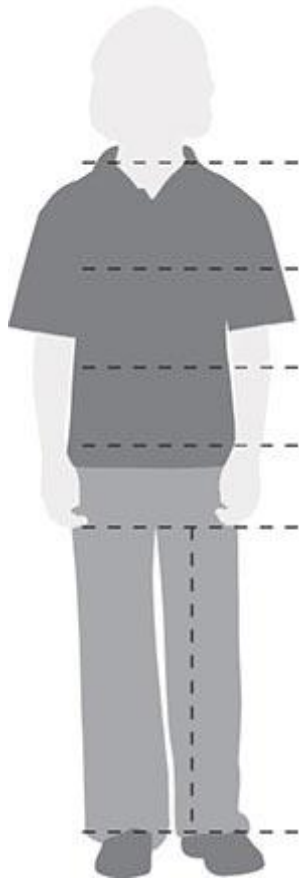


It is really important for clothing to fit well to ensure maximum comfort.
We have created this guide to help you when choosing your garments.

How to Measure



Height

No shoes, feet together, flat on the floor, measure from the top of the head to the ground.

Collar

Measure around the base of the neck where the collar sits.

Chest

Place the tape close up to under arms, measure around the chest at the fullest.

Waist

Measure around the natural waistline.

Hips

Measure around the bottom, at the fullest point.

Inside Leg

Measure from the crotch to the ankle bone.

General Advice

- Always order the garment to accommodate the largest body measurement.
- Allow for growth - when you're buying shirts, make sure you can fit two fingers inside the fastened collar.