

# HOW TO MEASURE

All measurement(s) need to be taken from a garment you own.

## YOU WILL NEED:

### ▶ TAPE MEASURE

With metric units (cm and mm)

### ▶ T-SHIRT YOU OWN

A garment you own, from any brand, with a comfortable fit.

#### 1 Find a T-shirt you own:

Choose a T-shirt you currently own (any brand) which is the most comfortable fit for you.

#### 2 Chest Measurement:

Lay the top down on a flat surface and measure the distance across the T-shirt, from one under arm to the other, as shown in point A.



## SIZE CHART\* (all measurements given in cm)

SIZE	2XSJ	XSJ	SJ	MJ	LJ	YTH	S	M	L	XL	2XL	3XL	4XL	5XL
AGE	3/4	5/6	7/8	9/10	11/12									
Chest (cm)	37	40	43	46	49	51	54	57	60	63	66	69	72	75

\* Please allow for a plus or minus 1-2 cm tolerance in our garments. Material is also a factor in how a garment can fit you. We will have more details in the product description regarding the material stretch. If the material is stretchy then you can wear the garment as a tighter fit as the material will stretch. Please be aware that the above measurements are of the garment and not of your body.