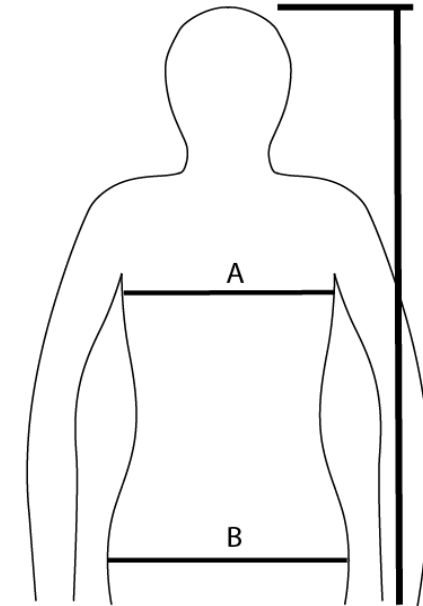


# Size guide

TOPS												
A- Chest measurement approx. in cm												
A	74-79	79-84	84-89	89-94	94-99	99-104	104-109	109-114	114-119	119-129	129-139	139-159
INT.												
UK												
Ladies Size, Upper Parts												
INT.	XS	S	M	L	XL	XXL	3XL	4XL	5XL	6XL		
UK	8	10	12	14	16	18	20	22	24	26		
Men Size, Upper Parts												
INT.			XS	S	M	L	XL	XXL	3XL	4XL	5XL	6XL
UK			14	15	15,5	16,5	17,5	18,5	19,5	20,5	21,5	22,5
Unisex Size, Upper Parts												
INT.			XS	S	M	L	XL	XXL	3XL	4XL	5XL	6XL
UK			14	15	15,5	16,5	17,5	18,5	19,5	20,5	21,5	22,5
TROUSERS												
Unisex Trousers Waist Measurement approx. in cm												
B	94-97	98-102	103-107	108-112	113-117	118-122	123-127	128-132	133-137	138-142	143-147	
Inch	26	28	30	32	34	36	38	40	42	44	46	
Ladies Chino, Waist with partial elastic waistband Measurement approx. in cm												
B	89-93	94-99	100-110	111-119	120-128	129-138	139-148	149-150	151-164	165-174		
INT.	XS	S	M	L	XL	2XL	3XL	4XL	5XL	6XL		
Men Chino, Waist with partial elastic waistband Measurement approx. in cm												
B	96-100	101-105	106-110	111-116	117-123	124-128	129-135	136-141	141-147	148-158		
INT.	XS	S	M	L	XL	2XL	3XL	4XL	5XL	6XL		



You need your chest and waist measurement to order the correct size. Measure over clothing that will be worn under your Uniform.

Please ignore your standard wear measures (S, M etc.) from normal private shopping.

### A- CHEST MEASUREMENT

Measure around the fullest (biggest part of the chest) keeping the tape at under-arm and across the shoulder blades.

### B- WAIST MEASUREMENT

Measure around the smallest part of the natural waist line. Hold the tape firmly but NOT TIGHTLY and be sure to keep the tape level. Best to measure above a garment.