



Size and Fitting Guide

Measuring Tips

- Use your exact measurements when selecting your size
- Keep the tape firm, but not tight
- Measure over under garments
- Ask someone to help you take the measurements
- Chest – Measure around the fullest part of your chest and across the shoulder blades
- Waist – Measure around the natural waistline (just above the belly button) keeping the tape comfortably loose
- Low Waist – Measure 5cm below the natural waistline

Girls Sizes:

Size		4	6	8	10	12	14	16	18	20	22	24
Bust	Cm	72	77	82	87	92	97	105	107	113	119	124
Waist	Cm	54	59	64	69	74	79	84	89	95	101	106
Hips	Cm	91	96	91	96	101	106	111	116	122	128	133

Boys Sizes:

Shirts	Size	10	12	14	80	85	90	95	100	105	110	115
Chest	Cm	65	70	75	80	85	90	95	100	105	110	115
Shorts	Size	4	6	8	10	12	14	16	18	20	22	24
Waist	Cm	62	67	72	77	82	87	92	97	102	107	112

Sports Uniform – Unisex Sizes:

Polos	Size	8	10	12	14	XS	S	M	L	XL	2XL	3XL
Chest	Cm	71	76	81	86	92-97	102	107-112	117	122	127	132
Shorts	Size	24	26	28	30	32	34	36	38	40	42	44
Waist	Cm	62	67	72	77	82	87	92	97	102	107	112