



# ALL CLOTHING & PROTECTION **SIZING GUIDES**

# Sizing Guides



Mens Neck	Small	Medium	Large	XL	XXL	3XL	4XL
Metric Sizes (CM)		37 38	39 41	42	43 44	46 47 48	50 51
Imperial Sizes (Inches)		14.5 15	15.5 16	16.5	17 17.5	18 18.5 19	19.5 20



Mens Chest	XS	Small	Medium	Large	XL	XXL	3XL	4XL	5XL
Metric Sizes (CM)	80 84 88	92 96	100 104	108 112	116 120 124	128 132	136 140	144 148	152 156 160
Imperial Sizes (Inches)	32 33 34	36 38	40 41	42 44	46 47 48	50 52	54 55	56 58	60 62 64
Euro	40 42 44	46 48	50 52	54 56	58 60 62	64 66	68 70	72 74	76 78 80
Leisurewear	Small		Medium		Large	XL	2XL	3XL	



Mens Waist	XS	Small	Medium	Large	XL	XXL	3XL	4XL	5XL
Metric Sizes (CM)	68 72	76 80	84 88	92 96	100 104	108 112	116 120	124 128	132 136 140
Imperial Sizes (Inches)	26 28	30 32	33 34	36 38	40 41	42 44	46 47	48 50	52 54 56
Euro/Germany/Benelux (DE)	42 44	46 48	50	52 54	56	58 60	62	64/66 68	70 72 74
France/Spain/Portugal (FR)	34 36	38 40	42 44	46 48	50 52	54 56	58	60/62 64	66 68 70



Womens Bust	XS	Small	Medium	Large	XL	XXL	3XL	4XL
Metric Sizes (CM)	72 76 80	84 88	92 96	100 104	108 112	116 120	124 128	132 136
Imperial Sizes (Inches)	28 30 32	33 34	36 38	40 44	42 44	46 47	48 50	52 54
Benelux/Germany/Scandinavia (DE)	32 34 36	38	40 42	44 48	46 48	50	52 54	56 58
France/Spain/Portugal (FR)	34 36 36/38	40	42 44	46/48 50	48 50	52	54 56	58 60
Italy (IT)	36 38 40	42	44 46	46 52	50 52	54	56 58	60 62
UK		8 10	12 14	16 20	18 20	22 24	26	28 30



Womens Waist	XS	Small	Medium	Large	XL	XXL	3XL	4XL
Metric Sizes (CM)	60 64	68 72	76 80	84 88	92 96	100 104 108	112 116	120 124 128
Imperial Sizes (Inches)	22 24	26 28	30 32	33 34	36 38	40 41 42	44 46	47 48 50
Benelux/Germany/Scandinavia (DE)	32/34 36	38 40	42	44 46	48 50	52 54	56 58	60 62 64
France/Spain/Portugal (FR)	34/36 38	40 42	44	46 48	50 52	54 56	58 60	62 64 66
Italy (IT)	36/38 40	42 44	46	48 50	52 54	56 58	60 62	64 66 68
UK	6	8 10	12 14	16	18 20	22 24	26	28



Footwear	Ladies Size	Euro Size	UK Size
	4 5 6 7 8 9 10 11 12 13	34 35 36 37 38 39 40 41 42 43 44 45 46 47 48	2 3 4 5 6 7 8 9 10 11 12 13

## Leg Length

- 29" / 74cm Short
- 31" / 79cm Reg
- 33" / 84cm Tall
- 36" / 92cm X Tall



Gloves	XXS	XS	S	M	L	XL	XXL	3XL	4XL
Sizes	5	6	7	8	9	10	11	12	13

It is recommended to have your foot measured prior to ordering footwear as there is no exact standard for converting shoe sizes

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CORPORATE CLOTHING | WORKWEAR | ETHICAL & SUSTAINABLE CLOTHING | RAIL INDUSTRY SPECIALISTS | LEISUREWEAR | ARBORIST & GREEN VEGETATION



# PERSONALISATION

Guaranteed brand consistency with your logo...



## Easy, affordable in-house personalisation service for work clothing

### Embroidery

Are you looking for high-quality logo embroidery on your corporate clothing? Having your logo on your work wear enhances the overall look and feel of your business, instantly giving the right impression to potential customers and others within the industry.

Generally speaking, embroidered garments look more professional and the embroidery itself will last longer, and remain for the life of the garment. In some circumstances, heat sealing can be a better option if the artwork is very complex or the garments are more temporary, limited lifespan items.



### Logo Design Service

We can digitise your own logo and transfer it to the garments of your choice. If you do not currently have a logo, don't worry - we have a skilled in house design department who specialise in logo development and design.

However, if this isn't something you're looking into for now, we can also simply embroider plain text with your company name, in a range of different colours to enhance your corporate image.

Looking to improve your corporate image with our embroidery service? Contact us today.

