



# SIZING INFORMATION

Please request an actual sample garment to confirm your sizing before placing your order as the information below is only a guideline. No returns if garments are supplied as per your order.

## General Metric Conversion Table

INCHES:	28	30	32	34	36	38	40	42	44	46	48
CMS:	71	76	81	87	92	97	102	107	112	117	122

## Men's Lounge Shirts

Measure under your arms, around your back and around the top part of your chest with your arms at your sides

ORDER:	32	34	36	38	40	42	44	46	48	50	52	54
Metric Size:	81	87	92	97	102	107	112	117	122	127	132	137
Approx S, M, L:	S	S	S	M	M	L	L	XL	2XL	3XL	4XL	5XL

## Unisex Tunics & Men's Bush Shirts - cut on the larger size

Measure under your arms, around your back and around the top part of your chest with your arms at your sides

ORDER:	XS	S	M	L	XL	2XL	3XL	4XL
Inch Size:	30-32	34-36	38-40	42-44	46-48	50-52	54-56	58-60

## Men's Trousers and Shorts - measure around your waist

ORDER:	28	30	32	34	36	38	40	42	44	46	48
Metric Size:	71	76	81	87	92	97	102	107	112	117	122

## Ladies Polar Fleece Top 1008 / Soft Shell Jacket 1059

ORDER:	XS	S	M	L	XL	2XL	3XL
Inch Size:	30	32-34	36-38	40-42	44	46	48

## Unisex polar Fleece Tops 283

ORDER:	S	M	L	XL	2XL	3XL	4XL	5XL
Inch Size:	34-36	38-40	42-44	46-48	50-52	54	56	58

## Overalls – conti suits are ordered by chest measurement

- our suggestion is to order 1 size bigger than chest measurement to allow for movement and clothing to be worn under the suits
- conti pants in the set are 2 sizes smaller per industry norm - see below

- above based on a slim body type, larger body types to order 2 sizes bigger
- please order a sizing set before placing your order as there are no returns on conti suits correctly supplied

## Conti suit sets

ORDER Top Size:	32	34	36	38	40	42	44	46	48	50
Pants - elasticated:	28	30	32	34	36	38	40	42	44	46

## When ordering conti pants only

Please order 1 size you need to confirm the general sizing as there are no returns on conti pants correctly supplied

Your waist size:	28	30	32	34	36	38	40	42	44	46	48
Pants relaxed:	26	28	30	32	34	36	38	40	42	44	46
Pants full stretched:	36	38	40	42	44	46	48	50	52	54	56

## Ladies Size Chart for Shirts and Tops

Measure under your arms, around your back and around the largest part of your bust with your arms at your sides

ORDER:	28	30	32	34	36	38	40	42	44	46
Metric Size:	72	77	82	87	92	97	102	107	112	117
Approx S, M, L:	XS	S	S	M	M	L	XL	2XL	3XL	4XL

## Ladies pants and skirts

Measure around your hips 2 fingers above where the trouser lower waistband would sit

ORDER:	28	30	32	34	36	38	40	42	44	46	48	50	52	54
Metric Size:	72	77	82	87	92	97	102	107	112	117	122	127	132	137

## Chef Double Breasted Jackets

ORDER:	32	34	36	38	40	42	44	46	48	50	52	54
Metric Size:	81	87	92	97	102	107	112	117	122	127	132	137
Approx Alpha Size:		S		M		L	XL	2XL	3XL	4XL	5XL	

## Chef Flap Shirts

Metric Size:	92-97	102-107	112	117-122	127-132	137-142	147	152
Inch Size:	36-38	40-42	44	46-48	50-52	54-56	58	60
ORDER:	S	M	L	XL	2XL	3XL	4XL	5XL

## Chef Elasticated Trousers

Inch Size:	26-28	30-32	34-36	38-40	42-44	46-48	50-52	52-54
Metric Size:	66-71	76-81	87-92	97-102	107-112	117-122	127-132	132-137
ORDER:	S	M	L	XL	2XL	3XL	4XL	5XL