	75	78	81	84

All measurements are in cm unless otherwise noted.

### GUIDE TO TAKING MEASUREMENTS

- Chest & Bust** Take measurement around fullest part of the chest, just under the arms and across the shoulder blades.
- Sleeve** With elbow bent, measure from centre back of neck (at C7 vertebra) to elbow and down to prominent outside wrist bone.
- Waist** Men: Measure around the waist at the height you prefer to wear the waistband  
Women: Measure around smallest circumference at waist.
- Hips** Stand with feet together and measure largest circumference at hips.
- Inseam** Measure a pair of pants that fit well from crotch to bottom of leg.

**Sizing increase/decrease width**

Basic Grade = 50mm per size  
Shellwear = 80mm per size