CORE CATALOGUE







V1.7/24



Tel: 044 343 1021 Rise per size • T's & C's apply sales@africantusk.co.za www.africantusk.co.za

Garden Route office: Riverview Complex, Barrington Road, Sedgefield, 6573 Factory: Unit G, Berkley Square, Melck Street, Ndabeni, Cape Town Admin and Training: Blyvooruitzicht 116, LR Farm, Portion 4, Wester Deep Levels, Carletonville





STOCK - 145GM 100% COTTON TWILL





LADIES BUSH SHIRT -STONE LIGHTWEIGHT COTTON TWILL



AS152-145

LADIES BUSH SHIRT WITH FRONT YOKE AND VELCRO FLAP POCKETS

MENS BUSH SHIRT -STONE LIGHTWEIGHT COTTON TWILL



AS047-145 / AS044-145

MENS BUSH SHIRT WITH FRONT YOKE AND VELCRO FLAP POCKETS



STOCK TECHNICAL FABRIC - EASY CARE & COOL





LADIES BUSH SHIRT - STONE, OLIVE & CHARCOAL



LADIES BUSH SHIRT SHAPED
WITH FLAP POCKETS



AS150F SHORT SLEEVES

AS150G LONG SLEEVES WITH ROLLUP STEEVE TAB

MENS BUSH SHIRT - STONE, OLIVE & CHARCOAL



AS047 SHORT SLEEVES

MENS BUSH SHIRT WITH FLAP POCKETS Size: S - 3XL



ASO44

LONG SLEEVES WITH ROLLUP STEEVE TAB

OUR TECHNICAL FABRIC HAS THE FOLLOWING GENUINE PROPERTIES:

FABRIC ENGINEERED IN SOUTH AFRICA







STOCK "CLASSIC ORIGINALS" CHINO RANGE









AS857

- 'CLASSIC ORIGINALS'
 MENS FLAT FRONT CHINOS
- Premier brand at wholesale pricing
- Washed twill
- Back jet pocket
- YKK Zipper
- Size: Men 28 44

CARGO POCKETS







STOCK - MENS CARGO PANTS RANGE







AS857COL-240

MENS CARGO PANTS FLAT FRONT - OLIVE

- 240g polycotton twill
- classic fit with added length
- side cargo flap pockets
- size 34 leg length:
- outer leg 112cm
- inner leg 84cm
- front slant pockets and a back right jet pocket
- metal ykk zip
- double stitched outer seams
- pre-shrunk and washed

Size: Men 28 - 44

AS856COL-240

MENS CARGO SHORTS FLAT FRONT - OLIVE

- 240g polycotton twill
- side cargo flap pockets
- inner leg 26cm
- front slant pockets and a back right jet pocket
- metal ykk zip
- double stitched outer seams
- pre-shrunk and washed

Size: Men 28 - 44





AS856COL-240 MENS CARGO SHORTS FLAT FRONT - OLIVE





GENERAL STOCK GARMENTS







AS747BST-210 LADIES STONE AS747BKH-240 LADIES KHAKI

MID RISE FLAT FRONT TROUSERS Fabric: Polycotton Twill Size: Ladies 28 - 48



ASTMPONO - ADULTS PONCHO -DURABLE RUBBERISED AND WATERPROOF, IN A BAG OLIVE, 89L X 140W Fabric: Nylon - Size: OSFA



UNISEX POLAR FLEECE
TOP WITH POCKETS
AS283CG - PLAIN CHARCOAL
Fabric: Normal Polar Fleece
Size: XS - 3XL



ASBE11
UNISEX ELASTICATED
PANTS WITH 3 POCKETS
& DRAWCORD
• BLACK
Size: S - 3XL

AS780SB-210 - UNISEX TUNIC STONE / BLACK NECKLINE SS SERVICE STAFF Fabric: 210G Polycotton Twill

Size: XS - 3XL



UNISEX POLAR FLEECE TOP WITH POCKETS AS283OS - OLIVE / STONE Fabric: Normal Polar Fleece Size: XS - 3XL

SERVICE STAFF
UNISEX POLAR FLEECE
TOP - NO POCKETS
AS283AB - BLACK
Fabric: Normal Polar Fleece
Size: XS - 3XL





