

# **HARD SLOG<sup>®</sup>**

by *Thomas Cook<sup>®</sup>*

## **SIZE GUIDES**

**WOMEN**

**MEN**

**KIDS**

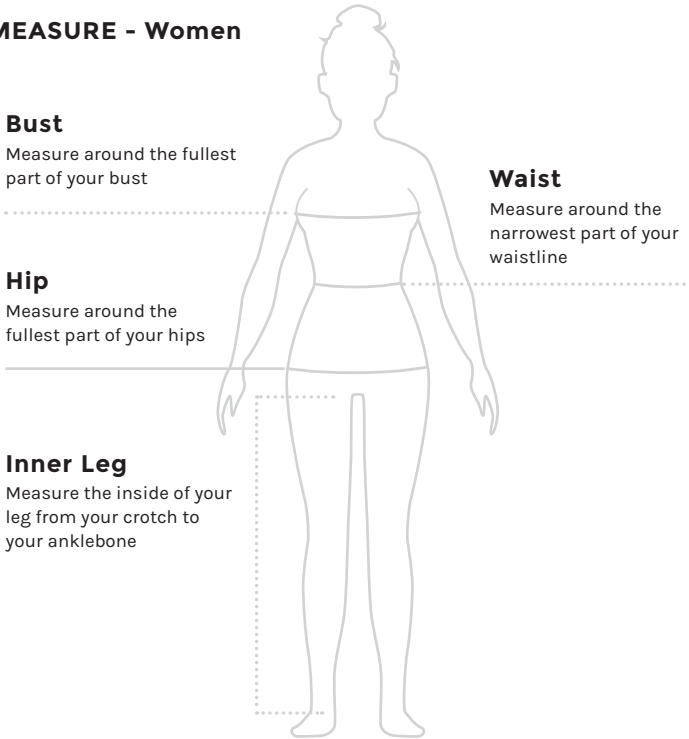
# HARD SLOG®

## WORKWEAR

### MEASUREMENTS - GUIDE ONLY

PLEASE NOTE: All size results are in cm's unless stated otherwise. The size guide is to assist you in getting the right fit, the first time. Please follow our **HOW TO MEASURE** guide below. For accuracy, it's best to measure your body, we do not suggest measuring your clothes.

### HOW TO MEASURE - Women



#### WOMENS BODY MEASUREMENTS IN CENTIMETRES

SIZE TO FIT	8 / XS	9	10 / S	11	12 / M	13	14 / L	15	16 / XL	18 / XXL	20 / 2XL	22 / 3XL
BUST	84 - 88	-	89 - 93	-	94 - 98	-	99 - 103	-	104 - 110	111 - 117	118 - 124	125 - 130
WAIST	67 - 70	71 - 72	73 - 75	76 - 77	78 - 80	81 - 82	83 - 86	87 - 89	90 - 96	97 - 103	107 - 113	114 - 120
HIP	85 - 88	89 - 91	92 - 94	95 - 97	98 - 100	101 - 102	103 - 107	107 - 109	110 - 116	117 - 124	125 - 132	133 - 140

#### WOMENS GARMENT MEASUREMENTS IN CENTIMETRES

THIS IS A GUIDE ONLY - TO HELP YOU CHOOSE THE RIGHT SIZE

SIZE TO FIT	8 / XS	10 / S	12 / M	14 / L	16 / XL	18 / XXL	20 / 2XL	22 / 3XL
AVERAGE SHIRT LONG SLEEVE LENGTH	60.5 - 61.5	61 - 63	61.5 - 62.5	62.5 - 63.5	63 - 64	63.5 - 64.5	64 - 66	64.5 - 66.5
AVERAGE SHIRT BODY LENGTH	65 - 66	66 - 68	67 - 69	68 - 70	70 - 72	72 - 74	74 - 76	76 - 78

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### HOW TO MEASURE - Men

#### CHEST

Measure around the widest part of your chest

#### HIP

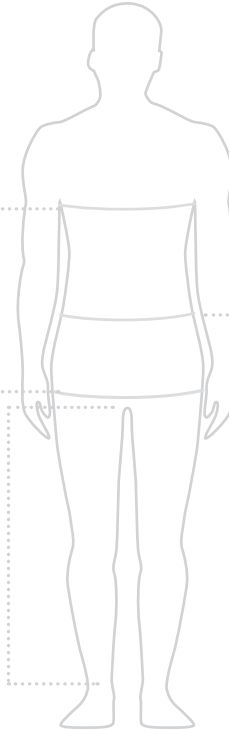
Measure around the fullest part of your hips

#### CROTCH

Measure the inside of your leg from your crotch to your anklebone

#### WAIST

Measure around the narrowest part of your waistline



#### MENS BODY MEASUREMENTS IN CENTIMETRES

SIZES TO FIT	XS	30 / S	31	32 / M	33	34 / L	35	36 / XL	38 / XXL	40 / 3XL	42 / 4XL	44
CHEST	90-94	95 - 99	-	100 -104	-	105 -109	-	110 -114	115 -119	120 -124	125 -129	130 -135
WAIST	-	76 - 78	79 - 80	81 - 85	84 - 85	86 - 88	89 - 90	91 - 94	95 - 99	100 -104	105 -109	110 -115
HIP	-	90 - 92	93 - 94	95 - 97	98 - 99	100 -102	103 -104	105 -108	109 -113	114 -117	118 -121	122 -127

#### MENS GARMENT MEASUREMENTS IN CENTIMETRES

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SIZES TO FIT	XS	S	M	L	XL	2XL	3XL	4XL
AVERAGE SHIRT LONG SLEEVE LENGTH	62	63	64	65	66	67	68	69
AVERAGE SHIRT BODY LENGTH	76	77.5	79	80.5	82	83.5	85	86.5
NECK CIRCUMFERENCE	37	39	41	43	45	47	49	51

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WORKWEAR

## MEASUREMENTS - GUIDE ONLY

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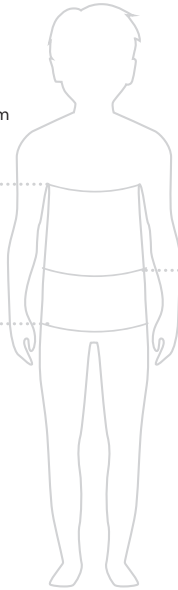
### HOW TO MEASURE - Kids

#### Chest

Take the measurement from the widest part of your child's chest

#### Hip

Measure around the fullest part of your child's hips



#### Waist

Take the measurement from where your child's pant waistband sits

#### Height

Position your child standing with their feet together without shoes on. Keep their back against a wall & measure from the floor up

### KIDS - BODY MEASUREMENTS IN CENTIMETRES

THIS IS A GUIDE ONLY - TO HELP YOU CHOOSE THE RIGHT SIZE

SIZE	2	4	6	8	10	12	14	16
CHEST	53	57	61	66	72	78	84	90
WAIST	52	54	56	61	65	69	73	77
HIP	58	62	66	72	76	80	84	88
HEIGHT	92	108	120	130	140	150	160	170