## WOMEN'S APPAREL SIZE GUIDE

| Australian Size | $4 /$ XXS | 6 | $8 / X S$ | $10 / \mathrm{S}$ | $12 / \mathrm{M}$ | $14 / \mathrm{L}$ | $16 / \mathrm{XL}$ |
| :--- | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Bust $(\mathrm{cm})$ | 80 | 82.5 | 85 | 90 | 95 | 100 | 105 |
| Waist $(\mathrm{cm})$ | 63.5 | 66 | 68.5 | 73.5 | 78.5 | 83.5 | 88.5 |
| Hip $(\mathrm{cm})$ | 89 | 91.5 | 94 | 99 | 104 | 109 | 114 |
| Inside Leg $(\mathrm{cm})$ | 73.5 | 76.5 | 78.5 | 78.5 | 78.5 | 78.5 | 78.5 |



SIZE CONVERTER

| UK \& AUS | US \& CAN | EUROPE | JAPAN |
| :---: | :---: | :---: | :---: |
| 6 | 2 | 32 | 7 |
| 8 | 4 | 34 | 9 |
| 10 | 6 | 36 | 11 |
| 12 | 8 | 38 | 13 |
| 14 | 10 | 40 | 15 |
| 16 | 12 | 42 | 17 |

## How to Measure

## 1. Bust Circumference

Measure around the fullest part of your chest with your arms down.
2. Waist Circumference

Measure around the narrowest point of your natural waistline.
3. Hip Circumference

Measure around the widest part of your natural hipline.
4. Neck Base Circumference

Measure around the base of your neck where the collar sits.
5. Shoulder Breadth

Measure from your shoulder tip to shoulder tip.
6. Sleeve Length

Measure from the nape of your neck to your wrist.
7. Inside Leg

Measure from top of your inside leg (at crotch) to your ankle.

## MEN'S APPAREL SIZE GUIDE

SHIRT - CAREER \& CASUAL

| Australian Career Sizes (Inches) | $38 / \mathrm{XS}$ | $39 / \mathrm{S}$ | $40 / \mathrm{XS}$ | $41 / \mathrm{M}$ | $42 / \mathrm{L}$ | $43 / \mathrm{L}$ | $44 / \mathrm{XL}$ | $46 / \mathrm{XXL}$ |
| :--- | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Australian Casual Sizes | XS | S | - | M | - | L | XL | XXL |
| Chest (cm) | 95 | 97 | 100 | 102 | 105 | 107 | 112 | 117 |
| Waist (cm) | 79 | 81 | 84 | 86 | 89 | 91 | 96 | 101 |
| Sleeve Length (cm) | 90 | 90 | 91 | 92 | 92 | 93 | 94 | 95 |
| Neck (cm) | 38 | 39 | 40 | 41 | 42 | 43 | 44 | 46 |

JACKET, COATS, T-SHIRTS, KNITWEAR \& OUTERWEAR

| Australian Sizes (Inches) | $36 /$ XS | $38 / \mathrm{S}$ | $40 / \mathrm{M}$ | $42 / \mathrm{L}$ | $44 / \mathrm{XL}$ | $46 /$ XXL |
| :--- | :---: | :---: | :---: | :---: | :---: | :---: |
| Chest $(\mathrm{cm})$ | 92 | 97 | 102 | 107 | 112 | 117 |
| Waist $(\mathrm{cm})$ | 76 | 81 | 86 | 91 | 96 | 101 |
| Hip $(\mathrm{cm})$ | 93 | 98 | 103 | 108 | 113 | 118 |

PANTS \& SHORTS

| Australian Sizes (Inches) | 28 | 30 | 32 | 34 | 36 | 38 | 40 | 42 |
| :--- | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Waist (cm) | 71 | 76 | 81 | 86 | 91 | 96 | 101 | 106 |
| Hip (cm) | 88 | 93 | 98 | 103 | 108 | 113 | 118 | 123 |
| Inside Leg (cm) | 84 | 84 | 84 | 84 | 84 | 84 | 84 | 84 |

DENIM

| Australian Sizes (Inches) | 28 | 30 | 32 | 34 | 36 | 38 | 40 | 42 |
| :--- | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Waist (cm) | 71 | 76 | 81 | 86 | 91 | 96 | 101 | 106 |
| Hip (cm) | 88 | 93 | 98 | 103 | 108 | 113 | 118 | 123 |
| Inside Leg - Short (cm) | 82 | 82 | 82 | 82 | 82 | 82 | 82 | 82 |
| Inside Leg - Long (cm) | 87 | 87 | 87 | 87 | 87 | 87 | 87 | 87 |

SIZE CONVERTER: JACKETS -COATS

| UK/AUS/US | EUROPE | JAPAN |
| :---: | :---: | :---: |
| 36 | 46 | 38 |
| 38 | 48 | 40 |
| 40 | 50 | 42 |
| 42 | 52 | 44 |
| 44 | 54 | 46 |
| 46 | 56 | 48 |

SIZE CONVERTER: DENIM - PANTS

| UK / AUS | US / CAN | EUROPE |
| :---: | :---: | :---: |
| 28 | 28 | 71 |
| 30 | 30 | 76 |
| 32 | 32 | 81 |
| 34 | 34 | 86 |
| 36 | 36 | 91 |
| 38 | 38 | 96 |
| 40 | 40 | 101 |
| 42 | 42 | 106 |

## MEN'S APPAREL SIZE GUIDE



## How to Measure

1. Chest Circumference

Measure around the fullest part of your chest with your arms down.
2. Waist Circumference

Measure around the narrowest point of your natural waistline.
3. Hip Circumference

Measure around the widest part of your natural hipline.
4. Neck Base Circumference

Measure around the base of your neck where the collar sits.