GENERAL STOCK GARMENTS







LADIES PF TOP, RAGLAN SLV, PKTS, INNER COLLAR AS1008CG - CHARCOAL Fabric: Normal Polar Fleece Size: S - 2XL



AS1058 / AS1059 **SOFTSHELL JACKETS** - GREY

• Full Front Zip Shaped Style
 Hemmed Sleeve Cuffs
 Front Zip Pockets

• Hip Length Size: XS - 5XL



SHERPA FLEECE UNISEX **SLEEVELESS TOP** AS283CSH - CHOC / STONE

LAST BUY

ON SPECIAL

Size: S - 2XL



ASTMPARKA-OL **CORE RANGE PARKA NYLON WITH HOOD 2 POCKETS** OLIVE Fabric: Oxford Nylon WP

Size: S - 3XL



PARKA JACKET WITH POLAR FLEECE LINING Zip off Hood Fabric: 210GM Polycotton Twil Size: XS-3XL



ASBECONTIKH - KHAKI CONTI SUIT Size: S - 2XL Fabric: 210GM Polycotton Twill



STOCK ESSENTIAL - JACKET & PANTS

manufactured using a DURABLE polycotton





ASBE1-PC-W
DOUBLE BREASTED LONG
SLEEVE JACKET WITH
FOLD-UP CUFFS AND WHITE
REMOVABLE POPPERS
SIZING: S - 3XL
200GM POLYCOTTON TWILL



ASBE11-PC-B
CHEFS ELASTICAED
PANTS / BAGGIES
WITH 3 POCKETS
AND INNER
DRAWCORD
SIZING: S - 3XL
200GM POLYCOTTON TWILL



CHEF STOCK GARMENTS







ASTO9 - BIB APRON WITH NECK ADJUSTER AND ROUNDED POCKET 72W X 86Lcm • BLACK







ASTO6 - CHEFS BEANIE WITH TONAL
TOPPIPING AND HIDDEN
VELCRO CLOSER
7,5H X 18cm
• BLACK



ES2B - EXECUTIVE CHEFS JACKET
WITH PIPING, FRENCH
CUFFS & UNDERARM EYELETS
white/black piping - black/white piping
210gm p/c twill



UNISEX & MENS HOUSEKEEPING





AT780 - UNISEX TUNIC SS

AT966B - MENS SS V NECKLINE TUNIC

AT1072SS - MENS OPEN MANDARIN
COLLAR SHIRT SS

AT155 - UNISEX V-NECK
TUNIC SS

AT780E - UNISEX TUNIC
SS WITH PIPING & SLEEVE TRIM

AT780C - UNISEX TUNIC SS WITH SHWESHWE NECK & SLEEVE TRIM



AS857- STOCK

'CLASSIC ORIGINALS' MENS FLAT
FRONT CHINOS - STONE, KHAKI,
OAK & OLIVE



AXTO11 - BLACK - UNISEX ELASTICATED PANTS WITH PKTS & DRAWCORD



AXCM-TG1-460 - MENS SERVICE STAFF POLY TROUSERS



AT1004LS - MENS MANDARIN
OPEN NECK COLLAR, COVERED
BUTTONSTAND SHIRT, LONG SLEEVES



AT159B - MENS MANDARIN COLLAR BUTTON SHIRT SS OPT PKTS AND TRIM



AT1004SS - MENS MANDARIN OPEN
COLLAR SHIRT SS WITH COVERED
BUTTONSTAND



AS283AB - STOCK UNISEX PF TOP, NO POCKETS
BLACK



LADIES HOUSEKEEPING







MALE MANAGERS & FRONT OF HOUSE





AT370LSV - MENS VENTED HOSTING SHIRT LS



AT370LBV - MENS VENTED BUSH SHIRT LS



ASO44-TEC - STOCK - RANGERS BUSH
SHIRT WITH ROLL UP TABS LS, CHARCOAL
OLIVE, STONE OR CHOC



ASO47-TEC - STOCK

RANGERS BUSH SHIRT SS, CHARCOAL

OLIVE, STONE



AXKVLO-PLA-LS - POLYCOTTON

CLASSIC LOUNGE SHIRT

LS / SS



AT1037 - SLIM FIT LOUNGE SHIRT LS



AT283 | AS283 UNISEX POLAR FLEECE WITH POCKETS



AT1058 - MENS SOFT SHELL JACKET WITH POCKETS



AT397 - MENS SLEEVELESS
PUFFER JACKET



AT397B - MENS SLEEVELESS
PUFFER JACKET WITH DIAMOND
STITCHING



AS857 - STOCK

'CLASSIC ORIGINALS'

