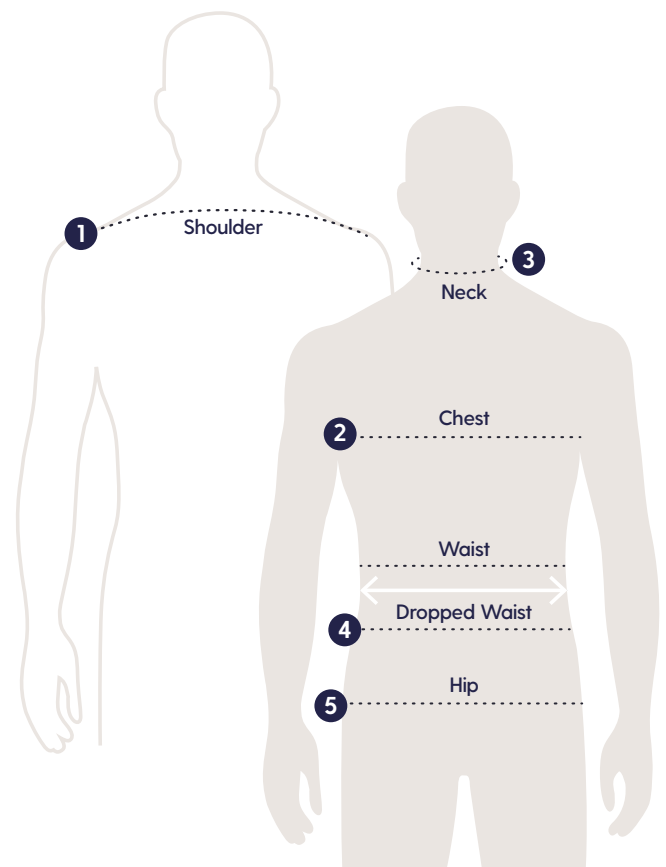


Compare your measurement to the body measurement chart above to determine which size your body measurements fall into. If your measurements vary into more than one size range, choose the larger size. Make sure to keep in mind that you'll wear your uniform everyday, so ensure you prioritise comfort and ease of movement.

Please fill in your measurements below:

- 1 Shoulder Breadth:  
\_\_\_\_\_
- 2 Chest Circumference:  
\_\_\_\_\_
- 3 Neck Circumference:  
\_\_\_\_\_
- 4 Dropped Waist Circumference:  
\_\_\_\_\_
- 5 Hip Circumference:  
\_\_\_\_\_



## 1. Shoulder Breadth

Find the end of your shoulder bone and measure straight across from end to end.

To fit properly, the seam over the shoulder (where the sleeve joins the body of the shirt) should not be sliding down onto the arm or pulling tightly across the shoulders.

## 2. Chest Circumference

Measure around the fullest part of your chest at your underarm with the tape flat across your back.

Our shirts should fit comfortably giving you a full range of motion. It may feel snug, but not tight. Your chest should 'fill out' the shirt but if the buttons pull when you're standing still with your arms down, then it's too tight.

## 3. Neck Circumference

Measure around the base of your neck leaving room for 2 fingers inside the measuring tape.

You should be able to button the collar easily with room to spare. Note that collar size may be irrelevant if you don't fasten the top button of your shirt.

## 4. Dropped Waist Circumference

Measure your dropped waist circumference about 6cm below your belly button at about the top of your hip bone. Cargo Crew chino pants and shorts are designed to fit so that the waistband sits well below your belly button. This is why you will need to take a dropped waist measurement to find your correct size.

## 5. Hip / Seat Circumference

Measure your hip / seat at the fullest part to your bottom (about 20cm below your dropped waist position).

## BODY MEASUREMENTS (CM)

Size	Shoulder (Breadth)	Chest (Circumference)	Neck (Circumference)	Hip (Circumference)
XS	41.5 - 43	91 - 96	36.7 - 38.4	90 - 94
S	43 - 44.5	97 - 102	38.5 - 40.2	95 - 99
M	44.5 - 46	103 - 108	40.3 - 42	100 - 104
L	46 - 47.5	109 - 114	42.1 - 43.8	105 - 109
XL	47.5 - 49	115 - 120	43.9 - 45.6	110 - 114
2XL	49 - 51	121 - 126	45.7 - 47.4	115 - 119
3XL	51 - 54	127 - 135	47.5 - 49.2	120 - 128
5XL	54 - 57	136 - 145	49.3 - 52.7	129 - 145
6XL	57 - 59	146 - 151	52.8 - 53.8	146 - 150
7XL	59 - 60.5	152 - 157	53.9 - 55.2	151 - 155
8XL	60.5 - 62	158 - 163	55.3 - 56.6	156 - 160

## PANTS (CM)

Size	Waist (Circumference)	Hip (Circumference)
28	72 - 76	90 - 94
30	77 - 81	95 - 99
32	82 - 86	100 - 104
34	87 - 91	105 - 109
36	92 - 96	110 - 114
38	97 - 101	115 - 119
40	102 - 106	120 - 124
42	107 - 111	125 - 129
44	112 - 116	130 - 134
46	117 - 121	135 - 140
48	122 - 126	141 - 146

## JACKETS (CM)

Size	Shoulder (Breadth)	Chest (Circumference)	Waist (Circumference)
34	41 - 42.3	88 - 92	78 - 82
36	42.4 - 43.6	93 - 97	83 - 87
38	43.7 - 44.9	98 - 102	88 - 92
40	45 - 46.2	103 - 107	93 - 97
42	46.3 - 47.5	108 - 112	98 - 102
44	47.6 - 48.8	113 - 117	103 - 108
46	48.9 - 50.1	118 - 122	109 - 114
48	50.2 - 51.4	123 - 127	115 - 120
50	51.5 - 52.7	128 - 132	121 - 125
52	52.8 - 54	133 - 137	126 - 130
54	54.1 - 55.3	138 - 142	131 - 135
56	55.4 - 56.6	143 - 147	136 - 140

## MENS SIZE COMPARISON CHART

	Men's Shirt, T-Shirt, Knits	Men's Jacket
XS		34
S		36
M		40
L		42
L - XL		44
XL		48
2XL		50
2XL - 3XL		52
5XL		56

## UNISEX SIZING

Please refer to the chart to determine your accurate unisex (UNO) size.

We have referenced our shirt sizing as a comparison to follow.

## UNISEX SIZE COMPARISON CHART

Unisex Sizing	XS	S	M	L	XL	2XL	3XL	5XL
Men's Shirt Sizing	XS	S	M	L	XL	2XL	3XL	5XL
Women's Shirt Sizing	8 - 10	10 - 12	12 - 14	14 - 16	16 - 18	18 - 20	20 - 22	22 - 24