

Sizing Guide - Clothing

Unisex Guide - all styles with alpha sizing S, M, L etc

Ordering size	XS	S	M	L	XL	2XL	3XL	4XL	5XL
Men's neck ins.	13-13.5	14-14.5	15-15.5	16-16.5	17-17.5	18-18.5	19-19.5	20-20.5	21-21.5
Men's neck cms.	33-34	36-37	38-39	41-42	43-44	46-47	48-49	51-52	53-55
Men's chest ins.	30-32	34-36	38-40	42-44	46-48	50-52	54-56	58-60	60-62
Men's chest cms.	76-81	86-91	96-101	106-111	117-122	127-132	137-142	147-152	157-162
Men's waist ins.	22-24	26-28	30-32	34-36	38-40	42-44	46-48	50-52	54-56
Men's waist cms.	56-61	66-71	76-81	86-91	96-101	106-111	117-122	127-132	137-142
Woman's sizes	8	10-12	14-16	18-20	22-24	26-28	30-32	34-36	38-40

- Please check your measurements against the charts to confirm your size.
- Measure over light clothing or underwear.
- The chart shows actual body measurements - garments will be cut larger than this to allow a tolerance for body movement.
- For accuracy please ask someone else to measure you.

Ladies Sizing Guide

Ordering size	8	10	12	14	16	18	20	22	24	26	28
Bust ins.	30	32	34	36	38	40	42	44	46	48	50
Bust cms.	76	81	86	91	97	102	107	112	117	122	127
Waist ins.	23	25	27	29	31	33	35	37	39	41	43
Waist cms.	58	64	69	74	79	84	89	94	99	104	109
Hips ins.	33	35	37	39	41	43	45	47	49	51	53
Hips cms.	84	89	94	99	104	109	114	119	124	129	134

Measuring for Mens Clothing

Shirts - Measure around the neck without pulling the tape too tight

Jumpers/Anoraks/Vest - Standing normally measure the fullest part under the arms. Convert to small, Medium, Large etc.

Trousers - Measure the waist where the trouser waistband normally sits. For inside leg, when standing normally ask someone to measure your trousers from crotch seam to hem.

Cap - Measure around the head at the crown.

Gloves - Measure in inches around your hand with a tape measure across your palm.

Measuring for Ladies Clothing

Bust - Measure around the fullest part making sure the tape is level across the shoulder.

Waist - Measure your natural waistline without pulling the tape too tight.

Hips - Measure the fullest part of your hips approx 8" below the waist, keeping the tape level.

Inside leg - When standing normally ask someone to measure your trousers from crotch seam to hem.

Hat - Measure around the head at the crown.

Gloves - Measure in inches around your hand with a tape measure across your palm.



Email your order to: sales@bacasafety.co.uk