

A man with short brown hair and a light beard is sitting in a yellow leather armchair. He is wearing a dark navy blue suit jacket over a light-colored striped dress shirt and light beige trousers. He has his right hand resting on his chin and is looking directly at the camera with a neutral expression. The background consists of a light-colored wall with a vertical gold-colored trim.

THE UNIFORM EDIT

SIZE GUIDE | MEN

TIPS ON USING THIS GUIDE

1

Ask a friend or work colleague to measure you in a fitted t-shirt or shirt to ensure you are getting the most accurate body measurements.

2

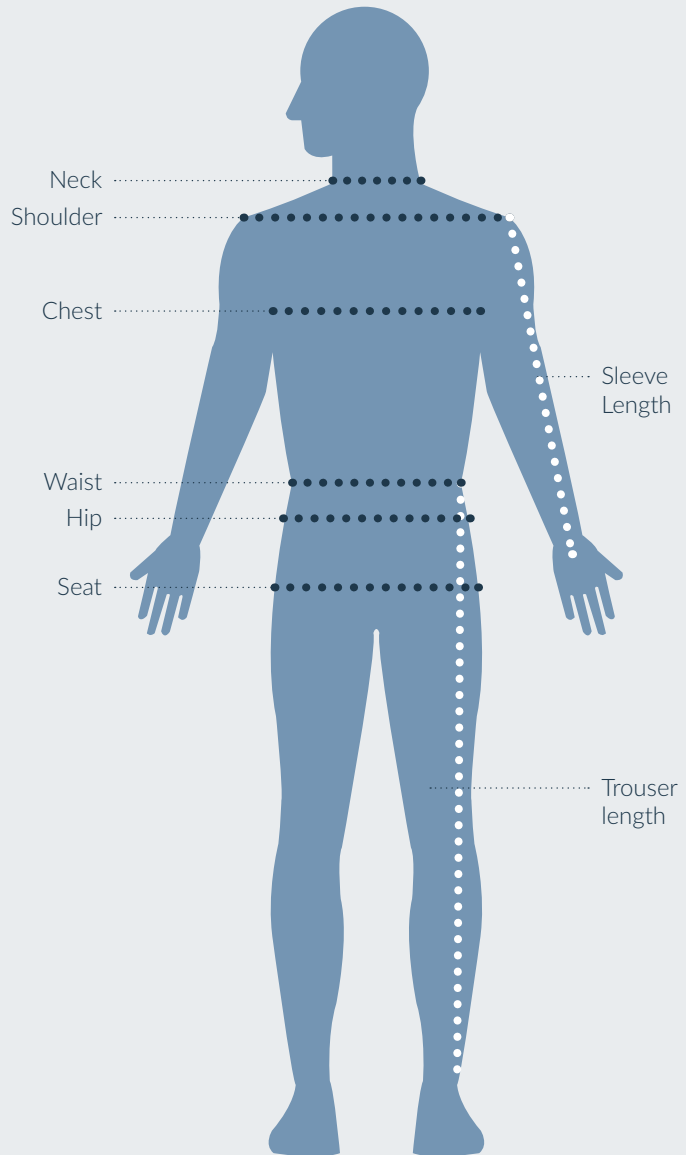
Refer to the images of the male body to check which areas you need to measure.

3

Write down your measurements in this document and compare to the product measurement charts. Please note that the measurements provided refer to the finished product, so be sure to make allowance – for example, the chest measurement of your shirt should be at least four centimetres bigger than your actual measurement.

4

If your body measurements cross over more than one size, select the larger size.



YOU WILL NEED:



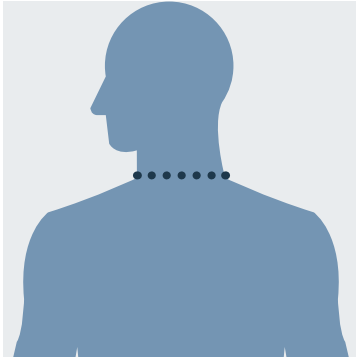
TAPE MEASURE



PEN



MIRROR

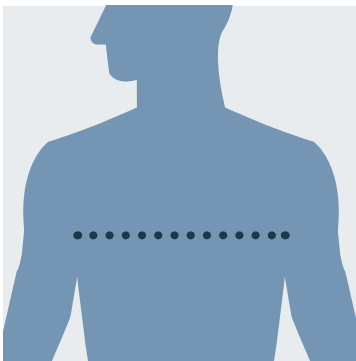
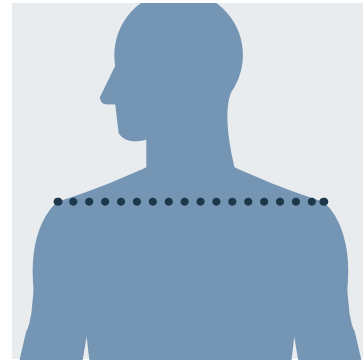


NECK

Place the tape measure loosely around the base of the neck. Be sure to leave enough space at the front of the tape measure to place two fingers. When doing up your collar, you want to have about 2 cm of space.

