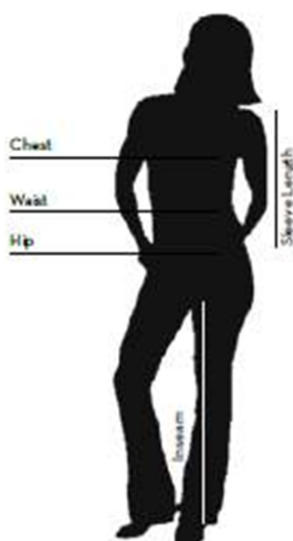


HOW TO MEASURE YOURSELF FOR A GREAT FIT

Hint: For the most accurate results, measure yourself in your undergarments.

- **Neck:** Measure around the base of your neck, inserting your forefinger between the tape and your neck to allow ease in fit.
- **Chest:** Measure around the fullest part of your chest, keeping tape firmly under your armpits and around your shoulder blades.
- **Waist:** Measure around your waist, slightly below your natural waist, where you normally wear your pants. Insert your forefinger between the tape and your body to allow ease in fit.
- **Sleeve Length:** Bend your arm slightly. Measure from center back neck, across your shoulder, down to your elbow, down to your wrist.
- **Hip:** Measure around the fullest part of your hips, inserting your forefinger between the tape and your hip to allow ease in fit.
- **Inseam:** Measure a similar pant that fits you well. Measure along the inseam, from the crotch seam to the bottom of the hem.



SIZE CONVERSION CHART

Numbers have been rounded to the nearest size. There may be slight variations between items of the same size.

Women's Tops	X-Small	Small	Medium	Large	X-Large
CHEST					
Inches	30-31	32-34	36-37	38-40	41-43
Centimetres	76-79	81-86	88-94	96-102	104-110

Women's Bottoms	X-Small	Small	Medium	Large	X-Large
WAIST					
Inches	23-24	26-27	28-30	31-33	34-36
Centimetres	58-61	63-68	70-76	78-84	86-92

Women's Bottoms	X-Small	Small	Medium	Large	X-Large
HIP					
Inches	34-36	36-38	39-41	42-44	45-48
Centimetres	86-89	91-96	98-104	106-112	114-120