

HOW TO MEASURE

YOU WILL NEED:

▶ **TAPE MEASURE**
With metric units (cm and mm)

▶ **PAIR OF TROUSERS YOU OWN**
A garment you own, from any brand, with a comfortable fit.

- 1 **Find a pair of trousers you own:**
Choose a pair of trousers you currently own (any brand) which are the most comfortable fit for you.
- 2 **Relaxed waist measurement:**
Lay the trousers down on a flat surface and measure the distance across the waist band while the elastic is relaxed as shown in point A.
- 3 **Stretched waist measurement:**
Pull the waist band of the trousers to the maximum stretch and measure the distance across the waist band as shown in point B.
- 4 **Hip measurement**
Lay the trousers down on a flat surface. Measure the distance across the trousers at the hips (this is 20cm down from the waist) as shown in point C.
- 5 **Outside leg measurement:**
Lay the trousers down on a flat surface and measure the distance from the waistband to the bottom of the trouser leg as shown in point D.

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



SIZE CHART* (all measurements given in cm)

MEASUREMENT DESCRIPTION	XXSJ	XSJ	SJ	MJ	LJ	YTH	SMALL	MED	LARGE	XL	2XL	3XL
ALL MEASUREMENTS IN METRIC (CM)												
Half Waist (relaxed)	24	25	27	29.5	32	34.5	36	38	40	42	44	46
Half Waist (stretched)	32.5	36.5	38.5	41	43.5	46	48	52	56	60	64	68
Half Hips (20cm down from waist)	31	35	39	41	43	45	47	50	52	55	57	59
Outside leg	63	69	75	82	89	95	101	103	105	107	109	111

* 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.