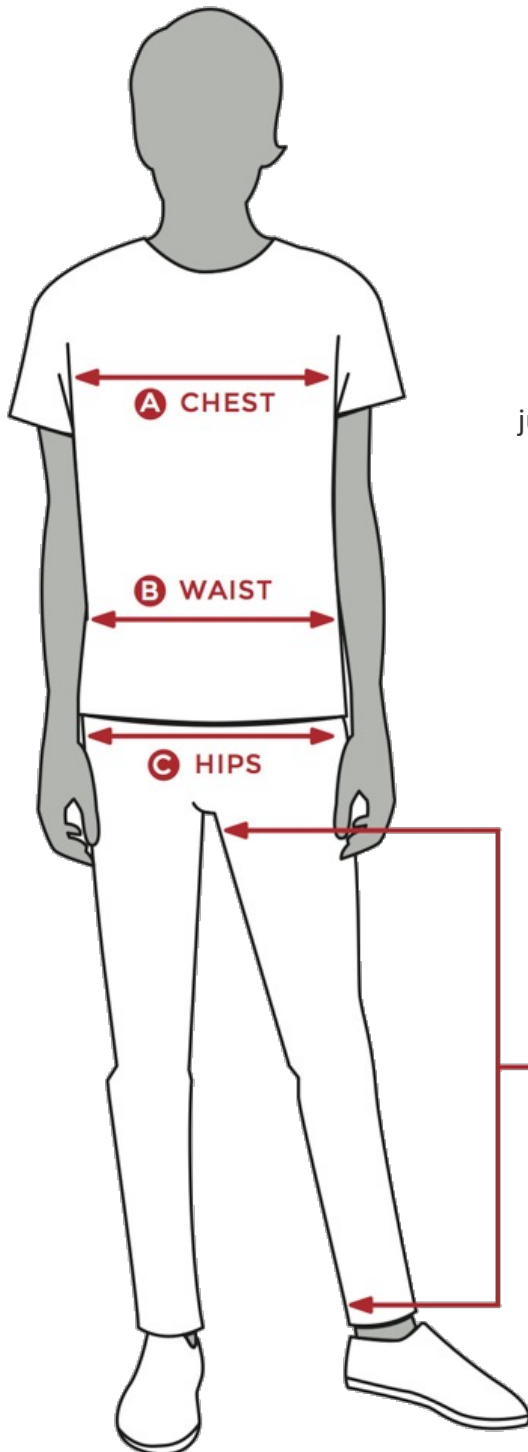


# Measuring Guidelines

To determine the size to order you need to cross reference your actual measurements against the relevant measuring chart. Please use the body measurement chart that you feel suits you the best; and in addition, also represents the uniform items that you are about to be issued with.



**Chest/Bust** - Wrap a measuring tape around your chest, just under the arms at the widest point is best, do not let it drop below the shoulder blades. Do not pull tight.

**Waist** - Measure around the natural waistline, holding the tape lightly loose for a comfortable fit.

**Hips** - Standing with legs together, measure around the widest part of your hips, this will be over your seat.

**D INSIDE LEG**

**Inside leg** - Measure from the top of the thigh to where the bottom of the trouser should fall. Do not bend when taking this measure. You can also measure the inside leg on a pair of trousers you like the length of.

# Measuring Guidelines

## Feminine Fit Tunics and Trousers



To determine the size to order you need to cross reference your actual measurements against the relevant measuring chart. Please use the body measurement chart that you feel suits you the best; and in addition, also represents the uniform items that you are about to be issued with.

