



# Sizing Guide

## Unisex

### Polo Shirts (Measurement in inches)

UC101, UC102, UC103, UC104, UC105, UC106, UC107, UC108, UC109, UC110, UC111, UC112, UC113, UC114, UC115, UC116, UC117, UC118, UC119, UC120, UC121, UC122 & UC123

Adults Polo Shirt Specification	XS	S	M	L	XL	2XL	3XL	4XL
To Fit A Chest Size Of	36	38	40	42-44	46	48	50-52	54

½ Chest (measured 1" below the arm hole)	19	20	21	23	24	25	27	29
Across Shoulder (between shoulder points)	19	20	21	23	24	25	27	29
Length (neck point on shoulder to hem) Front	25	27	28	29	30	30	31	32
Length (neck point on shoulder to hem) Back	26	28	29	30	31	31	32	33
Armhole	8	9	9.5	10.5	10.5	11	12	13
Sleeve Overarm (including cuff)	8	8.5	9	10	10	10	10.5	11
Underarm (including cuff)	5	5.25	5.5	6.25	6.25	6.25	6.5	6.75
Sleeve (opening)	5	5.5	5.75	6.25	6.25	6.5	6.75	7
Cuff Depth	3.5	3.5	3.5	3.5	3.5	3.5	3.5	3.5
Cuff Stretched	7.25	7.5	7.75	8	8.25	8.5	8.75	9
Collar Length	14	14.5	15	15.5	16	16.5	17	17.5
Collar Depth	3.5	3.5	3.5	3.5	3.5	3.5	3.5	3.5
Collar Points	2.5	2.5	2.5	2.5	2.5	2.5	3	3
Back Neck Seam	1.35	1.35	1.35	1.35	1.35	1.35	1.35	1.35
Neck Drop	2.5	2.5	2.5	2.5	2.5	2.5	3	3
Placket Width	1.35	1.35	1.35	1.35	1.35	1.35	1.35	1.35
Placket Length	7	7	7	7	7	7	7	7

### Adults Sweatshirts & Hooded Tops (Measurement in inches)

UC201, UC203, UC204, UC205, UC501, UC502, UC504, UC505, UC507 & UC508

Adults Sweatshirt Specification	XS	S	M	L	XL	2XL	3XL	4XL
To Fit A Chest Size Of	36	38	40	42-44	46	48	50-52	54

½ Chest (measured 1" below the arm hole)	20	21	22.5	24	25.5	26.5	28	30
Across Shoulder (between shoulder points)	20	21	22.5	24	25.5	26.5	28	30
Length (neck point on shoulder to hem)	26	28.5	29	30	31	31	32	33
Armhole	10	10.5	11	11.5	12	12.5	13.5	14
Long Sleeve Length (CB neck to end of cuff)	32	33	34	35	36	37	37	37
Cuff Opening	3.25	3.25	3.25	3.25	3.25	3.25	3.25	3.25
Cuff Width	1.5	1.5	1.5	1.5	1.5	1.5	1.5	1.5
Neck Opening (shoulder seam to shoulder seam)	7.5	7.5	7.5	7.5	8.5	8.5	8.5	8.5
Neck Rib (depth of rib)	1	1	1	1	1	1	1	1
Neck Drop (CB neck seam to CF neck Seam)	2	2	2	2	2	2	2	2
Width At Hem Relaxed	16	17	18	19	20	21	22	23

## Adults Fleece Jackets (Measurement in inches)

UC601 & UC604

Adults Fleece Jackets Specification	XS	S	M	L	XL	2XL	3XL	4XL
To Fit A Chest Size Of	36	38	40	42-44	46	48	50-52	54

½ Chest (measured 1" below the arm hole)	21	23	24	25	26	27	28	30
Length	26	28	29	30	31	31	32	33
Armhole	10	11	11.5	12	12.5	13	13.5	13.5
Sleeve Length (from centre back neck)	31	33	34	35	36	37	38	39
Neck Round	17	18	19	20	21	22	23	24
Neck Height	9cm	9cm	9cm	9cm	9cm	9cm	9cm	9cm

## Unisex Adults Fleece Jackets (Measurement in inches)

UC602

Adults Fleece Jackets Specification	XS	S	M	L	XL	2XL	3XL	4XL
To Fit A Chest Size Of	36	38	40	42-44	46	48	50-52	54