SHOULDER

Place the tape measure on one shoulder point where the seam of your shirt is and take it across to the other side. It's best to measure your shoulders across the back.

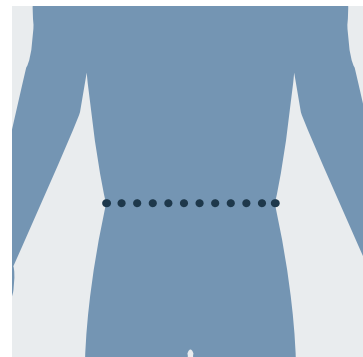


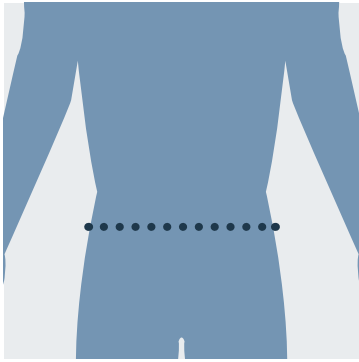
CHEST

Measure your chest at the fullest part, under your arms. You want to measure the chest keeping the tape measure slightly relaxed. Your shirt should fit firmly on the chest but not too snug. If the buttons are popping or pulling open then you know the shirt is a tad too small.

WAIST

Your natural waist is just at your belly button, and usually the narrowest part. Measure your waist while exhaling so that you can ensure a comfortable fit even when sitting down.



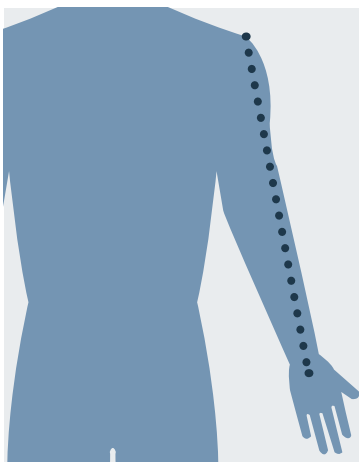
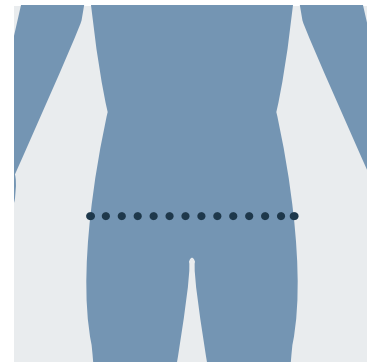


HIPS

Just above your hip bone, about 5 cm from your waist is where you need to take this measurement. Take the measurement quite firmly and also cross-check against the measurement chart for trousers and chinos.

SEAT

The seat is particularly important when buying trousers. Make sure you keep the tape firm and measure at the largest part of your seat, usually 25 cm from your natural waist. You want your trousers to fit firmly but not pull open at the pockets causing tension.

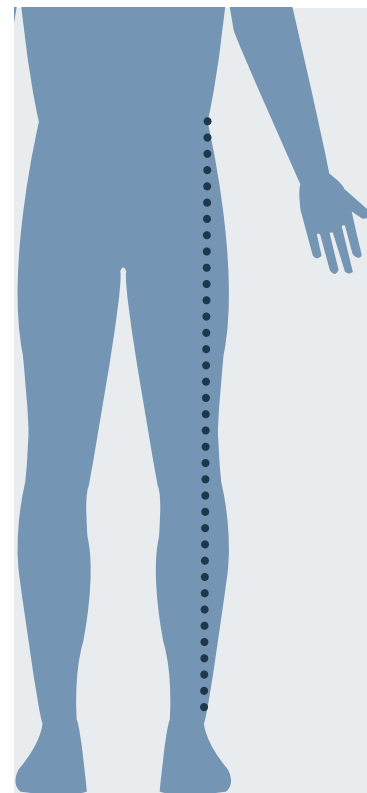


SLEEVE LENGTH

Place your tape measure at your shoulder seam (at the same point where you measured your shoulders) and then with your arm straight and by your side, measure just past your wrist bone by about 2 cm. You want to allow enough room so that when you move your arm the sleeve doesn't ride up too high.

TROUSER LENGTH

It's best to take this measurement when you are wearing a pair of trousers. Place the tape measure at the waistband and measure the right-hand side of your leg to the point where you want the garment to finish.