### Feminine Fit Tunics available in sizes 4 to 42 and Trousers available in sizes 6 to 38 :

| ORDER SIZE | 4 | 6 | 8 | 10 | 12 | 14 | 16 | 18 | 20 | 22 | 24 | 26 | 28 | 30 | 32 | 34 | 36 | 38 | 40 | 42 |
|------------|---|---|---|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|
|------------|---|---|---|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|

Feminine Fit body measurement chart: consider all measures for a tunic but only waist and hip for trousers.

| bust/chest | inches | 33   | 34   | 35   | 36   | 38   | 40   | 42   | 44   | 46   | 48  | 50  | 52  | 54  | 56  | 58    | 60    | 62    | 64     | 66    | 68    |
|------------|--------|------|------|------|------|------|------|------|------|------|-----|-----|-----|-----|-----|-------|-------|-------|--------|-------|-------|
|            | cm     | 83.8 | 86.4 | 88.9 | 91.4 | 96.5 | 102  | 107  | 112  | 117  | 122 | 127 | 132 | 137 | 142 | 147.3 | 152.4 | 157.5 | 162.56 | 167.6 | 172.7 |
| waist      | inches | 25   | 26   | 27   | 28   | 30   | 32   | 34   | 36   | 38   | 40  | 42  | 44  | 46  | 48  | 46    | 48    | 50    | 52     | 54    | 56    |
|            | cm     | 63.5 | 66   | 68.6 | 71.1 | 76.2 | 81.3 | 86.4 | 91.4 | 96.5 | 102 | 107 | 112 | 117 | 122 | 116.8 | 121.9 | 127.0 | 132.1  | 137.2 | 142.2 |
| hip        | inches | 35   | 36   | 37   | 38   | 40   | 42   | 44   | 46   | 48   | 50  | 52  | 54  | 56  | 58  | 60    | 62    | 64    | 66     | 68    | 70    |
|            | cm     | 88.9 | 91.4 | 94   | 96.5 | 102  | 107  | 112  | 117  | 122  | 127 | 132 | 137 | 142 | 147 | 152.4 | 157.5 | 162.6 | 167.6  | 172.7 | 177.8 |

### Examples:

Working in inches for a feminine fit tunic:

First, find your sizes on the chart and then follow the colour coding above the chart to help guide you to the correct size to order

So, in this example If your actual measurements are 40" bust, 32" waist & 42" hip, the size that will fit you best will be a size 14.

Alternatively, If your actual measurements represent figures that fit into multiple product sizes on the chart, you are advised to order the size that fits your largest measurement

By way of example if your actual measurements are 40" bust, 36" waist and 44" hip a size 18 is likely to be the most comfortable fit.. you could consider ordering a size 16, BUT it will likely be a snug fit on the hips.

Working in inches for a feminine fit trouser:

Leg Lengths are Short 29", Regular 31", Long 33"

As per the tunic, first find your measurements on the relevant size chart.

If you are a 30" Waist, with a Hip of 40" and an inside leg of 31" you would order the 12 Regular trouser

Just like the tunic example, if you have measures that are shown against multiple sizes we would advise to go with your largest measure.

By way of example if you measure a 30" Waist but also a 44" Hip you would probably be advised at ordering the size 16, However, like the tunic example above, you could choose a size 14 instead if you felt that combination of waist and hip measurement would work better for you.

If your actual inside leg measurement does not perfectly match with the size's that are available then choose the closest length, remembering that a slightly longer length is often easier for you to alter than a shorter one. it is however important that your trousers are not too long when being worn

# Measuring Guidelines

## Masculine Fit Tunics and Trousers



To determine the size to order you need to cross reference your actual measurements against the relevant measuring chart. Please use the body measurement chart that you feel suits you the best; and in addition, also represents the uniform items that you are about to be issued with.

### Masculine Fit Tunic:

| ORDER SIZE | 30 | 32 | 34 | 36 | 38 | 40 | 42 | 44 | 46 | 48 | 50 | 52 | 54 | 56 | 58 | 60 | 62 |
|------------|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|
|------------|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|

#### Masculine Fit body measurement chart:

| chest/bust | inches | 30   | 32   | 34   | 36   | 38   | 40  | 42  | 44  | 46  | 48  | 50  | 52  | 54    | 56    | 58    | 60    | 62    |
|------------|--------|------|------|------|------|------|-----|-----|-----|-----|-----|-----|-----|-------|-------|-------|-------|-------|
|            | cm     | 76.2 | 81.3 | 86.4 | 91.4 | 96.5 | 102 | 107 | 112 | 117 | 122 | 127 | 132 | 137.2 | 142.2 | 147.3 | 152.4 | 157.5 |