MENS FLAT FRONT CHINOS

- Premier brand at wholesale pricing
- Washed twill
- Back jet pocketYKK Zipper
- Size: Men 30 44



LADIES FRONT OF HOUSE & MANAGERS



AS150F-TECH - STOCK - LADIES SHIRT SHAPED WITH FLAP PKTS SS, STONE, OLIVE & CHARCOAL



AT150B - LDS CLASSIC



AT150 - LDS CLASSIC



SHAPED SS SHIRT







AXKVLL-JAS - MANDARIN



AT1047 - LADIES 3/4 SLEEVE SHIRT 1/4 BUTTONSTAND





AXKVLL-TUL - LDS ¾ SLEEVES, SHAPED HEM



LADIES FRONT OF HOUSE & MANAGERS





AT1059G - SS - LADIES SOFT SHELL HIP LENGTH JACKET WITH ZIP POCKETS - GREY • Full Front Zip • Shaped Style Hemmed Sleeve Cuffs SIZE: XS-5XL



AT737B - LADIES L/LENGTH QUILTED S/LESS JACKET



LADIES PF TOP, RAGLAN SLV, PKTS, INNER COLLAR AS1008CG - CHARCOAL Fabric: Normal Polar Fleece Size: S - 2XL



AT1008 - LADIES PF TOP, RAGLAN SLEEVE, PKTS, COLOURS



AT772A - LADIES ALINE 70CM KNEE SKIRT



AT066H - LADIES MANAGEMENT SKIRT FRONT ZIP, KNEE LENGTH 54CM



AXCM-KW1-460 LADIES CORE SKIRT, 64CM UNLINED



AXCM-TWH-460 - LADIES LOW RISE STRAIGHT LEG **PANTS**



AT1026 - LADIES CHINO LOW RISE FLAT FRONT TROUSERS



AS747B **LADIES STONE / KHAKI** MID RISE FLAT FRONT TROUSERS • Fabric: Polycotton Twill Size: Ladies 28 - 48





