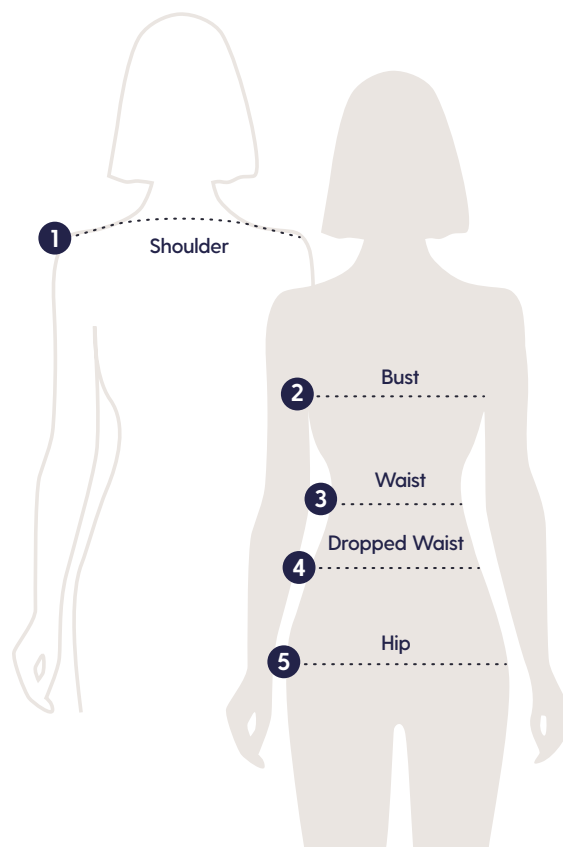


Compare your measurement to the body measurement chart above to determine which size your body measurements fall into. If your measurements vary into more than one size range, choose the larger size. Make sure to keep in mind that you'll wear your uniform everyday, so ensure you prioritise comfort and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

Please fill in your measurements below:

- 1 Shoulder Breadth:  
\_\_\_\_\_
- 2 Bust Circumference:  
\_\_\_\_\_
- 3 Waist 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. Bust Circumference

Measure around the fullest part of your bust 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. Waist Circumference

Measure your waist comfortably after exhaling. Measure at the natural waist close to the belly button, this is not necessarily the narrowest point.

## 4. Dropped Waist Circumference

Measure your dropped waist circumference about 5cm below your belly button at about the top of your hip bone. Cargo Crew chino pants and skirts 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 23cm below your waist position).

## BODY MEASUREMENTS (CM)

Size	Shoulder (Breadth)	Bust (Circumference)	Waist (Circumference)	Dropped Waist (Circumference)	Hip (Circumference)
4	35.7 - 36.8	79 - 83	64 - 68	69 - 73	83 - 87
6	36.9 - 38	84 - 88	69 - 73	74 - 78	88 - 92
8	38.1 - 39.2	89 - 93	74 - 78	79 - 83	93 - 97
10	39.3 - 40.4	94 - 98	79 - 83	84 - 88	98 - 102
12	40.5 - 41.6	99 - 103	84 - 88	89 - 93	103 - 107
14	41.7 - 42.8	104 - 108	89 - 93	94 - 98	108 - 112
16	42.9 - 44	109 - 113	94 - 98	99 - 103	113 - 117
18	44.1 - 45.2	114 - 118	99 - 103	104 - 108	118 - 122
20	45.3 - 46.4	119 - 125	104 - 108	109 - 113	123 - 127
22	46.5 - 47.6	126 - 130	109 - 113	114 - 118	128 - 132
24	47.7 - 48.8	131 - 135	114 - 118	119 - 123	133 - 137
26	48.9 - 50	136 - 140	119 - 123	124 - 128	138 - 142
28	50.1 - 51.2	141 - 145	124 - 128	129 - 133	143 - 147

## UNISEX SIZING

Please refer to the below 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