½ Chest (measured 1" below the arm hole)	21	23	24	25	26	27	28	30
Length	26	28	29	30	31	31	32	33
Armhole	10	11	11.5	12	12.5	13	13.5	13.5
Sleeve Length (from centre back neck)	31	33	34	35	36	37	38	39
Neck Round	18.75	18.75	20.75	20.75	22.25	22.25	23.25	23.25
Neck Height	9cm	9cm	9cm	9cm	9cm	9cm	9cm	9cm

## Unisex Adults Reversible Fleece Jacket (Measurement in inches)

UC605

Adults Fleece Jackets Specification	XS	S	M	L	XL	2XL	3XL
To Fit A Chest Size Of	36	38	40	42-44	46	48	50-52

½ Chest (measured 1" below the arm hole)	23	25	26	27	28	29	30
Length	27	29	30	31	32	32	33
Armhole	10.5	11.5	12	12.5	13	13.5	14
Sleeve Length (from centre back neck)	32	34	35	36	37	38	39
Zipper Length Of Front Centre	26	28	28.7	29.7	30.6	30.6	31.3
Pocket Length	6.7	6.7	6.7	6.7	6.7	6.7	6.7
Neck Round	20	20	21.5	21.5	22.5	22.5	23.5
Neck Height	4	4	4	4	4	4	4
Elastic Band Of Sleeve Opening	23	24	24	24	26	26	26

## Unisex Adults Rugby Shirts (Measurement in inches)

UC401

Adults Rugby Shirt Specification	XS	S	M	L	XL	2XL	3XL
To Fit A Chest Size Of	36	38	40	42-44	46	48	50-52

½ Chest (measured 1" below the arm hole)	20	22	23	24	25	26	28
Across Shoulder (between shoulder points)	20	22	23	24	25	26	28
Length (neck point on shoulder to hem) Front	26	28.5	59	30	31	31	32
Length (neck point on shoulder to hem) Back	26	28.5	59	30	31	31	32
Armhole	10	10.5	11	11.5	12	12.5	13.5
Sleeve Length (CB to cuff end)	32	33	34	35	36	37	37
Cuff Opening	3.25	3.25	3.25	3.75	4	4.25	4.5
Cuff Width	1.75	1.75	1.75	1.75	1.75	1.75	1.75
Neck Width	6	6.5	7	7.5	8	8.5	8.5
Neck Drop Front	3	3	3.5	3.75	4	4.25	4.5
Neck Drop Back	0.75	0.75	0.75	0.75	0.75	0.75	0.75
Collar Length	15.5	16	16.5	17	17.5	18	18.5
Collar Point CB	2.1	2.1	2.1	2.1	2.1	2.1	2.1
Collar Band	1	1	1	1	1	1	1
Placket (length by width)	7 x 1.5	7 x 1.5	7 x 1.5	7 x 1.5	7 x 1.5	7 x 1.5	7 x 1.5
Sweat Patch (length by width)	7 x 3.5	7 x 3.5	7 x 3.5	7 x 3.5	7 x 3.5	7 x 3.5	7 x 3.5
Vent	2	2	2	2	2	2	2
Hem Height	1	1	1	1	1	1	1

## Unisex Adults T-Shirts (Measurement in inches)

UC301 & UC302

Adults T-Shirt Specification	XS	S	M	L	XL	2XL	3XL
To Fit A Chest Size Of	36	38	40	42-44	46	48	50-52

½ Chest (measured 1" below the arm hole)	18.5	20	21	23	24.5	26	27
½ Bottom	18.5	20	21	23	24.5	26	27
Across Shoulder (between shoulder points)	18	19	20	22	23.5	25	26
Body Length (neck point on shoulder to hem)	26	27	28	29	30	31	32
Armhole	9.5	10	10.5	11	11.5	12	12.5
Short Sleeve Length	8.5	9	9.5	10	10.5	11	11.5
Short Sleeve Opening	7	7.5	8	8.5	9	9.5	10
Neck Opening (shoulder seam to Shoulder seam)	7	7	7.25	7.5	7.75	8	8.25
Front Neck Drop (CB neck seam to CF neck seam)	3.5	3.5	3.75	4	4	4	4.75
Neck Rib (depth of rib)	1	1	1	1	1	1	1