## 5. Shoulder Breadth

Measure from your shoulder tip to shoulder tip.
6. Sleeve Length

Measure from the nape of your neck to your wrist.
7. Inside Leg

Measure from top of your inside leg (at crotch) to your ankle.

## TEEN APPAREL SIZE GUIDE

TEEN GIRLS SIZE GUIDE

|  | 8 | 10 | 12 | 14 | 16 |
| :--- | :---: | :---: | :---: | :---: | :---: |
| Chest (cm) | 72 | 76 | 80 | 84 | 88 |
| Waist (cm) | 58 | 62 | 66 | 70 | 74 |
| Hip $(\mathrm{cm})$ | 76 | 80 | 84 | 88 | 92 |
| Height $(\mathrm{cm})$ | 130 | 150 | 150 | 160 | 165 |

## TEEN BOYS SIZE GUIDE

|  | 8 | 10 | 12 | 14 | 16 |
| :--- | :---: | :---: | :---: | :---: | :---: |
| Chest (cm) | 69 | 73 | 77 | 81 | 85 |
| Waist (cm) | 58 | 62 | 66 | 70 | 74 |
| Hip (cm) | 72 | 76 | 80 | 84 | 88 |
| Height $(\mathrm{cm})$ | 130 | 140 | 150 | 160 | 165 |



## How to Measure

## 1. Chest Circumference

Measure around the fullest part of your child's chest with their arms down.
2. Waist Circumference

Measure around the narrowest point of your child's natural waistline.

## 3. Hip Circumference

Measure around the widest part of your child's natural hipline.

## 4. Height

Wearing no shoes, measure your child from the top of their head to the ground.

## CHILDREN'S AND BABY SIZE GUIDE

CHRILDREN'S SIZE GUIDE

| SIZE |  | CHEST (cm) | WAIST (cm) | HIP (cm) | HEIGHT (cm) |
| :---: | :---: | :---: | :---: | :---: | :---: |
| 2 | Small | 56 | 51 | 58 | 92 |
| 3 |  | 58 | 53 | 60 | 100 |
| 4 |  | 60 | 55 | 62 | 108 |
| 5 | Medium | 62 | 57 | 64 | 115 |
| 6 |  | 64 | 59 | 66 | 120 |
| 7 |  | 66 | 61 | 68 | 125 |
| 8 | Large | 68 | 63 | 70 | 130 |
| 9 |  | 70 | 65 | 72 | 135 |
| 10 |  | 72 | 67 | 74 | 140 |
| 11 |  | 74 | 69 | 76 | 145 |
| 12 |  | 76 | 71 | 78 | 150 |

BABY SIZE GUIDE

| SIZE |  | CHEST (cm) | WAIST (cm) | HIP (cm) | HEIGHT (cm) |
| :---: | :---: | :---: | :---: | :---: | :---: |
| 0-3 Months | - | 43 | 44 | 45 | 62 |
| 3-6 Months | Small | 45 | 46 | 47 | 68 |
| 6-12 Months |  | 48 | 49 | 50 | 76 |
| 12-18 Months | Medium | 50.5 | 50.5 | 51.5 | 84 |
| 18-24 Months |  | 53 | 51.5 | 53 | 92 |



## How to Measure

## 1. Chest Circumference

Measure around the fullest part of your child's chest with their arms down.
2. Waist Circumference

Measure around the narrowest point
of your child's natural waistline.
3. Hip Circumference

Measure around the widest part of your child's natural hipline.

## 4. Height

Wearing no shoes, measure your child from the top of their head to the ground.

## HOW TO MEASURE CLOTHING: TOPS



## 1. Shoulder Width

The length between the shoulders.
2. Body Length

The length in the back of the garment in the center to the bottom (hem).

## 3. Body Width

Length between the stitches below the armpits.
4. Body Length (off-center)

The length in between the edge of the neck to the bottom (hem).


1. Neck Size

The length of the collar when flattened from the center of the top button to the edge of the button hole.
2. Sleeve Length (Center Back)

The length between the back center of the collar to the edge of the sleeve.

## 3. Sleeve Length

The length between the tip of the shoulder to the opening of the sleeve.
4. Sleeve Width

The length between the top of the sleeve, measured perpendicular to the fabric's vertical thread.


## Front Neck Depth

The height from the lowest part of the neckline.


## Collar Stand

The height from the neckline.

## HOW TO MEASURE CLOTHING: BOTTOMS

*Base your bottoms size on your nude waist measurement.
However, depending on the product, the waist and hip size of the garment may vary. So please take this into account.


## 1. Bare Waist Measurement

The narrowest part of the waist.
2. Garment Waist Measurement

The actual measurement of the waist of the garment. Measure the width of the front of the garment, from left to right.

## 1. Hip

Measure the fullest part of the hip. Measure the width of the front of the garment from left to right.
2. Inseam (Length)

The length measured between the crotch and the hem.


## 1. Hip

Measure the fullest part of the hip. Measure the width of the front of the garment from left to right.

## 2. Skirt Length

The length from the top of the garment, all the way down to the hem.