WAITRONS, BUTLERS & APRONS







WAITRESSES & SERVICE STAFF





AT1063LS - LADIES OPEN

MANDARIN COLLAR SHIRT LS

COVERED B/S



AT1063SS - LADIES OPEN
MANDARIN COLLAR SHIRT SS
COVERED B/S



AT729B - LADIES BUTTONUP MANDARIN
COLLAR SHIRT SS



AT1073 - LADIES LS SHIRT SHAPED MANDARIN NECKLINE



AXKVLL-MAD - LADIES POLYCOTTON

34 SLEEVE FEMININE CUT BLOUSE



AT159D - LADIES MANDARIN COLLAR
BUTTONUP SHIRT SS
OPT PKTS AND TRIM



EC33A - BAR APRON WITH POCKET AND OPTIONAL STRIPES



AXCM-TW6-460

LADIES FORMAL MIDRISE
BOOTLEG PANTS



AT159 - LADIES OPEN NECK SHIRT SS OPT PKTS AND TRIM



AXKVLL-ONY - ¾ SLEEVES WITH CONTRAST TURN-UP CUFFS



AXKVLL-SAG - ¾ SLEEVE BLOUSE
CONTRAST INNER CUFFS AND
COLLAR STAND



AT1047 - LADIES 3/4 SLEEVE SHIRT 1/4 B/S



LADIES SPA RANGE





AT964
LADIES SPA TOP



AXCM-TW6-460
- LADIES FORMAL MIDRISE
BOOTLEG PANTS POLYESTER

AXKVTU-IVY - LADIES TUNIC MANDARIN COLLAR, SS





AT833B - SPA TABARD - LONGER LENGTH , SIDE BUTTON CLOSURES FULL FRONT DOUBLE PKT



AXDCNIT2M
LADIES SPA TOP



ATO14 - LADIES
DRAWSTRING CAPRI
PANTS

AT966 - LADIES SS V NECKLINE
TUNIC





AT987B - LADIES 3/4
COMFORT PULL ON PANTS
POLYESTER



MALE RANGERS





AT044 / AT047-210 RANGERS TWILL BUSH SHIRT WITH ROLL UP TABS LS OR SS



ASO44-TECH / ASO47-TECH - STOCK - RANGERS BUSH SHIRT WITH ROLL UP TABS LS OR SS OLIVE, STONE OR CHARCOAL



AXTOBLS - TRACKER BUSH SHIRT GLADNECK LS **AXTOBSS** - TRACKER BUSH SHIRT GLADNECK SS

NEW

AS856COL-240 MENS CARGO SHORTS FLAT FRONT - OLIVE



AS047-145 / AS044-145 MENS BUSH SHIRT WITH FRONT YOKE AND VELCRO FLAP POCKETS



UNISEX POLAR FLEECE POLAR FLEECE TOP WITH POCKETS AS283CG - CHARCOAL Fabric: Polar Fleece Normal



AS857CHI - STOCK MENS FLAT FRONT 'CLASSIC ORIGINAL ' CHINOS - STONE, KHAKI, OAK & OLIVE





AS857COL-240 MENS CARGO PANTS FLAT FRONT - OLIVE



AXCY6PANWORK - 6 PANEL DURABLE WORKWEAR CAP



AXCYBUSHHAT - BUSH HAT WITH SIDE STUDS, WIDE BRIM AND NECK CORD



Zip off Hood / Fabric: 210GM Polytwill Size: XS - 3XL



FEMALE RANGERS





AS150 - STOCK - LADIES TECH BUSH SHIRT LS AND SS SHAPED WITH FLAP PKTS, STONE, OLIVE & CHARCOAL



AT1026 - LADIES LOW RISE FLAT FRONT CHINOS

AT747B - LADIES CHINOS

MIDRISE FLAT FRONT

TROUSERS



AT747E / AT747F - LADIES CARGO MIDRISE FLAT FRONT SHORTS



AT735 - LADIES BUSH SHIRT WITH A ROUNDED COLLAR SS





AT787 - LADIES BUSH SHIRT WITH A ROUNDED COLLAR LS



AT1059-SS - LADIES SOFT SHELL JACKET
WITH POCKETS



AT150V - LADIES SHIRT CLASSIC SHAPED WITH BACK VENT



AS1008CG - CHARCOAL LADIES PF TOP, RAGLAN SLV, PKTS, INNER COLLAR Fabric: Normal Polar Fleece Size: S - 2XL

AT1008 LADIES PF TOP, RAGLAN SLEEVE, PKTS, COLOURWAY OF YOUR CHOICE



TRACKERS - PRICE WISE SELECTION





ASTMPARKA-OL - OLIVE CORE RANGE PARKA **NYLON WITH HOOD 2 POCKETS** Fabric: Oxford Nylon WP Size: S - 3XL



AS283OS - STOCK - MENS PF TOP WITH POCKETS OLIVE / STONE



AXTOBLS - TRACKER BUSH SHIRT GLADNECK LS

AXTOBSS - TRACKER BUSH SHIRT GLADNECK SS



AXTOBLSE - TRACKER BUSH SHIRT GLADNECK LS WITH **EPAULETTES**





AXCY6PANWORK - 6 PANEL DURABLE WORKWEAR CAP

AS395OL - OLIVE PARKA JACKET WITH POLAR FLEECE LINING Zip off Hood Fabric: 210GM Polytwill Size: S - 2XL



AT001 POLAR FLEECE BEANIE



AXTOPANTCARG TRACKER CARGO PANTS WITH FLY AND HALF **ELASTICATED**



AXTOPAN - TRACKER PANTS WITH FLY AND HALF ELASTICATED



AXTOSHO - TRACKER SHORTS WITH FLY AND HALF **ELASTICATED AXTOSHOC - TRACKER SHORTS** WITH CARGO POCKETS

AXCYASPBEANIE

BEANIE KNITTED



MAINTENANCE & SECURITY







MENS JACKETS





AXARJC-AL-136-A
MENS PUFFER JACKET
WITH A METAL ZIP AND ZIP POCKETS
ELASTICATED CUFFS AND HEM
GREY



AXWZ-HUD-BLACK
MENS PUFFER JACKET



AXMSFJK
WINTER SECURITY
NYLON JACKET



AS395OL - OLIVE
PARKA JACKET WITH POLAR FLEECE LINING
Zip off Hood / Fabric: 210GM Polytwill
Size: S - 2XL



