## Measurement Tips:

Garment size charts below are just a guide on which size of garment would be suitable for your body. All sizes below are approximations and all measurements displayed are to be used as guidance only.

## Chest

Run a fexible tape measure all the way around your chest just below the armpit.
Be sure to keep the tape measure horizontal for an exact measurement.

## Waist

Wrap the tape measure around the narrowest part of your waist.
Be sure to keep the tape measure horizontal for an exact measurement.

## Womens Shirts

All Ladies garments are shaped for a Ladies Fit, to give a comfy shape around the chest area. Please note that ladies $t$-shirts will vary depending on the wearer's preference.
The sizes given are general guidelines: order the size that is 3 inches bigger than your actual chest size.

## Mens Size Guide

The size chart below is a 'To Fit' guideline based on body measurements.

| Size | Chest (CM) | Inches | Length(CM) | Waist(CM) | Inches |
| :---: | :---: | :---: | :---: | :---: | :---: |
| XS | 98 | 39 | 70 | 83 | 33 |
| S | 104 | 41 | 73 | 104 | 41 |
| M | 107 | 42 | 75 | 107 | 42 |
| L | 115 | 45 | 78 | 115 | 45 |
| XL | 120 | 47 | 81 | 120 | 47 |
| XL | 128 | 50 | 84 | 128 | 50 |
| 3 XL | 132 | 52 | 86 | 132 | 52 |

## Womens Size Guide

The size chart below is a 'To Fit' guideline based on body measurements.

| Size | Chest (CM) | Inches | Length(CM) | Waist(CM) | Hip(CM) |
| :---: | :---: | :---: | :---: | :---: | :---: |
| XS | 84 | 33 | 60 | 64 | 80 |
| S | 92 | 36 | 61 | 72 | 88 |
| M | 96 | 38 | 62 | 76 | 92 |
| L | 100 | 39 | 63 | 80 | 96 |
| XL | 104 | 41 | 64 | 84 | 100 |
| XXL | 108 | 43 | 65 | 88 | 104 |
| XXL | 112 | 44 | 66 | 92 | 108 |

## Youth Size Euide

The size chart below is a 'To Fit' guideline based on body measurements.

| Size | Chest (CM) | Inches | Length(CM) | Waist(CM) | Inches |
| :---: | :---: | :---: | :---: | :---: | :---: |
| YXS | 72 | 28 | 58 | 72 | 28 |
| YS | 78 | 31 | 60 | 78 | 31 |
| YM | 83 | 33 | 63 | 83 | 33 |
| YL | 85 | 34 | 65 | 85 | 34 |
| YXL | 93 | 36 | 68 | 93 | 36 |

