

Clothing Measurement and Size Conversion Guide

Clothing measurement guide - Men



You might get asked to take body measurements for clothing such as workwear and uniform. It's nothing to be intimidated about, and it's much easier than you might think. All you need is a flexible measuring tape that will easily bend to the body, and (preferably) someone to help you.

- Just be yourself. Don't suck in your stomach or flex your muscles, it will only result in poorly fitting clothing.
- Having someone to help you makes it a whole lot easier. It will also ensure measurements are more accurate.
- If you don't have a soft measuring tape, then you can use a piece of string and measure it with a normal tape measure.

Step by step: Mens clothing

1: Neck



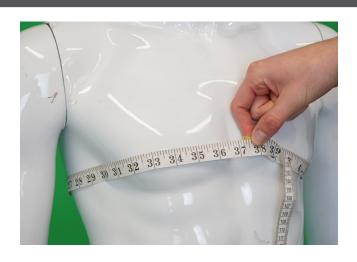
Start with the neck for shirts, measuring around the base of the neck where the collar usually falls. Place the end of the measuring tape on the front of your neck and wrap it around until the ends meet. Gently pull it tight and take the measurement.

TIP: Round up to the nearest half inch or centimetre when taking measurements.

2: Chest

Take a chest measurement at the widest part of your chest. Place the tape measure in the centre of your chest at the widest part, which is usually right above your nipples. Wrap it around your back, going under your armpits and making sure the tape measure stays horizontal and doesn't twist.

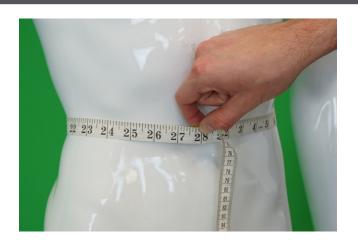
TIP: Pull it up against your skin but don't pull it too tight to ensure a comfortable fit.



Clothing measurement guide - Men



3: Waist



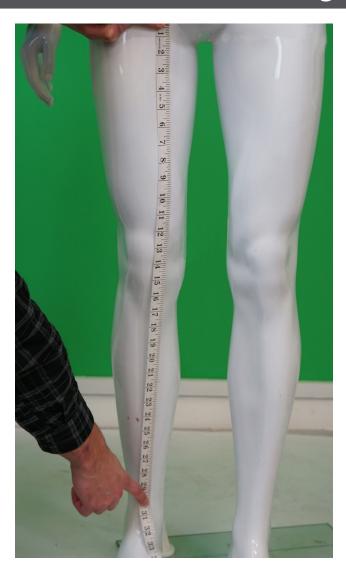
Find your natural waist measurement. It should be where your waist is smallest, usually above your belly button and just below your rib cage. Hold the end in front and wrap the rest of the tape measure around the back. If you usually wear low-rise trousers, take a measurement where the top of your trousers would normally be.

TIP: Keep the tape measure a little loose by placing a finger between it and your waist.

4: Leg

To find your inseam measurement, first put on a pair of shoes. This measurement is also easiest done with a friend, as you measure from your inside crotch down to where you want your trousers to fall. However, if you need to do it yourself, try stepping on one end of the tape and pulling it up to your crotch.

TIP: You can also take a pair of trousers that fits your length well and measure that inseam instead.



Clothing measurement guide - Women



You might get asked to take body measurements for clothing such as workwear and uniform. It's nothing to be intimidated about, and it's much easier than you might think. All you need is a flexible measuring tape that will easily bend to the body, and (preferably) someone to help you.

- Just be yourself. Don't suck in your stomach or flex your muscles, it will only result in poorly fitting clothing.
- Having someone to help you makes it a whole lot easier. It will also ensure measurements are more accurate.
- If you don't have a soft measuring tape, then you can use a piece of string and measure it with a normal tape measure.

Step by step: Women's clothing

1: Bust



To measure your bust, place the end of the measuring tape on the front of your chest at the widest point. Going under your arms, wrap the measuring tape around your back, making sure it doesn't twist up. Pull it taut so it's horizontal around your body. Try to pull your arms down over the tape and take the measurement.

TIP: If you're having trouble with this measurement, ask a friend to help.

2: Waist

To find your natural waist, measure at the smallest part of your waist, usually just above your belly button and under your rib cage. Make sure the tape measure is flat around your body, and then take the measurement in front.

TIP: If you normally wear trousers lower, take a measurement there as well, just in case.



Clothing measurement guide - Women



3: Hip



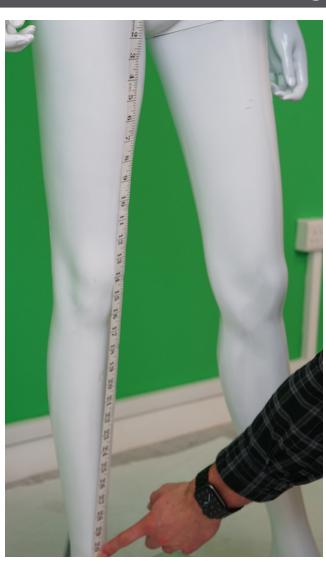
To determine your hip measurement at the widest point, wrap the tape around your body, ensuring you go over the widest part of your buttocks. Keep the tape horizontal and flat against your body, and then take the measurement in front where the measuring tape meets itself.

