

SIZE GUIDE

ALL SIZES ARE APPROXIMATE AND SHOULD BE USED AS A GUIDE ONLY.

OUTER JACKET

Garment Size	XS	S	M	L	XL	2XL	3XL	4XL	5XL	
To fit Size (approx)	34-36	38	40-42	44	46-48	50	52-54	56	58	

MEN'S SOFT-SHELL FLEECE

Garment Size	XS	S	M	L	XL	2XL	3XL	4XL	5XL	
To fit Size (approx)	34-36	38	40-42	44	46-48	50	52-54	56	58	

POLO SHIRTS / SWEATSHIRT / T-SHIRT / FLEECE

Garment Size	XS	S	M	L	XL	2XL	3XL	4XL	5XL	
To fit Size (approx)	34-36	36	38-40	42	44-46	48	50-52	54-56	58	

WORKWEAR TROUSERS

Garment Size	28	30	32	34	36	38	40	42	44	46	48	50	
Size	XS	S		M		L		XL	2XL	3XL	4XL	5XL	
To fit Size Waist In Inch	28	30	32	34	36	38	40	42	44	46	48	50	
To fit Size Waist In cm	71	76	81	86	91	96	101	106	112	117	122	127	
INSIDE LEG - Short - Inch	29	29	29	29	29	29	29	29	29	29	29	29	
INSIDE LEG - Regular - Inch	31	31	31	31	31	31	31	31	31	31	31	31	
INSIDE LEG - Tall - Inch	33	33	33	33	33	33	33	33	33	33	33	33	

WORKWEAR SHORT'S

Garment Size	28	30	32	34	36	38	40	42	44	46	48	50	
To fit Size Waist In Inch	28	30	32	34	36	38	40	42	44	46	48	50	
To fit Size Waist In cm	71	76	81	86	91	96	101	106	112	117	122	127	
INSIDE LEG - Short - Inch	7	7	7.5	7.5	7.5	7.5	7.5	8	8	8	8	8	

OVERTROUSERS & SALOPETTES

Garment Size	XS	S	M	L	XL	2XL	3XL	4XL	
To fit Size (approx)	26	28-30	32-34	36-38	40	42-44	46-48	50	

COVERALL

Garment Size	XS	S	M	L	XL	2XL	3XL	4XL	
To fit Size (approx)	32	34-36	38-40	42-44	46-48	50-52	54-56	58	

MEN'S SHIRT

Garment Size	14	14.5	15	15.5	16	16.5	17	17.5	18	18.5	19	19.5	20	20.5	21
Collar Size Inch	14	14.5	15	15.5	16	16.5	17	17.5	18	18.5	19	19.5	20	20.5	21
Collar Size cm (approx)	35	37	38	39	41	42	43	44	46	47	48	49	51	52	53
Size's	XS	S		M		L		XL		2XL		3XL		4XL	
To fit Chest Size In Inch	32-34			35-37		41-43		44-46		47-49		50-52		52-54	

MALE FORMAL TROUSERS

Garment Size	28	30	32	34	36	38	40	42	44	46	48	50	52	54	
INSIDE LEG - Short - Inch	29	29	29	29	29	29	29	29	29	29	29	29	29	29	
INSIDE LEG - Regular - Inch	31	31	31	31	31	31	31	31	31	31	31	31	31	31	
INSIDE LEG - Tall - Inch	33	33	33	33	33	33	33	33	33	33	33	33	33	33	
INSIDE LEG - Unfinished - Inch	36	36	36	36	36	36	36	36	36	36	36	36	36	36	

MALE TUNIC

Garment Size	30	32	34	36	38	40	42	44	46	48	50	52	
To fit Size Chest Size Inch	30	32	34	36	38	40	42	44	46	48	50	52	
Size (approx)	XXS	XS	S		M		L		XL	2XL	3XL	4XL	

WORKWEAR TROUSERS FEMALE

Garment Size	8	10	12	14	16	18	20	22	24	26	28	
To fit Size Waist In Inch	26.5	28	29	31	33	36	39	40.5	43	45.5	48	
To fit Size Waist In cm	67.5	71	74	79	84	91.5	99	103	109	116	123	
INSIDE LEG - Short - Inch	27	27	27	27	27	27	27	27	27	27	27	
INSIDE LEG - Regular - Inch	29	29	29	29	29	29	29	29	29	29	29	
INSIDE LEG - Tall - Inch	31	31	31	31	31	31	31	31	31	31	31	

