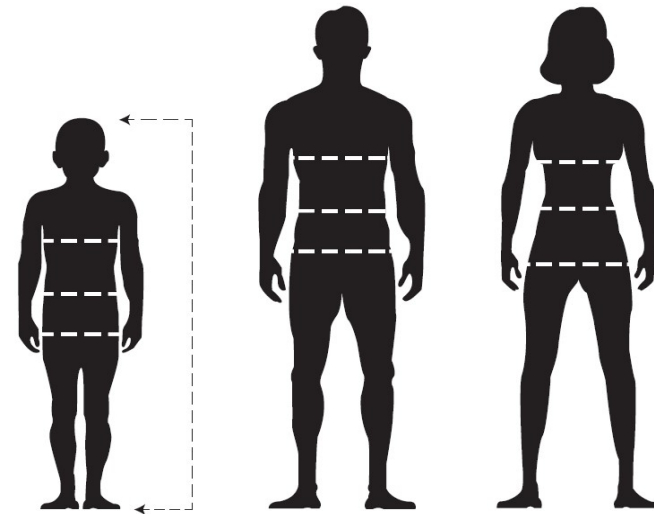


## CUSTOM APPAREL BODY MEASUREMENT GUIDE



### Body Measurements

Body Measurements should be used as a guide to assist you to select the garment size. This also depends on how you wear the clothing, number of layers and allowing for movement.

### Measuring Guidelines

Please find tips to assist you to select your correct size. To achieve a more accurate measurement you should be wearing fitted clothing with minimal bulk. A tape measure is required.

**CHEST CIRCUMFERENCE** Measure just under arms and run it around the fullest part of the chest

**WAIST CIRCUMFERENCE** Measure around your natural waistline at narrowest point

**HIP CIRCUMFERENCE** Standing with feet together, Measure around the fullest part of your hips. Tape measure should be able to slide down and over your bottom

<b>SLIM STYLE GARMENTS</b>	It is recommended to choose a larger size when choosing a slim fit style garment
<b>STRETCH GARMENTS</b>	It is recommended to choose a smaller garment when garment is made of stretch lycra

<b>MEN'S TOPS</b>												
<b>GARMENT LABEL SIZE</b>	<b>XS</b>	<b>S</b>	<b>M</b>	<b>L</b>	<b>XL</b>	<b>2XL</b>	<b>3XL</b>	<b>4XL</b>	<b>5XL</b>	<b>6XL</b>	<b>7XL</b>	<b>8XL</b>
<b>To Fit Chest (CM)</b>	90-95	95-100	100-105	105-110	110-115	115-120	120-125	125-130	130-135	135-140	140-145	145-150
<b>To Fit Chest (Inches)</b>	35-37	37-39	39-41	41-43	43-45	45-47	47-49	49-51	51-53	53-55	55-57	57-59
<b>MEN'S BOTTOMS</b>												
<b>GARMENT LABEL SIZE</b>	<b>XS/30</b>	<b>S/32</b>	<b>M/34</b>	<b>L/36</b>	<b>XL/38</b>	<b>2XL/40</b>	<b>3XL/42</b>	<b>4XL/44</b>	<b>5XL/46</b>	<b>6XL/48</b>	<b>7XL/50</b>	<b>8XL/52</b>
<b>To Fit Waist (CM)</b>	75-80	80-85	85-90	90-95	95-100	100-105	105-110	110-115	115-120	120-125	125-130	130-135
<b>To Fit Waist (Inches)</b>	28-30	30-32	32-34	34-36	36-38	39-40	40-42	42-44	44-46	46-48	48-50	50-52

<b>LADIES TOPS</b>												
<b>GARMENT LABEL SIZE</b>	<b>6</b>	<b>8</b>	<b>10</b>	<b>12</b>	<b>14</b>	<b>16</b>	<b>18</b>	<b>20</b>	<b>22</b>	<b>24</b>	<b>26</b>	<b>28</b>
<b>To Fit Chest (CM)</b>	77-82	82-87	87-92	92-97	97-102	102-107	107-112	112-117	117-122	122-127	127-132	132-137
<b>To Fit Chest (Inches)</b>	30-32	32-34	34-36	36-38	38-40	40-42	42-44	44-46	46-48	48-50	50-52	52-54
<b>LADIES BOTTOMS</b>												
<b>GARMENT LABEL SIZE</b>	<b>6</b>	<b>8</b>	<b>10</b>	<b>12</b>	<b>14</b>	<b>16</b>	<b>18</b>	<b>20</b>	<b>22</b>	<b>24</b>	<b>26</b>	<b>28</b>
<b>To Fit Waist (CM)</b>	65-70	70-75	75-80	80-85	85-90	90-95	95-100	100-105	105-110	110-115	115-120	120-125
<b>To Fit Waist (Inches)</b>	25-27	27-29	29-31	31-33	33-35	35-37	37-39	39-41	41-43	43-45	45-47	47-49
<b>To Fit Hips (CM)</b>	85-90	90-95	95-100	100-105	105-110	110-115	115-120	120-125	125-130	130-135	135-140	140-145
<b>To Fit Hips (Inches)</b>	33-35	35-37	37-39	39-41	41-43	43-45	45-47	47-49	49-51	51-53	53-55	55-57

<b>CHILDRENS/JUNIOR</b>								
<b>GARMENT LABEL SIZE</b>	<b>2Y</b>	<b>4Y</b>	<b>6Y</b>	<b>8Y</b>	<b>10Y</b>	<b>12Y</b>	<b>14Y</b>	<b>16Y</b>
<b>To Fit Chest (CM)</b>	54-58	58-62	62-66	66-70	70-74	74-78	78-82	82-86
<b>To Fit Chest (Inches)</b>	21-22.5	22.5-24	24-25.5	25.5-27	27-28.5	28.5-30	30-31.5	31.5-33
<b>To Fit Waist (CM)</b>	48-51	51-54	54-57	57-60	60-64	64-68	68-72	72-76
<b>To Fit Waist (Inches)</b>	19-20	20-21	21-22	22-23	23-24.5	24.5-26	26-27.5	27.5-29
<b>TO Fit Height (CM)</b>	91	109	122	134	145	150	155	160
<b>TO FIT Height (Inches)</b>	36	43	48	53	57	59	61	63
<b>AGE GUIDE</b>	2-4 Years		6-8 Years		10-12 Years		14-16 Years	

<b>SOCKS</b>			
<b>IDEAL FOR</b>	<b>ALPHA</b>	<b>SHOE SIZE</b>	
	<b>SIZE</b>	<b>AU</b>	<b>UK</b>
<b>CHILDREN (5 - 8 Years)</b>	<b>XSMALL</b>	<b>5- 8</b>	<b>12-2</b>
<b>CHILDREN (8 - 12 Years)</b>	<b>SMALL</b>	<b>13 -3</b>	<b>2-5</b>
<b>TEENS &amp; WOMEN</b>	<b>MEDIUM</b>	<b>2 -8</b>	<b>5.5 - 7.5</b>
<b>MEN &amp; WOMEN</b>	<b>LARGE</b>	<b>7- 11</b>	<b>8-11</b>
<b>MEN</b>	<b>XLARGE</b>	<b>11 -14</b>	<b>11.5 - 14.5</b>