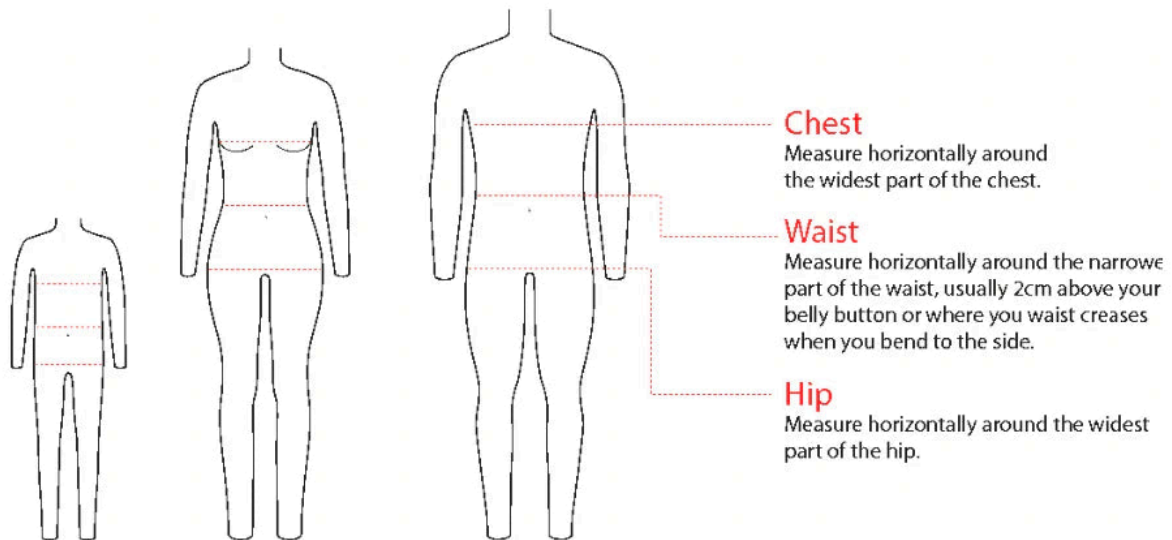


SIZE	Chest (CM)	Waist (CM)
XS	88	75
S	93	80
M	98	85
L	103	90
XL	108	95
2XL	114	101
3XL	122	109
4XL	130	119
5XL	138	127
7XL	154	143

How to Measure

(Body Measurements)



Our Size Charts are of 'Body Measurements' not garment measurement. To determine what size you fall into ensure to measure against your body. It is best to ask another to help so that you can assume a natural standing position. When using the measuring tape it is important not to pull tight on the tape, the tape should be without tension and sit comfortably against the body. For a natural measurement one finger should be under the tape, this allows for 'ease and natural movement' see Figure.1 below

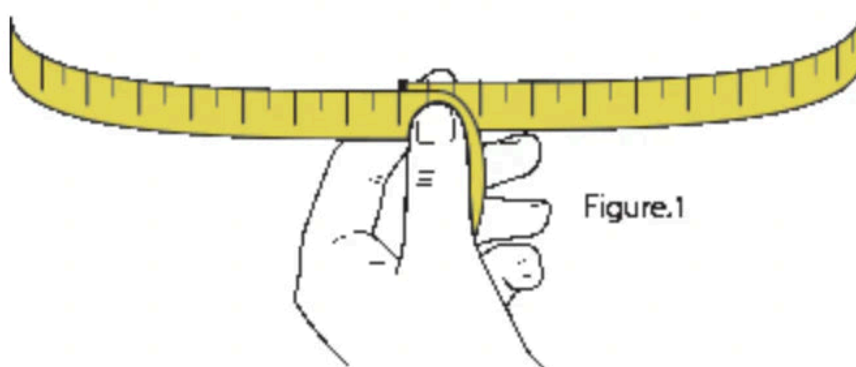


Figure.1

When we design our clothing we do take into consideration how you will be wearing the garment. For example a winter rainwear jacket you would be wearing insulating layers underneath so the size of the jacket accommodates this. So you won't need to purchase a size up.