

FITTING GUIDE

MEN'S

MEN'S PANT/SHORT – REGULAR	67R	72R	77R	82R	87R	92R	97R	102R	107R	112R	117R	122R		
MEN'S PANT – STOUT					87S	92S	97S	102S	107S	112S	117S	122S	127S	132S
FITS WAIST (CM)	67	72	77	82	87	92	97	102	107	112	117	122	127	132
FITS WAIST (IN)	26	28	30	32	34	36	38	40	42	44	46	48	50	52
PANT IN LEG SEAM – REGULAR	83	83	83	83	83	83	83	83	83	83	83	83		
PANT IN LEG SEAM – STOUT					78	78	78	78	78	78	78	78	78	78

MEN'S PANT – LONG	74L	79L	84L	89L	94L
FITS WAIST (CM)	74	79	84	89	94
FITS WAIST (IN)	29	31	33	35	37
PANT IN LEG SEAM – LONG	88	88	88	88	88

MEN'S COVERALL – REGULAR	67R	72R	77R	82R	87R	92R	97R	102R	107R	112R	117R	122R		
MEN'S COVERALL – STOUT					87S	92S	97S	102S	107S	112S	117S	122S	127S	132S
FITS WAIST (CM)	67	72	77	82	87	92	97	102	107	112	117	122	127	132
FITS WAIST (IN)	26	28	30	32	34	36	38	40	42	44	46	48	50	52
FITS CHEST – REGULAR (CM)	77	82	87	92	97	102	107	112	117	122	127	132		
FITS CHEST – STOUT (CM)					92	97	102	107	112	117	122	127	132	137
IN LEG SEAM – REGULAR	70	73	76	79	81	84	85	86	87	88	88	88	88	89
IN LEG SEAM – STOUT					71	74	76	79	81	82	83	85	86	86

MEN'S COVERALL – LONG	74L	79L	84L	89L	94L
FITS WAIST (CM)	74	79	84	89	94
FITS WAIST (IN)	29	31	33	35	37
FITS CHEST (CM)	87	92	97	102	107
IN LEG SEAM – LONG	81	83	85	88	90

MEN'S SHIRT/POLO/TEE/FLEECE/JACKET	XXS	XS	S	M	L	XL	2XL	3XL	4XL	5XL	6XL
FITS CHEST (CM)	82	87	92	97	102	110	118	126	134	142	150

WOMEN'S

WOMEN'S PANT/SHORT	6	8	10	12	14	16	18	20	22	24
FITS NATURAL WAIST (CM)	62	67	72	77	82	87	95	103	108	113
FITS HIP	88	93	98	103	108	113	121	129	134	139

WOMEN'S POLO/TEE/FLEECE	2XS	XS	S	M	L	XL	2XL	3XL	4XL	5XL
FITS BUST	80	85	90	98	106	114	122	130	138	146

WOMEN'S SHIRT	6	8	10	12	14	16	18	20	22	24
FITS BUST	80	85	90	96	102	108	116	124	130	136

FITTING GUIDE

MEASURING GUIDELINES

Each tailor and patternmaker has his or her way of measuring. This fitting guide will help to ensure a consistency of approach.

- Do not take your measurements yourself
- Ask a professional dressmaker or tailor to take your measurements for more accuracy
- Wear light clothing as thicker garments like jumpers and jeans will add to measurements
- Remove items from pockets such as wallets in the back hip pocket
- Measure with the tape flat against the body
- Do not hold the tape too loose or too tight
- Do not put fingers under the tape

- 1. CHEST/BUST** CM Measure around the body across the fullest part of the chest, keeping the tape level and straight.
- 2. WAIST** CM Women: Measure around the natural waistline, keeping the tape level and straight. Men: Measure the waist where they wear their pants.
- 3. HIP/SEAT** CM Women only: Measure at the widest point (approximately 20–23cm) below the waist. At this position the tape should slide easily up, down and over the bottom.
- 4. NECK/COLLAR** CM Men only: Measure the circumference at the base of the neck, where a shirt collar would sit or using a well fitting shirt, lay flat on table, measure from centre of button to centre of button hole.
- 5. IN-LEG LENGTH** CM Measure from crotch to floor without shoes.