AT750 MANAGERS JACKET



AT1070 - WINDBREAKER BASIC UNLINED WITH A FOLD-IN HOOD



AT397 - MENS RIGID SLEEVELESS PUFFER JACKET



AT397B - MENS SLEEVELESS
PUFFER JACKET WITH DIAMOND
STITCHING



AT1058G-SS - MENS SOFTSHELL JACKET WITH FRONT ZIP POCKETS - GREY Full Front Zip, Sleeve with hemmed Cuffs Size:XS - 5XL



AT1058C - MENS SOFTSHELL JACKET - ZIP-OFF SLVS WITH PKTS



AT1058B - MENS SOFTSHELL JACKET SLEEVELESS WITH PKTS



LADIES JACKETS







AXARJC - AL-137-A

LADIES DELUXE PUFFER JACKET

METAL ZIP AND ZIP POCKETS







AT737C - LADIES QUILTED S/LESS

JACKET WITH SIDE PANELS

AT737B - LADIES L/LENGTH QUILTED S/LESS JACKET

ATO10 - LADIES BUSH STYLE JACKET

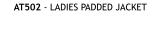


AS1059G-SS LADIES SOFT SHELL HIP LENGTH JACKET WITH ZIP POCKETS - GREY SIZE: XS - 5XL

AXWZ-HUL LADIES PUFFER JACKET



AT1059C - LADIES SOFT SHELL JACKET WITH ZIP-OFF SLEEVES AND PKTS





AT1059B - LADIES SOFT SHELL JACKET
SLEEVELESS WITH PKTS



AXKVLTR-JAC - LDS NYLON
WIND & WATER RESISTANT LS JACKET



AT813 - LADIES CLASSIC JACKET WITH POLAR FLEECE LINING



POLAR FLEECE





AS283CG - STOCK - UNISEX POLAR FLEECE TOP WITH POCKETS, PLAIN CHARCOAL



AS283OS - STOCK - UNISEX POLAR FLEECE TOP WITH POCKETS



AT283D - MENS ZIP-OFF SLV PF TOP WITH PKTS



AT283C - UNISEX S/LESS PF TOP WITH PKTS



AS283AB-NOR - STOCK - UNISEX SERVICE STAFF PF TOP WITH NO POCKETS, BLACK



AS1008CG - STOCK LADIES PF TOP, RAGLAN SLV WITH PKTS, CHARCOAL



AT1008 - LDS PF TOP, RAGLAN SLV WITH PKTS



AT1008D - LDS PF ZIP-OFF SLV WITH **PKTS**



SLVLESS TOP WITH **PKTS**



AT1003 - LADIES FITTED RAGLAN SLEEVE POLAR FLEECE TOP WITH PKTS



AT026C - LADIES FITTED SLEEVELESS POLAR FLEECE TOP



AT1008A - LADIES POLAR FLEECE TOP, RAGLAN SLEEVE, NO PKTS TOP

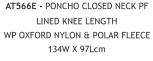


PONCHOS, RAIN GEAR & BLANKETS





AT566F - PONCHO CLOSED NECK UNLINED KNEE LENGTH WP OXFORD NYLON 134W X 97Lcm





ASTMPLIO - LAST BUY - ADULTS LINED PONCHO

DURABLE - HEAVY RUBBERISED

AND POLAR FLEECE LINED, IN A BAG

1,2M LONG



At566 - PONCHO PF LINED, KNEE LENGTH
AT566C - PONCHO PF LINED ANKLE LENGTH
AT566B - PONCHO PF LINED CALF LENGTH
AT566D - PONCHO UNLINED KNEE LENGTH
AT556G-NOR - PONCHO PF CALF 1,2M UNLINED



Supplied in a bag

ASTMPONO - STOCK - PONCHO - DURABLE
RUBBERISED AND WATERPROOF,
OLIVE, 1,2M LONG
Fabric: Nylon - S ize: OSFA





ASTMKIDPONO - LAST BUY - KIDS PONCHO RUBBERISED AND WATERPROOF, OLIVE, 69L X 78W Fabric: Nylon - S ize: OSFA



AXTMRAINSUIT RAINSUIT IN A BAG 2 PIECE



.