TIP: Use a mirror to check if the tape measure is flat against you, standing with your legs about 6 inches (15.2 cm) apart.

4: Leg

The inseam measurement runs from your crotch down to where you want your trousers to fall on your ankle. It's a good idea to have someone to help you, as this can be difficult to do on your own. If you often wear heels, take a second measurement if you'd like to wear your trousers longer.

TIP: If you don't have anyone to help you, you can take your measure trousers that fit the way you like. Lay them out flat, then measure from the centre crotch down the trouser leg, along the inseam.



Size Conversion Chart

Size Conversion Chart - Men



1. Neck

Men's neck	S	١	Л	l	_	Х	L	2>	ΚL		3XL		4>	ΚL
Metric (cm)		37	38	39	41	42	42	43	44	46	47	48	50	51
Imperial (in)		14.5	15	15.5	16	16.5	16.5	17	17.5	18	18.5	19	19.5	20

2. Waist

Men's waist	X	S		S	Λ	Λ	l	-	X	L	2>	ΚL	3)	XL	4XL	_		5XL	
Metric (cm)	68	72	76	80	84	88	92	96	100	104	108	112	116	120	124	128	132	136	140
Imperial (in)	26	28	30	32	33	34	36	38	40	41	42	44	46	47	48	50	52	54	56
Euro (DE, NL, BE)	42	44	46	48		50	52	54	56		58	60	62		64/66	68	70	72	74
Euro (FR, ES, PT)	34	36	38	40	42	44	46	48	50	52	54	56	58		60/62	64	66	68	70

3. Chest

Men's chest	XX	(S		XS		S		М		L		XL			2XL			XL
Metric (cm)	72	76	80	84	88	92	96	100	104	108	112	113	120	124	128	132	136	140
Imperial (in)	28	30	32	33	34	36	38	40	41	42	44	46	47	48	50	52	54	55
Euro	36	38	40	42	44	46	48	50	52	54	56	58	60	62	64	66	68	70
Leisurewear				(S			М		l	_	X	(L	2)	ΚL		3XL	

Cont...

4)	ΧL		5XL			6XL			7XL			8XL	
144	148	152	156	160	164	168	172	176	180	184	188	192	196
56	58	60	62	64	65	66	67	69	71	73	74	76	77
72	74	76	78	80	82	84	86	88	90	92	94	96	98

Size Conversion Chart - Women



1. Bust

Ladies' bust	XS		S		М		L		XL		2XL		3XL		4)	ΧL	
Metric (cm)	72	76	80	84	88	92	96	100	104	108	112	116	120	124	128	132	136
Imperial (in)	28	30	32	33	34	36	38	40		42	44	46	47	48	50	52	54
Euro (DE, NL, BE, NO, SV, DK)	32	34	39		38	40	42	44		46	48	50		52	54	56	58
Euro (FR, ES, PT)	34	36	36/38		40	42	44	46/48		48	50	52		54	56	58	60
Italy (IT)	36	38	40		42	44	46	46		50	52	54		56	58	60	62
UK				8	10	12	14	16		18	20	22	24		26	28	30

2. Waist

Ladies' waist	XS		ξ	5	١	Л	l	_	Х	(L		2XL		3)	ΚL		4XL	
Metric (cm)	60	64	68	72	76	80	84	88	92	96	100	104	108	112	116	120	124	128
Imperial (in)	22	24	26	28	30	32	33	34	36	38	40	41	42	44	46	47	48	50
Euro (DE, NL, BE, NO, SV, DK)	32/34	36	38	40		42	44	46	48	50	52		54	56	58	60	62	64
Euro (FR, ES, PT)	34/36	38	40	42		44	46	48	50	52	54		56	58	60	62	64	66
Italy -(IT)	36/38	40	42	44		46	48	50	52	54	56		58	60	62	64	66	68
UK		6	8	10	12	14		16	18	20	20		24		26		28	

Size Conversion Chart - Unisex



1. Leg

	Leg Lengt	th
Short	29"	74cm
Regular	31"	79cm
Tall	33"	84cm
X-Tall	36"	92cm

2. Footwear

							F	ootw	ear										
UK Ladies size	1	2	3	4	5	6	6.5	7	8	9									
US Ladies size			5	6	7	8	8.8	9	10	11									
Euro size	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52
UK Men's size	1	2	3	4	5	6	6.5	7	8	9	10	10.5	11	12	13	14	15	16	17
US Men's size					6	7	7.5	8	9	10	11	11.5	12	13	14	15	16	17	18

3. Gloves

Glov	/es
XXS	5
XS	6
S	7
М	8
L	9
XL	10
2XL	11
3XL	12

