

# Size Guide

Here's some helpful Swazi measuring tips to ensure you get the right size first time round.

- Keep the tape measure firm, but not tight. Sometimes it's easier if another person helps you.
- To measure your chest/bust make sure your arms are out at the sides then measure around your upper body, under your armpits and over the fullest part of your chest and shoulders blades; keeping the tape measure parallel to the floor.
- Use your exact measurements when selecting your size.

## Mens Sizing

Size	XS	S	M	L	XL	2XL	3XL	4XL	5XL
Chest	35" 88cm	37.5" 94cm	40" 100cm	42.5" 106cm	46.5" 116cm	50.5" 126cm	54.5" 136cm	58.5" 146cm	62.5" 156cm
Waist	30.5" 76cm	32.5" 82cm	35" 88cm	37.5" 94cm	41.5" 104cm	45.5" 114cm	49.5" 124cm	53.5" 134	57.5" 144cm
Waist (Taiga Pants)	30" 75cm	32" 80cm	34" 85cm	36" 90cm	38" 95cm	40" 100cm	42" 105cm	44" 110cm	46" 115cm
Socks	S	M	L	XL					
NZ, AU & UK	3-5	5.5-7.5	8-10.5	11-13.5					
EU	36-38	39-41	42-45	46-49					

## Womens Sizing

Size	8	10	12	14	16	18	20	22
Bust	81cm	86cm	91cm	96cm	101cm	106cm	111cm	116cm
Waist	68cm	73cm	78cm	83cm	88cm	93cm	98cm	103cm
Hip	95cm	100cm	105cm	110cm	115cm	120cm	125cm	130cm
Socks	S	M	L					
NZ, AU & UK	3-4	5-7	8-12					
EU	35-36	37-39	41-45					

## Kids Sizing

Size	2	4	6	8	10	12
Chest	55cm	60cm	65cm	70cm	75cm	80cm
Waist	50cm	55cm	60cm	65cm	70cm	75cm