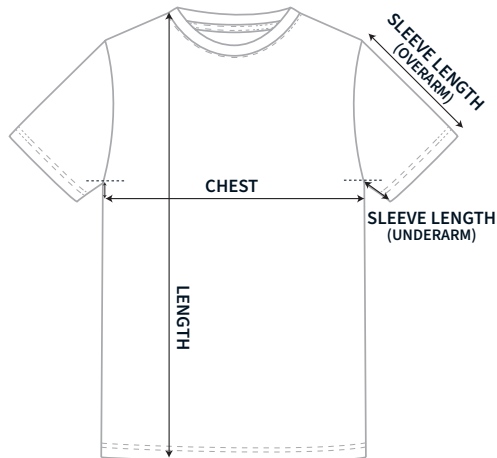


MEASURE YOUR GARMENT

T-SHIRTS, POLOS, SWEATS & KNITWEAR



CHEST

Lay the garment flat and smooth out the fabric and measure across the chest 2cm below the armhole. You will need to double this measurement to get the actual chest measurement.

LENGTH

Place your tape measure from the top edge of your neckline seam on the front, and then measure straight down to the bottom of the front hem.

SLEEVE LENGTH (OVERARM)

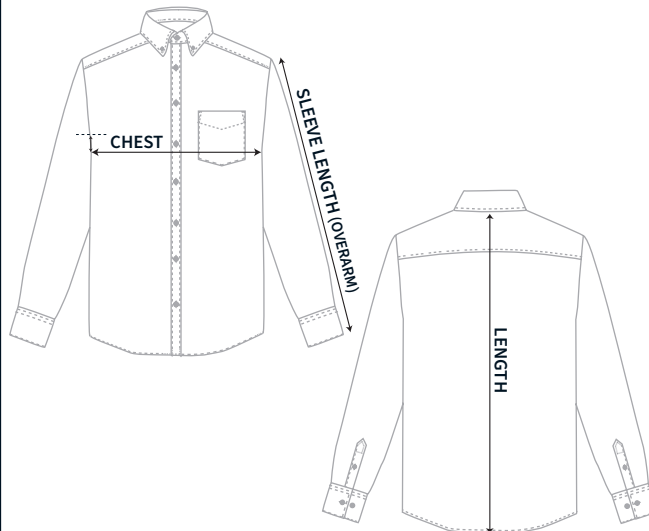
Place the measuring tape at the shoulder point and measure straight down the edge of sleeve length to end of cuff.

SLEEVE WIDTH (UNDERARM)

Place the measuring tape from bottom of armhole and measure down inside sleeve length to end of cuff.

Use these measurements for 'actual' garment specifications.

SHIRTS



CHEST

Button up the shirt and lay it flat and smooth out the fabric and measure across the chest 2cm below the armhole. You will need to double this measurement to get the actual chest measurement.

LENGTH

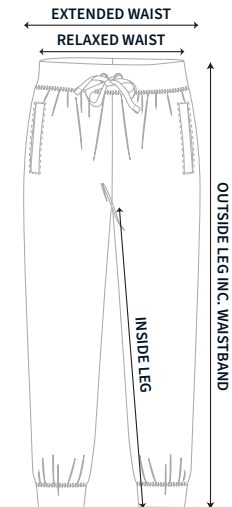
Button up the shirt and lay it flat with the back of the shirt facing up. Place the measuring tape at the seam where the collar band attaches to the yoke (the fabric that sits across the shoulders) and measure straight down the middle of the back to the hem at its longest point.

SLEEVE LENGTH (OVERARM)

Place the measuring tape at the shoulder point and measure straight down the edge of sleeve to the cuff hem.

Use these measurements for 'actual' garment specifications.

SHORTS & PANTS



WAIST (EXTENDED)

Measure from side to side at the middle of waistband fully extended. You will need to double this measurement to get the actual waist measurement.

WAIST (RELAXED)

With the waistband relaxed flat, measure from side to side at the middle of waistband. You will need to double this measurement to get the actual waist measurement.

INSIDE LEG

The inseam length is measured from the bottom of the crotch (where the inseams meet), down the inside of the leg to the bottom of the leg opening.

OUTSIDE LEG (INC. WAISTBAND)

Measure from the top of the waistband down to the bottom of the leg opening.

Use these measurements for 'actual' garment specifications.