## If Ordering Unisex Garment (Tops) for Ladies: (Measurement in inches)

(Unisex Styles in: Polo Shirts, Sweatshirts, Fleece Jackets, T-Shirts Hi Viz Jackets)

Size	XS	S	M	L	XL	2XL	3XL	4XL
UK Size	8-12	14	16	18	20	22	24	26
To fit Bust (inches)	30-34	36	38	40	42	44	46	48
To fit Bust (cm)	76-86	91	97	102	107	112	117	122

## Unisex Trousers

### Unisex Trousers For Men: (Measurement in inches)

UC901, UC902, UC903, UC904

Waist Size (inches)	28	30	32	34	36	38	40	42	44	46	48	50	52
Waist Size (cm)	71	76	81	86	92	97	102	107	112	117	122	127	132
EUR Conversion	38	40	42	44	46	48	50	52	54	56	58	60	62
Inside Leg Measurement: Regular (inches)	31	31	31	31	31	31	31	31	31	31	31	31	31
Inside Leg Measurement: Regular (inches)	33	33	33	33	33	33	33	33	33	33	33	33	33

### Unisex Trousers for Ladies: (Measurement in inches)

UC901, UC902, UC903, UC904

Waist Size (inches)	28	30	32	34	36	38	40	42
Waist Size (cm)	71	76	81	86	92	97	102	107
To Fit UK Size	12	14	16	18	20	22	24	26
Inside Leg Measurement: Regular (inches)	31	31	31	31	31	31	31	31
Inside Leg Measurement: Regular (inches)	33	33	33	33	33	33	33	33

## Men's

### Shirts: (Measurement in inches)

UC701, UC702, UC709, UC710

Ordering Size	14	14 ½	15	15 ½	16	16 ½	17	17 ½	18	18 ½	19	19 ½	20	21	22	23	24
Neck (inches)	14	14 ½	15	15 ½	16	16 ½	17	17 ½	18	18 ½	19	19 ½	20	21	22	23	24
Neck (cm)	35	37	38	39	41	42	43	44	46	47	48	49	51	53	56	58	61

## Ladies

### T-Shirt (Measurement in inches)

UC303, UC304

ADULTS T-SHIRT SPECIFICATION (CREW NECK V-NECK)	S	M	L	TOL (+)	TOL (-)
<b>Bust Size</b>	<b>30-32</b>	<b>34-36</b>	<b>38-40</b>		
1/2 CHEST	15	16.5	18	0.4	0.25
1/2 BOTTOM	16	17	18.5	0.4	0.25
ACROSS SHOULDER (BETWEEN SHOULDER POINT)	15.5	17	18.5	0.4	0.25
BODY LENGTH (NECK POINT ON SHOULDER TO SEAM)	22.5	23.5	24.5	0.4	0.25
ARMHOLE	7	8	9	0.3	0.25
SHORT SLEEVE LENGTH (UPPER)	5	5.5	6		
SHORT SLEEVE LENGTH (LOWER)	2	2.5	3		
SLEEVE OPENNING	5	5.5	6		
NECK OPENNING (SHOULDER SEAM TO SHOULDER SEAM)	7	7	7.25		
FRONT NECK DROP (CB NECK SEAM TO CF NECK SEAM ) CREW NECK	3.5	3.5	3.75		
FRONT NECK DROP ( CB NECK SEAM TO RIB OF V)	4.5	5	5.5		
NECK RIB (DEPTH OF RIB)	0.5	0.5	0.5		

The chest sizes are to fit body size and are not the actual size of the garment, the garment will be larger than chest size to allow the wearer to fit into the garment comfortably.

The garment measurement will vary of between 2" / 5cm to 4" / 10cm depending on the garment style and fit.

