

## Guides Size Guide

All measurements are in cm's

All measurements include hems

These are flat garment measurements (to get the full body please multiply the measurement by 2)

### Guides polo shirt

Size (to fit chest)	26"	28"	30"	32"	34"	36"	38"	40"	42"	44"
A. Chest measurement (armhole to armhole)	37.5	40	42.5	45	47.5	50	52.5	55	57.5	60
B. Waist (at the smallest point)	32.5	35	37.5	40	42.5	45	47.5	50	52.5	55
C. Hem	36	38.5	41	43.5	46	48.5	52	53.5	56	58.5
D. Sleeve (from shoulder end to sleeve hem)	14	14	15	15	17	27	17	19	19	19
E. Centre back to hem (nape to garment shortest bottom)	50	50	57	57	62	62	62	65	65	65

### Guides zip hoodie

Size (to fit chest)	26"	28"	30"	32"	34"	36"	38"	40"	42"	44"
A. Chest measurement (armhole to armhole)	41.5	44	46.5	49	51.5	54	56.5	59	61.5	64
B. Waist (at the smallest point)	39.5	42	44.5	47	49.5	52	54.5	57	59.5	62
C. Hem	38.5	41	43.5	46	48.5	51	53.5	56	58.5	61
D. Sleeve (from shoulder end to sleeve end including cuff)	55	55.5	58	58.5	62.5	63	63.5	64	64.5	65
E. Zip length	44.5	44.5	51.5	51.5	54.5	54.5	54.5	57.5	57.5	57.5
F. Centre back to hem (nape to garment bottom)	56	56	63	63	66	66	66	69	69	69