### Masculine Fit Trouser:

| ORDER SIZE | 28 | 30 | 32 | 34 | 36 | 38 | 40 | 42 | 44 | 46 | 48 | 50 | 52 | 54 | 56 | 58 |
|------------|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|
|------------|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|

#### Masculine Fit body measurement chart:

| waist | inches | 28 | 30   | 32   | 34   | 36   | 38   | 40  | 42  | 44  | 46  | 48  | 50  | 52  | 54    | 56    | 58    |
|-------|--------|----|------|------|------|------|------|-----|-----|-----|-----|-----|-----|-----|-------|-------|-------|
|       | cm     | 71 | 76.2 | 81.3 | 86.4 | 91.4 | 96.5 | 102 | 107 | 112 | 117 | 122 | 127 | 132 | 137.2 | 142.2 | 147.3 |

Examples:

For a masculine fit tunic if your measurement is a size 40 chest then the colour coding shows you should order a size 40

For a masculine fit trouser:

Leg Lengths are Regular 31", Long 33"

If your waist measures 36 inches and your inside leg measures 31" then the colour coding shows you should order a size 36 Regular

If your actual inside leg measurement does not perfectly match with the size's that are available then choose the closest length, remembering that a slightly longer length is often easier for you to alter than a shorter one. it is however important that your trousers are not too long when being worn

Whether masculine fit Tunics or Trousers...if you measure between sizes then select the next size up for a comfortable fit-

# Measuring Guidelines

## Unisex Fit Chefs Jackets, Chefs Trousers & Polo Shirts



To determine the size to order you need to cross reference your actual measurements against the relevant measuring chart. Please note that all the uniform items on this page are deemed “unisex fit” however we have provided feminine fit measurements and masculine fit measurement to help you choose the unisex size that is likely to be best for you.

Please use the body measurement chart that you feel suits you the best, and also represents the uniform items that you are about to be issued with.

### Unisex Fit Chefs Jackets, Chefs Trousers, Polo Shirts

| ORDER SIZE | XS | XS | S | S | M | M | L | L | XL | XL | 2XL | 2XL | 3XL | 4XL |
|------------|----|----|---|---|---|---|---|---|----|----|-----|-----|-----|-----|
|------------|----|----|---|---|---|---|---|---|----|----|-----|-----|-----|-----|

#### Feminine Fit body measurement chart:

|            |        |      |      |      |      |      |      |      |      |     |     |     |     |     |     |
|------------|--------|------|------|------|------|------|------|------|------|-----|-----|-----|-----|-----|-----|
| bust/chest | inches | 34   | 35   | 36   | 38   | 40   | 42   | 44   | 46   | 48  | 50  | 52  | 54  | 56  | 58  |
|            | cm     | 86.4 | 88.9 | 91.4 | 96.5 | 102  | 107  | 112  | 117  | 122 | 127 | 132 | 137 | 142 | 147 |
| waist      | inches | 26   | 27   | 28   | 30   | 32   | 34   | 36   | 38   | 40  | 42  | 44  | 46  | 48  | 50  |
|            | cm     | 66   | 68.6 | 71.1 | 76.2 | 81.3 | 86.4 | 91.4 | 96.5 | 102 | 107 | 112 | 117 | 122 | 127 |
| hip        | inches | 36   | 37   | 38   | 40   | 42   | 44   | 46   | 48   | 50  | 52  | 54  | 56  | 58  | 60  |
|            | cm     | 91.4 | 94   | 96.5 | 102  | 107  | 112  | 117  | 122  | 127 | 132 | 137 | 142 | 147 | 152 |