OUTER JACKET FEMALE / SOFT-SHELL FLEECE FEMALE / POLO SHIRTS FEMALE / SWEATSHIRT FEMALE / FLEECE FEMALE

Garment Size	XS	S	M	L	XL	2XL						
Female Size's	8	10	12	14	16	18						
Bust / Chest Size (approx)	30-32	34-36	38	40	42	44						

LADIES SHIRTS & BLOUSES

Garment Size	8	10	12	14	16	18	20	22	24	26	28	30	
Garment Size	XS	S	M	L	2XL	3XL	4XL	5XL					
Bust / Chest Size Inch (approx)	32	34	36	38	40	42	44	46	48	50	52	54	
Bust / Chest Size cm (approx)	81	86	91	97	102	107	112	117	122	127	132	137	

FEMALE FORMAL TROUSERS

Garment Size	8	10	12	14	16	18	20	22	24	26	28	30	
INSIDE LEG - Short - Inch	27	27	27	27	27	27	27	27	27	27	27	27	
INSIDE LEG - Regular - Inch	29	29	29	29	29	29	29	29	29	29	29	29	
INSIDE LEG - Tall - Inch	31	31	31	31	31	31	31	31	31	31	31	31	
INSIDE LEG - Unfinished - Inch	36	36	36	36	36	36	36	36	36	36	36	36	

LADIES TUNIC

Garment Size	6	8	10	12	14	16	18	20	22	24	26	28	30	32	
Bust / Chest Size Inch (approx)	32	34	36	38	40	42	44	46	48	50	52	54	56		
Size (approx)	XS	S	M	L	XL	2XL	3XL	4XL	5XL						

FOOTWEAR SIZE GUIDE

Footwear Size's	3	4	5	6	7	8	9	10	11	12	13	
European Footwear Size's	36	37	38	39	41	42	43	44	46	47	48	

SCRUB TROUSER

Size's	XS	S	M	L	XL	2XL	3XL	4XL	5XL	
Sizing In Inch (approx) only	26	28-30	32-34	36-38	40-42	44-46	48-50	52-54	56	
Ladies Size (approx) only	8	10	12-14	16-18	20-22	22-24	26-28	30-32	34-36	

HOW TO MEASURE

ENSURE TAPE MEASURE IS TIGHT AGAINST SKIN

• NECK

Measure round the neck where the collar sits, alternatively you can measure a shirt that fits well. Lay the shirt flat, start at the middle of the button and measure to the far end of the button hole.

• CHEST

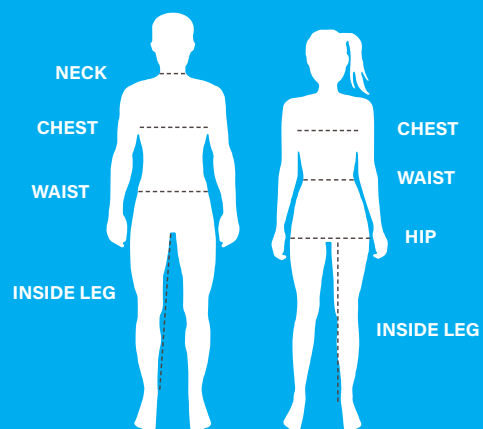
Measure around the fullest part of your chest and across your shoulder blades.

• WAIST

Measure around your natural waist (smallest part of the waist) keep the tape measure taut.

• INSIDE LEG

Measure from the inside leg at the crotch to where the trouser hem is to sit on the shoe, alternatively you can measure a trouser that fits you well.



Information Garments have been manufactured to accommodate freedom of movement. Not all the range are available in all sizes please refer to individual garment text for inner garments so may appear larger. Before customising garments please ensure fit is correct as we do not accept the return or exchange of customised garments. All sizes are approximate and should be used as a guide only. Unpadded interactive jackets are made with a size allowance to accommodate interactive