### Ladies Polo Shirt (Measurement in inches)

UC106

Ladies Polo Shirt	XS	S	M	L	XL	2XL	3XL	4XL
<b>Ladies Size</b>	<b>36</b>	<b>38</b>	<b>40</b>	<b>42-44</b>	<b>46</b>	<b>48</b>	<b>50-52</b>	<b>54</b>
<b>To Fit A Bust Size</b>	<b>30</b>	<b>32</b>	<b>34</b>	<b>36</b>	<b>38</b>	<b>40</b>	<b>42</b>	<b>44</b>
A (½ chest)	17.5	18	19	21	23	25	27	28.2
B (length)	22.4	23	24	25	26	27	28	31
C	16.5	18	19.7	22	24	26	28.7	30.7
D	14.6	15	15.4	16.1	17.2	17.7	18.1	20.5
E	5.5	5.9	6.3	6.7	7	7.1	7.1	7.9
F	5.5	5.9	5.9	6.3	6.3	6.3	6.3	6.3
G	8.7	9.1	9.8	10.2	10.6	11	11	11.4
H	4.5	4.5	5	5.25	5.5	5.75	6	6.5
J	15.4	16	17.5	19	21	22.5	25.5	28
K	7.9	7.9	9.1	9.4	9.5	9.8	10.6	11.4
L	16.5	18	20	22	23.5	25	28.5	29.5

### Ladies Blouses: ( Measurement in inches)

UC703, UC704, UC711, UC712

Ordering Size	6	8	10	12	14	16	18	20	22	24	26	28	30
Bust (inches)	30	32	34	36	38	40	42	44	46	48	50	52	54
Bust (cm)	76	81	86	91	97	102	107	112	117	122	127	132	137

## Camisole Top (Measurement in centimetres)

UC307

Ladies Camisole Top Specification	S	M	L	TOL (+)	TOL (-)
Length (centre back)	45.5	47.5	49.5		
Length (centre front)	40	42	44	0.4	0.25
½ Chest	35	37	39	0.4	0.25
½ Waist	33	35	37		
½ Bottom	37	39	41	0.4	0.25
Front Arm Hole (curv)	11	12	13		
Back Arm Hole (curv)	15	16	17		
Back Neck Drop ( edge to edge)	1.5	1.5	1.5		
Front Neck Drop (edge to edge)	5.5	5	5		
Back Neck Width (edge to edge)	21.5	22.5	23.5		
Front Neck Width (edge to edge)	21.5	22.5	23.5		
Strap Length	19	19	19		

## Tank Top (Measurement in centimetres)

UC308

Ladies Camisole Top Specification	S	M	L	TOL (+)	TOL (-)
½ Chest	16	17	18	0.4	0.25
½ Bottom	16	17	18	0.4	0.25
Body Length (neck point on shoulder to hem)	22.5	23.5	24.5	0.4	0.25
Neck Opening (shoulder seam to shoulder seam)	7	7.5	8		
Waist	15	16	17	0.4	0.25

## Children's

### Children's Polo Shirts (Measurement in inches)

UC103

Children's Polo Shirt	2YR	3-4YR	5-6YR	7-8YR	9-10YR	11-13YR
To Fit A Chest Size Of	22	24	26	28	30	32-34

Chest (measured 1" below the arm hole)	12	13	14	16	17	18
Length (neck point on shoulder to hem)	16.5	17.5	19	20.5	22	24
Sleeve Length (overarm including cuff)	4.5	5	5.5	6	6.5	7
Sleeve Length (underarm including cuff)	2	2.5	3	3.5	4	4.5
Sleeve Opening	4.5	5	5.9	5.9	6.7	7
Placket Length	4	4	4	5	5	5
Placket Width	1.35	1.35	1.35	1.35	1.35	1.35
Button Quantity	3	3	3	3	3	3

## Children's Sweatshirts (Measurement in inches)

UC202, UC206 & UC503

Children's Sweatshirt	2YR	3-4YR	5-6YR	7-8YR	9-10YR	11-13YR
To Fit A Chest Size Of	22	24	26	28	30	32-34

Chest (measured 1" below the arm hole)	13	14	15	16	17	18
Across Shoulder (between shoulder points)	12	13	14	15	16	17
Length (neck point on shoulder to hem)	14.5	16.5	19	21	22	24
Armhole	6.5	7	7.5	8.5	9	9.5
Long Sleeve Length (neck to start of cuff)	13.5	15	16.5	19	22.5	25
Cuff Opening	2.5	2.5	2.5	2.5	2.5	2.5
Cuff Width	2	2	2	2	2	2
Neck Opening (shoulder seam to shoulder seam)	7	7	7	7	7	7
Neck Rib (depth of rib)	1	1	1	1	1	1
Neck Drop (CB neck seam to CF neck Seam)	2	2	2	2	2	2
Width At Hem Relaxed	9	9.5	10	10	11.5	12.5