LUXURY BUSH BLANKET
AT456A - 145 X 145CM
AT456B - 145 X 200CM
PC TWILL & POLAR FLEECE





PF BLANKET RAW CUT EDGE AT454F - 140 X 100 AT454E - 140 X 150 AT454G - 140 X 200





PF BLANKET HEMMED EDGE AT454D - 140 X 150 AT454C - 140 X 180 AT454H - 140 X 200



AT453 - HOT WATERBOTTLE cover only



SHOES & CLOGS

(NB ladies to order 1 size smaller)

NO EXCHANGES OR RETURNS ON **CORRECTLY SUPPLIED SIZES**

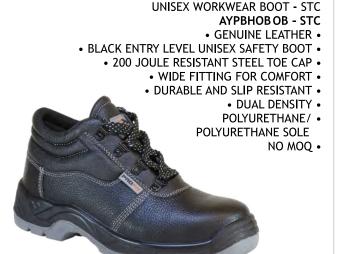


UNISEX WORKWEAR SHOE - STC

AYPBHOBOS - STC

- **GENUINE LEATHER**
- BLACK ENTRY LEVEL UNISEX SAFETY SHOE
 - 200 JOULE RESISTANT STEEL TOE CAP
 - WIDE FITTING FOR COMFORT •
 - **DURABLE AND SLIP RESISTANT**
- DUAL DENSITY POLYURETHANE/POLYURETHANE SOLE
 - STEEL TOE CAP







UNISEX CHEFS CLOG LEATHER SLIPON LEMAITRE

AYBN8008 - STC AYBN8007 - NSTC

• SLIP RESISTANT SOLE

MOQ 10 UNITS



BISTRO WORK AYFFBISTRO

- NON-STEEL TOE CAP
- MOQ 10 UNITS



UNISEX SLIP ON SERVICE SHOE AYKVSF007

- SINGLE DENSITY PU SOLE
- WATER RESISTANT
- ANTI-STATIC & ANTI-SLIP





FABRICS & COLOURS



120gm POLYCOTTON SHIRTING - Easy care and cool



145gm 100% COTTON TWILL - Pre shrunk, light and cool cotton



220gm 100% COTTON TWILL



220Egm 100% COTTON TWILL



SHWE SHWE



235g 100 % BRUSHED COTTON TWILL - SABS quality approved



160gm POLYCOTTON TWILL - lighter and durable



200Egm POLYCOTTON TWILL



210gm POLYCOTTON TWILL



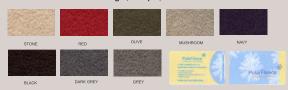
CHECKS & STRIPES POLYCOTTON TWILL



160gm 100% POLYESTER - mechanical stretch

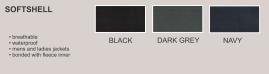


POLAR FLEECE MICRO 200gm, anti pill, technical



POLAR FLEECE NORMAL - 250gm, anti pill









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	М	М	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	М	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	М	L	XL	2XL	3XL
Inch Size:	30	32-34	36-38	40	42	44	46

Unisex polar Fleece Tops 283 - 2 inch overall allowance

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

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	М	М	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

Chefs Double Breasted Jackets

Order:	30	32	34	36	38	40	42	44	46	48	50	52	54
Metric Size:	76	81	87	92	97	102	107	112	117	122	127	132	137
Half Chest:	43	46	49	52	55	58	61	63	67	70	72	74	77
Approx Alpha Size:	XS	XS	S	S	М	М	L	L	XL	XL	2XL	3XL	3XL

Chef Flap Shirts

Order:	S	М	L	XL	2XL	3XL	4XL	5XL
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
Half Chest:	56	58	61	67	72	78	82	87

