



## Bust

Measure around the fullest part of the breast, ensure tape is level all the way round.

## Waist

Measure the narrowest part of your waist, above your belly button and below your ribcage.

## Hips

Measure the fullest part of your hips, approximately 23cm below your waist.

## Inside leg

When buying pants and jeans, measure the inside of your leg from your crotch to your ankle.

### Ladies Tops

Size	SS	S	M	L	XL	2XL
Chest / cm's	77-81cm	82-86cm	87-91cm	92-96cm	97-101cm	102-106cm

### Ladies Elasticated Bottoms

Size	SS	S	M	L	XL	2XL
Waist / cm's	60-64cm	65-69cm	70-74cm	75-79cm	80-84cm	85-89cm
Hip / cm's	85-89cm	90-94cm	95-99cm	100-104cm	105-109cm	110-114cm

### Ladies Fixed Waistband Bottoms

Size	30	32	34	36	38	40
Waist / cm's	60-64cm	65-69cm	70-74cm	75-79cm	80-84cm	85-89cm
Hip / cm's	85-89cm	90-94cm	95-99cm	100-104cm	105-109cm	110-114cm

**\*SIZING DISCLAIMER:** This sizing information is provided as guideline only