## Children's Fleece Jacket (Measurement in inches)

UC603

Children's Fleece Jacket	2YR	3-4YR	5-6YR	7-8YR	9-10YR	11-13YR
To Fit A Chest Size Of	22	24	26	28	30	32-34

Chest	15	16	17	18	19	20
Length Of Garment From Centre Back	14.5	16.5	19	21	22	24
Armhole	6.5	7	7.5	8.5	9	9.5
Sleeve Length From CB Neck	17	19.5	20	23.5	26	28
Neck Round	15	15	16	16	17	17
Neck Height (centimetres)	6.5cm	6.5cm	6.5cm	6.5cm	6.5cm	6.5cm

## Children's Reversible Fleece Jacket (Measurement in inches)

UC606

Children's Reversible Fleece Jacket	2YR	3-4YR	5-6YR	7-8YR	9-10YR	11-13YR
To Fit A Chest Size Of	22	24	26	28	30	32-34

½ Chest (measured 1" below the arm hole)	17	18	19	20	21	22
Length (from CB)	14.5	16.5	20	22	23	25
Armhole	6.5	7.5	7.75	8.75	9.5	9.75
Sleeve Length (from centre back neck)	19	21	22.5	25.5	27	29
Zipper Length Of Front Centre	14	16	19.4	21.4	22	24
Zipper Length Of Pocket	4.1	4.1	5.1	5.1	5.8	5.8
Pocket Length	4.5	4.5	5.5	5.5	6.2	6.2
Neck Round	16.5	16.5	17.5	17.5	19	19
Neck Height	3.5	3.5	3.5	3.5	3.5	3.5
Elastic Band Of Sleeve Opening	18	18	19	19	21	21

# Children's T-Shirts (Measurement in inches)

UC306

Children's T-Shirts	2YR	3-4YR	5-6YR	7-8YR	9-10YR	11-13YR
To Fit A Chest Size Of	22	24	26	28	30	32-34

½ Chest (measured 1" below the arm hole)	12.5	13.5	14	15	16	17
Length	15.5	18	20	21.5	23.	24.5
Sleeve Length Top	3.5	5	6.25	7	7.5	8
Sleeve Length Lower	2.25	3	4.25	5	5.25	5.5
Sleeve Opening	5	5.25	5.5	6	6.5	7
Collar	6	6.25	6.25	6.5	6.75	7
Shoulder	3.25	3.75	4	4.25	4.5	5
Armhole	5.75	6.75	7.5	8.25	8.75	9
Neck Drop	1.5	2	2.5	2.75	3	3
Collar Rib	0.75	0.75	0.75	0.75	0.75	0.75

\*Measurements specified are approximate only; these are subject to an allowance averaging +/- 1.4inch or +/- 3.5 cmPlease note we cannot be held responsible for any incorrectly ordered sizes as this information is given as a guideline only.

## Hi Viz Garments

### Sleeveless Waistcoat: UC801 (Measurement in centimetres)

Ordering Size	S	M	L	XL	2XL	3XL	4XL
Chest	53	57	61	65	69	73	77
Hem	53	57	61	65	69	73	77
Nape to Hem	70	70	70	70	70	70	70
Shoulder	15.5	16.5	17.5	18.5	19.5	20.5	21.5

### Long Sleeve Waistcoat: UC802 (Measurement in centimetres)

Ordering Size	S	M	L	XL	2XL	3XL	4XL
Chest	58	60	62	64	66	68	70
Hem	58	60	62	64	66	68	70
Nape to Hem	70	70	70	70	70	70	70
Shoulder	15.5	16.5	17.5	18.5	19.5	20.5	21.5

### Road Safety Jacket: UC803 (Measurement in centimetres)

Ordering Size	S	M	L	XL	2XL	3XL	4XL
Chest	59	63	67	71	75	79	83
Bottom	59	63	67	71	75	79	83
Collar to Cuff	8.35	82	83.5	85	86.5	88	89.5
Nape to Hem	83	84	85	86	87	88	89
Cuff	35	35.5	36	36.5	37	37.5	38
Collar	45.9	47.2	48.5	49.8	51.1	52.4	53.7



### Bomber Jacket: UC804 (Measurement in centimetres)

Ordering Size	S	M	L	XL	2XL	3XL	4XL
Chest	118	126	134	142	150	158	166
Hem	84	92	100	108	116	124	132
Nape to Hem	71	72	73	74	75	76	77
Shoulder to Cuff	63	64	65	66	67	68	69
Shoulder to Shoulder	57	58	59	60	61	62	63
Bicep	56	58	60	62	64	66	68