SIZE CHARTS

Men's Relaxed Fit Shirt (finished measurements in cm)						
SIZE	NECK	CHEST	WAIST	HIP	SHIRT LENGTH	SLEEVE LENGTH
S	39	113	106	106	78	66
S-M	40	115	108	108	79	66
M	41	120	117	117	80	67
L	42	125	122	122	81	68
XL	43	132	127	127	83	69
2XL	44	137	134	134	85	70
3XL	46	142	139	139	87	71
4XL	48	147	144	144	89	72
5XL	50	152	149	149	91	72
6XL	52	157	154	154	93	72
7XL	54	162	159	159	95	72
8XL	56	167	164	164	96	73

Men's Tailored Fit Shirt (finished measurements in cm)						
SIZE	NECK	CHEST	WAIST	HIP	SHIRT LENGTH	SLEEVE LENGTH
2XS	37	100	90	96	68	64
XS	38	102	94	99	70	65
S	39	104	98	101	72	66
S-M	40	109	102	106	73	66
M	41	114	106	111	74	67
L	42	118	110	115	75	68
XL	43	124	114	121	77	69
2XL	44	128	118	125	78	70
3XL	46	138	130	136	80	70

Men's Polo Shirt (finished measurements in cm)					
SIZE	CHEST	LENGTH	SHOULDER	SHORT SLEEVE	LONG SLEEVE
3XS	88	65	42	17	55
2XS	94	67	43	18	56
XS	100	69	44	19	57
S	106	71	46	20	59
M	112	73	49	22	60
L	117	74	52	24	62
XL	122	75	53	25	63
2XL	127	76	55	26	65
3XL	132	77	57	27	66
4XL	137	78	59	28	67

Men's Classic Trouser (finished measurements in cm)			
SIZE	WAIST	HIPS	LENGTH
76	76	94	111
80	80	98	111
84	84	101	111
88	88	106	111
92	92	110	111
96	96	113	111
100	100	117	111
104	104	121	111
108	108	124	112
112	112	128	112
116	116	135	112
120	120	140	112

Men's Chino (finished measurements in cm)			
SIZE	WAIST	HIPS	LENGTH
76	76	94	111
80	80	98	111
84	84	101	111
88	88	106	111
92	92	110	111
96	96	113	111
100	100	117	111
104	104	121	111
108	108	124	112
112	112	128	112
116	116	135	112
120	120	140	112

Men's Vest/Waistcoat (finished measurements in cm)					
SIZE	CHEST	WAIST	HIPS	FRONT LENGTH	BACK LENGTH
XS	100	100	102	63	53
S	104	104	108	65	55
M	108	108	110	67	57
L	112	112	114	71	61
XL	116	116	118	73	63
2XL	122	122	124	75	65
3XL	128	128	130	77	67
4XL	134	134	136	79	69

Men's Two Button Jacket (finished measurements in cm)					
SIZE	CHEST	WAIST	HIPS	SLEEVE LENGTH	JACKET LENGTH
88	96	88	105	62	71
92	100	92	109	64	73
96	105	97	114	65	73
100	109	101	118	65	74
104	113	105	122	66	75
108	116	108	125	66	75
112	120	112	129	66	76
116	126	118	135	66	76
120	130	122	139	67	77
124	134	126	143	67	78
128	138	130	147	67	79
132	142	134	152	68	79
136	146	138	156	68	79

Men's Casual Jacket (finished measurements in cm)		
SIZE	CHEST	LENGTH
S	113	70
M	118	72
L	123	74
XL	128	75
2XL	134	76
3XL	140	77
4XL	146	78
5XL	152	79

Men's Padded Vest (finished measurements in cm)		
SIZE	CHEST	LENGTH
S	110	67
M	115	69
L	120	71
XL	125	73
2XL	130	75
3XL	135	76
4XL	140	77
5XL	145	78

Men's V-Neck Sleeve Jumper (finished measurements in cm)		
SIZE	CHEST	BODY LENGTH
S	98	69
M	104	71
L	110	73
XL	116	75
2XL	122	76
3XL	128	77

Men's V-Neck Knitwear Vest (finished measurements in cm)		
SIZE	CHEST	BODY LENGTH
S	98	69
M	104	71
L	110	73
XL	116	75
2XL	122	76
3XL	128	77

MY SIZES (MENS)

NAME _____

COMPANY _____

SHIRTS

My shirt size (tailored fit) _____

My shirt size (relaxed fit) _____

My polo shirt size _____

JACKETS

My suit jacket size _____

My casual jacket size _____

TROUSERS

My classic trouser size _____

My chino size _____

OTHER

My v-neck jumper size _____

My v-neck knitwear vest size _____

My vest size _____

My padded vest size _____



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