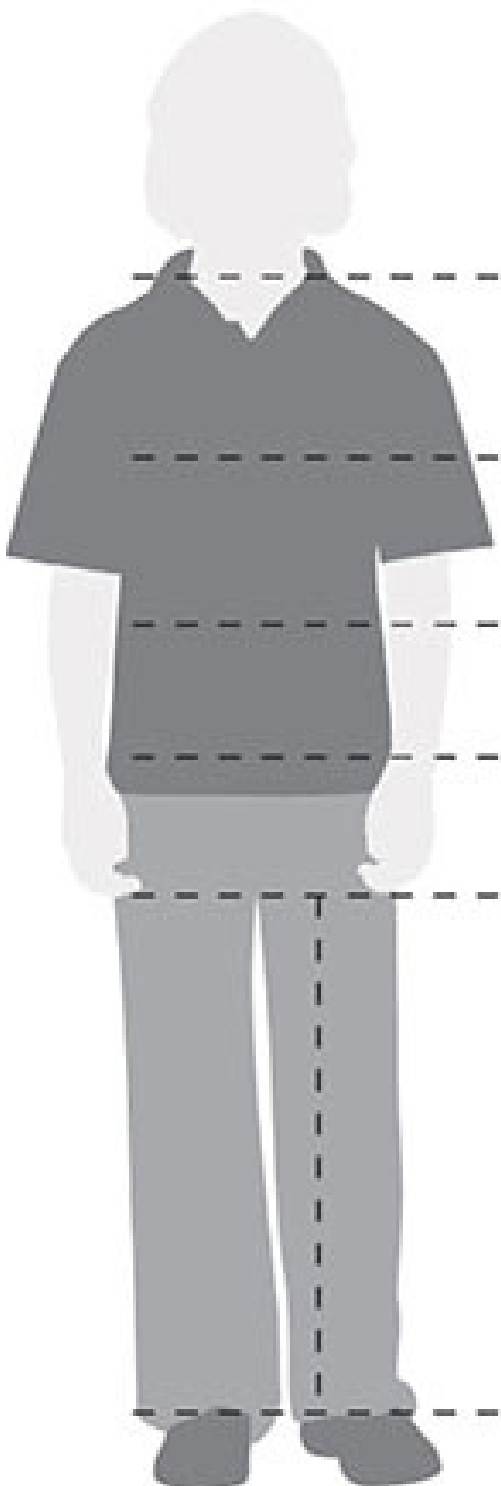


# Our Guide on How to Measure



## **Height**

No shoes, feet together, flat on the floor, measure from the top of the head to the ground.

## **Collar**

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

## **Chest**

Place the tape close up to under arms, measure around the chest at the fullest.

## **Waist**

Measure around the natural waistline.

## **Hips**

Measure around the bottom, at the fullest point.

## **Inside Leg**

Measure from the crotch to the ankle bone.

## **TIPS**

Always order the garment to accommodate the largest body measurement.

Allow for growth - when you're buying shirts, make sure you can fit two fingers inside the fastened collar.