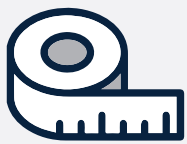


# WOMEN'S SIZE GUIDE

## HOW TO USE THIS GUIDE

1. Measure the areas on your body outlined 1-5 and write them down below in cm
2. Compare those measurements to the size chart to determine your perfect size.
3. If your measurements vary into more than one size range, choose the larger size.
4. Make sure to keep in mind that you'll wear your uniform everyday, so ensure you prioritise comfort and ease of movement

## WHAT YOU WILL NEED:



Tape Measure (cm)

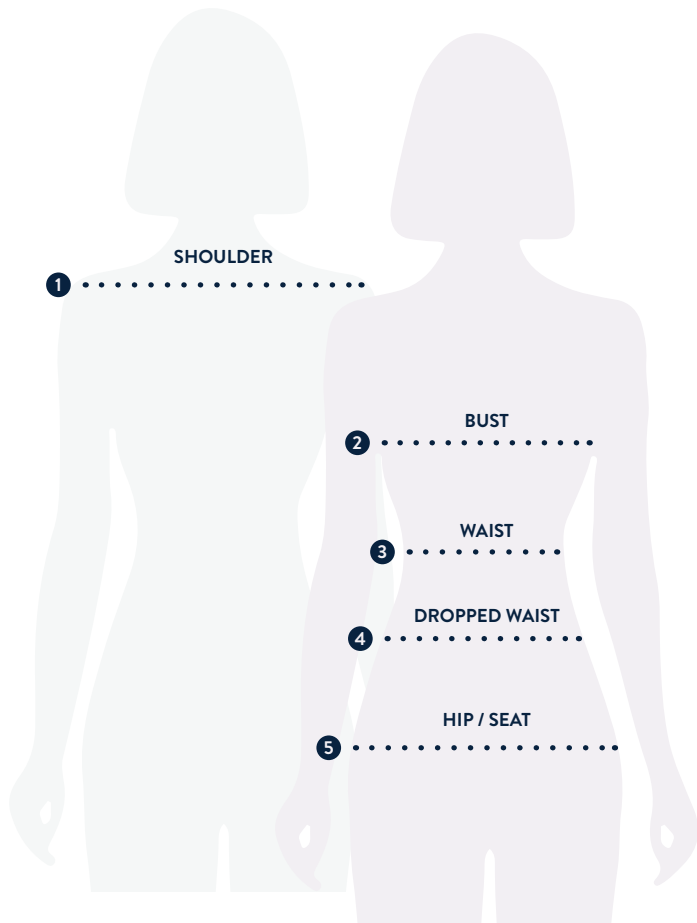


Pen



Mirror

# HOW TO MEASURE



Please fill in your  
measurements below:

1 **SHOULDER BREADTH** \_\_\_\_\_ cm

2 **BUST CIRCUMFERENCE** \_\_\_\_\_ cm

3 **WAIST CIRCUMFERENCE** \_\_\_\_\_ cm

4 **DROPPED WAIST CIRCUMFERENCE** \_\_\_\_\_ cm

5 **HIP / SEAT CIRCUMFERENCE** \_\_\_\_\_ cm

## 1 SHOULDER BREADTH

Find the end of your shoulder bone and measure straight across your back, 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 your 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 pants 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 of your bottom (about 18cm below your dropped waist position). Our pants should be a slimmer fit than suit pants or dress trousers. They should fit snugly but comfortably without causing the pockets to pull open.



Compare your measurements to the body measurement chart to determine which size range your body measurements fall into. If your measurements vary into more than one size range, choose the larger size.

# WOMEN'S BODY MEASUREMENTS

WOMEN'S SIZE	① Shoulder Breadth	② Bust Circumference	③ Waist Circumference	④ Dropped Waist Circumference	⑤ Hip / Seat Circumference
4	35.7 - 36.8cm	79 - 83cm	64 - 68cm	69 - 73cm	83 - 87cm
6	36.9 - 38cm	84 - 88cm	69 - 73cm	74 - 78cm	88 - 92cm
8	38.1-39.2cm	89-93cm	74-78cm	79 - 83cm	93-97cm
10	39.3-40.4cm	94-98cm	79-83cm	84 - 88cm	98-102cm
12	40.5-41.6cm	99-103cm	84-88cm	89 - 93cm	103-107cm
14	41.7-42.8cm	104-108cm	89-93cm	94 - 98cm	108-112cm
16	42.9-44cm	109-113cm	94-98cm	99 - 103cm	113-117cm
18	44.1-45.2cm	114-118cm	99-103cm	104 - 108cm	118-122cm
20	45.3-46.4cm	119-125cm	104-108cm	109 - 113cm	123-127cm
22	46.5-47.6cm	126-130cm	109-113cm	114 - 118cm	128-132cm
24	47.7 - 48.8cm	131 - 135cm	114 - 118cm	119 - 123cm	133 - 137cm
26	48.9 - 50cm	136 - 140cm	119 - 123cm	124 - 128cm	138 - 142cm
28	50.1 - 51.2cm	141 - 145cm	124 - 128cm	129 - 133cm	143 - 147cm

## UNISEX MEASUREMENTS

Once you have your shirt measurement, compare with the chart below to find your unisex size:

UNISEX SIZE comparison chart	UNISEX XS	UNISEX S	UNISEX M	UNISEX L	UNISEX XL	UNISEX 2XL	UNISEX 3XL	UNISEX 5XL
Women's shirt sizing	8-10	10-12	12-14	14-16	16-18	18-20	20-22	22-24

# WOMEN'S PANT MEASUREMENTS

WOMEN'S SIZE	<sup>4</sup> Dropped Waist Circumference	<sup>5</sup> Hip / Seat Circumference
4	69 - 73cm	83 - 87cm
6	74 - 78cm	88 - 92cm
8	79-83cm	93-97cm
10	84-88cm	98-102cm
12	89-93cm	103-107cm
14	94-98cm	108-112cm
16	99-103cm	113-117cm
18	104-108cm	118-122cm
20	109-113cm	123-127cm
22	114-118cm	128-132cm
24	119 - 123cm	133 - 137cm
26	124 - 128cm	138 - 142cm
28	129 - 133cm	143 - 147cm

**NAME:** \_\_\_\_\_

**MY SHIRT SIZE:** \_\_\_\_\_

**MY PANT SIZE:** \_\_\_\_\_

**MY UNISEX SIZE:** \_\_\_\_\_