### Unisex Fit Chefs Jackets, Polo Shirts

| ORDER SIZE | XS | XS | S | S | M | M | L | L | XL | XL | 2XL | 2XL | 3XL | 4XL |
|------------|----|----|---|---|---|---|---|---|----|----|-----|-----|-----|-----|
|------------|----|----|---|---|---|---|---|---|----|----|-----|-----|-----|-----|

#### Masculine Fit body measurement chart:

|            |        |      |      |      |      |     |     |     |     |     |     |     |     |     |     |
|------------|--------|------|------|------|------|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|
| chest/bust | inches | 32   | 34   | 36   | 38   | 40  | 42  | 44  | 46  | 48  | 50  | 52  | 54  | 56  | 58  |
|            | cm     | 81.3 | 86.4 | 91.4 | 96.5 | 102 | 107 | 112 | 117 | 122 | 127 | 132 | 137 | 142 | 147 |

### Unisex Fit Chefs Trouser:

| ORDER SIZE | XS | XS | S | S | M | M | L | L | XL | XL | 2XL | 2XL | 3XL | 4XL |
|------------|----|----|---|---|---|---|---|---|----|----|-----|-----|-----|-----|
|------------|----|----|---|---|---|---|---|---|----|----|-----|-----|-----|-----|

#### Masculine Fit body measurement chart:

|       |        |      |      |      |      |      |      |     |     |     |     |     |     |     |     |
|-------|--------|------|------|------|------|------|------|-----|-----|-----|-----|-----|-----|-----|-----|
| waist | inches | 28   | 30   | 32   | 34   | 36   | 38   | 40  | 42  | 44  | 46  | 48  | 50  | 52  | 54  |
|       | cm     | 71.1 | 76.2 | 81.3 | 86.4 | 91.4 | 96.5 | 102 | 107 | 112 | 117 | 122 | 127 | 132 | 137 |

Examples:

Using the feminine fit measurement chart to determine your unisex size if you measure a 40” bust, 32” waist & 42” hip, the size that will fit you the best in a chefs jacket, chefs trouser, & polo shirt will be a size M, follow the colour coding above the chart to help guide you to the correct size.

Using the masculine fit measurement chart to determine your unisex size if you measure a size 46” chest then the colour coding shows you should order a size L in a chefs jacket and polo shirt

For a chefs trouser if you measure a size 36” waist then the colour coding shows you should order a size M in a chefs trouser

For a chefs trouser:

Leg Lengths are Regular 31”, Long 33”

If your actual inside leg measurement does not perfectly match with the size’s that are available then choose the closest length, remembering that a slightly longer length is often easier for you to alter than a shorter one.. it is however important that your trousers are not too long when being worn

# Measuring Guidelines

## Unisex Fit Maintenance

### Fleece & Polo Shirts



## Masculine Fit Maintenance Trouser:

To determine the size to order you need to cross reference your actual measurements against the relevant measuring chart. Please use the body measurement chart that you feel suits you the best, and also represents the uniform items that you are about to be issued with.

### Unisex Fit Maintenance Fleece & Polo Shirts

| ORDER SIZE | XS | XS | S | S | M | M | L | L | XL | XL | 2XL | 2XL | 3XL |
|------------|----|----|---|---|---|---|---|---|----|----|-----|-----|-----|
|------------|----|----|---|---|---|---|---|---|----|----|-----|-----|-----|

### Feminine Fit body measurement chart:

|            |        |      |      |      |      |      |      |      |      |     |     |     |     |     |
|------------|--------|------|------|------|------|------|------|------|------|-----|-----|-----|-----|-----|
| bust/chest | inches | 34   | 35   | 36   | 38   | 40   | 42   | 44   | 46   | 48  | 50  | 52  | 54  | 56  |
|            | cm     | 86.4 | 88.9 | 91.4 | 96.5 | 102  | 107  | 112  | 117  | 122 | 127 | 132 | 137 | 142 |
| waist      | inches | 26   | 27   | 28   | 30   | 32   | 34   | 36   | 38   | 40  | 42  | 44  | 46  | 48  |
|            | cm     | 66   | 68.6 | 71.1 | 76.2 | 81.3 | 86.4 | 91.4 | 96.5 | 102 | 107 | 112 | 117 | 122 |
| hip        | inches | 36   | 37   | 38   | 40   | 42   | 44   | 46   | 48   | 50  | 52  | 54  | 56  | 58  |
|            | cm     | 91.4 | 94   | 96.5 | 102  | 107  | 112  | 117  | 122  | 127 | 132 | 137 | 142 | 147 |

