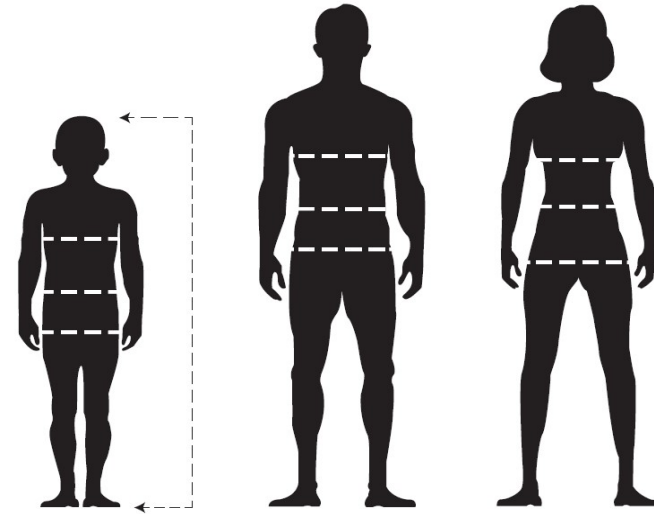


CUSTOM APPAREL BODY MEASUREMENT GUIDE



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

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

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

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

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

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