Chef Elasticated Trousers

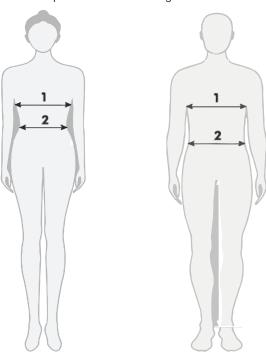
Order:	XS	S	М	L	XL	2XL	3XL	4XL	5XL
Inch Size:	26-28	30	32	34-36	38-40	42-44	46-48	50-52	52-54
Metric Size:	67-72	77	82	87-92	97-102	107-112	117-122	127-132	132-137



MEASURING & WASHCARE



- 1 LADIES BUST: Measure at the fullest part of your bust, by placing the tape measure under your arms WASHING AND GARMENT CARE INFORMATION and across your shoulder blades. Remember to breathe out when taking this measurement.
- 2 LADIES WAIST: Measure your waist around the natural waistline.
- 1 MENS CHEST: Measure across the widest part of the chest, under the armpits, and around the back. Ensure that the tape is horizontal all the way around the body. (Do not allow it to dip at the back).
- 2 MENS WAIST: Decide where you want your trousers to sit (on the hips, above the hips) and measure at this position. Ensure that the tape is horizontal to the ground



COTTON GARMENT WASH CARE

- Cold water wash
- Do not tumble dry
- Garments must be rinsed thoroughly modern washing powder contains optical bleach which, when poorly rinsed, reacts with the sun to bleach the fabric
- Perspiration will bleach the colour from cotton garments
- Allow up to 5% shrinkage
- Cotton fabric and colour is unfortunately not guaranteed due to the varying wash care and working conditions per client

- Cold water wash
- Do not tumble dry.
- Garments must be rinsed thoroughly
- Cool iron must be used on all fabrics except nylons and polar fleece materials (No Ironing)
- Do not iron on the screenprints or the embroideries
- Do not use bleach as this will weaken the fibres

WASHCARE GUIDELINES - HOW TO INCREASE YOUR WARDROBE LIFE SPAN:

Washing:

- · Avoid harsh bar soaps and bleaches as they cause discolouring
- Use very little fabric softener as this tends to weaken fibres How to reduce creasing:
- Hang up garment after wearing. Fasten zips and buttons to help the garment keep its shape
- Jackets should be placed on a hanger when not being worn
- · Hang washable garments on hanger whilst damp and minor creases should drop out
- When ironing is required, iron on the reverse side to prevent "shining"

Drying:

- Fasten all buttons & hang inside out, especially dark colours
- · If garments are left out in the sur all day they will be bleached by the sun

Stain removal:

· Always carefully remove stains before washing or drying as heat can make stains permanent

TREATING STAINS:

Antiperspirant: Make a paste with bicarbonate of soda and salt and

apply to stain for about 15 minutes. Soak in detergent and then wash as normal. **Ball Point Pen:** Sponge with

methylated spirits or Eau-de-Cologne. Any remaining stain should then be rubbed with soap and washed as normal.

Alcohol or Food: Use soda water. Place a towel under area. Fizz soda and rub in towards the centre of the spot.

Blood: Mop with tissues & soak in strongly salted cold water. Keep changing the salt-water solution until it runs clear. Sponge any remaining stain with warm water. Rinse with cold water. Wash the whole garment before the stain dries using a detergent.

Chewing Gum: Put the stained garment in a plastic bag and freeze overnight. Gum should scrape o ffeasily, or brush egg white onto gum stains with a toothbrush and wash normally. Coffee and Tea: Soak in lukewarm detergent solution. (Always dissolve the detergent in water soaking). Then treat with methylated spirits.

Fruit and Fruit Juices: Rub the stain with salt before washing. Rinse in cold water and soak in liquid detergent. (See care label) Oil: Eucalyptus oil is an excellent oil and grease stain remover (from pharmacy). Using a cotton swab, apply to stained area and then wash as per the care instructions. Tomato Sauce: Rinse in cold water and soak in liquid detergent. If necessary, treat with methylated spirits.

HAND WASHING:

- Fill a bucket or deep sink with warm water and about a 1/4 cup of detergent
- Put your clothing in the water and leave to soak for a while if stained
- · Knead the clothing with your hands in the water for a few minutes, as much as you would knead bread
- · Rinse the clothing until water runs clear, not soapy
- · Wring out the garment gently
- Turn garments inside out and close any buttons' or zips
- Hang out to dry on a clothes line or a well-ventilated area