### Unisex Fit Maintenance Fleece & Polo Shirts

| ORDER SIZE | XS | XS | S | S | M | M | L | L | XL | XL | 2XL | 2XL | 3XL |
|------------|----|----|---|---|---|---|---|---|----|----|-----|-----|-----|
|------------|----|----|---|---|---|---|---|---|----|----|-----|-----|-----|

### Masculine Fit body measurement chart:

|            |        |      |      |      |      |     |     |     |     |     |     |     |     |     |
|------------|--------|------|------|------|------|-----|-----|-----|-----|-----|-----|-----|-----|-----|
| chest/bust | inches | 32   | 34   | 36   | 38   | 40  | 42  | 44  | 46  | 48  | 50  | 52  | 54  | 56  |
|            | cm     | 81.3 | 86.4 | 91.4 | 96.5 | 102 | 107 | 112 | 117 | 122 | 127 | 132 | 137 | 142 |

### Masculine Fit Maintenance Trouser

| ORDER SIZE | 28 | 30 | 32 | 34 | 36 | 38 | 40 | 42 | 44 | 46 | 48 |  |  |
|------------|----|----|----|----|----|----|----|----|----|----|----|--|--|
|------------|----|----|----|----|----|----|----|----|----|----|----|--|--|

### Masculine Fit body measurement chart:

|       |        |      |      |      |      |      |      |     |     |     |     |     |  |  |
|-------|--------|------|------|------|------|------|------|-----|-----|-----|-----|-----|--|--|
| waist | inches | 28   | 30   | 32   | 34   | 36   | 38   | 40  | 42  | 44  | 46  | 48  |  |  |
|       | cm     | 71.1 | 76.2 | 81.3 | 86.4 | 91.4 | 96.5 | 102 | 107 | 112 | 117 | 122 |  |  |

### Feminine Fit body measurement chart:

|       |        |      |      |      |      |      |      |      |     |     |     |     |  |  |
|-------|--------|------|------|------|------|------|------|------|-----|-----|-----|-----|--|--|
| waist | inches | 27   | 28   | 30   | 32   | 34   | 36   | 38   | 40  | 42  | 44  | 46  |  |  |
|       | cm     | 68.6 | 71.1 | 76.2 | 81.3 | 86.4 | 91.4 | 96.5 | 102 | 107 | 112 | 117 |  |  |
| hip   | inches | 37   | 38   | 40   | 42   | 44   | 46   | 48   | 50  | 52  | 54  | 56  |  |  |
|       | cm     | 94   | 96.5 | 102  | 107  | 112  | 117  | 122  | 127 | 132 | 137 | 142 |  |  |

Examples:

Using the feminine fit measurement chart to determine your unisex size if you measure a 40" bust, 32" waist & 42" hip, the size that will fit you the best in a fleece & polo shirt will be a size M, follow the colour coding above the chart to help guide you to the correct size.

Using the masculine fit measurement chart to determine your unisex size if you measure a size 46" chest then the colour coding shows you should order a size L in a fleece & polo shirt

For the maintenance trousers using the feminine fit measurement chart, if you measure a 32" waist and 44" hip you are advised to order the size that is the largest measure in this case a size 36 is advised.

For the maintenance trousers using the masculine fit measurement chart If your waist measures 36" inches then the colour coding shows you should order a size 36

For a maintenance trouser:

Leg Lengths are Regular 31", Long 33"

If your actual inside leg measurement does not perfectly match with the size's that are available then choose the closest length, remembering that a slightly longer length is often easier for you to alter than a shorter one.. it is however important that your trousers are not too long when being worn