

Sizing & Measuring Guide

A garment that fits correctly ensures freedom of movement and comfort for the wearer.

Please follow our easy guide for a correct fitting uniform.

Bust/Chest - Measure over the fullest part, under the arms and straight across the back.

Cotton T-Shirt Loose-Fit 165gsm.





Adults	XS	S	M	L	XL	XXL	3XL	4XL	5XL	6XL
Chest Inch	31/33	34/36	37/39	40/42	43/45	46/48	48/50	51/53	54/56	57/59
Chest cm	80/85	86/91	94/99	102/107	110/115	116/121	122/127	130/135	138/143	146/151

Childrens	Kids XS	Kids 5	Kids M	Kids L	Kids XL
Age	1 yrs	2 yrs	4/6 yrs	8/10 yrs	12/14 yrs
Chest Inch	20-22	22-24	25-27	28-30	30-32
Chest cm	50-55	56-61	64-69	70-75	76-81