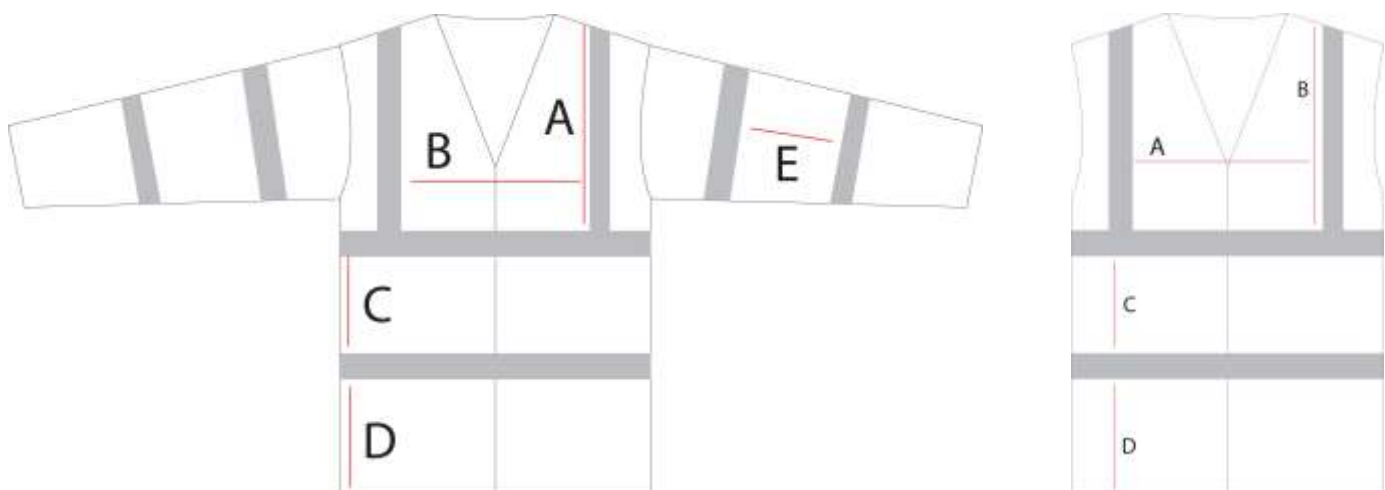
### Polo Shirt: UC805 (Measurement in inches)

Ordering Size	S	M	L	XL	2XL	3XL	4XL
Chest (1" below armhole)	20	21	23	24	25	27	29
Across Shoulder (between shoulder points)	20	21	23	24	25	27	29
Length (neck point on shoulder to hem) Front	27	28	29	30	30	31	32
3Armhole	9	9.5	10.5	10.5	11	12	13
Sleeve Over arm (including cuff)	8.5	9	10	10	10	10.5	11
Underarm	5.25	5.5	6.25	6.25	6.25	6.5	6.75
Sleeve Opening	5.5	5.75	6.25	6.25	6.5	6.75	7

### Trousers: UC807 (Measurement in inches)

Ordering Size	S	M	L	XL	2XL	3XL
Waist (relaxed)	2.17	23.6	25.6	27.6	29.5	31.5
Waist (stretched)	40.9	42.9	44.9	46.9	48.8	50.8
Outer Length	40.9	42.9	44.1	45.7	47.2	48.8
Inner Length	28.3	29.1	29.9	30.7	31.5	32.3

### Distance Between Tapes (Measurement in centimetres)



UC801	S	M	L	XL	2XL	3XL	4XL
A	26	28	30	31.5	32.5	35	37
B	30	30.5	31	32	33	33.5	34.5
C	10	10	10	10	10	10	10
D	19	18	17.5	17	16	15	14.5

<b>UC802</b>	S	M	L	XL	2XL	3XL	4XL
A	30	30.75	31.5	32.25	33	33.75	34.5
B	26	28	30	31.5	32.5	35	37
C	10	10	10	10	10	10	10
D	19.2	18.4	17.6	16.8	16	15.2	14.4
E	10	10	10	10	10	10	10

<b>UC803</b>	S	M	L	XL	2XL	3XL	4XL
A	34.5	35.5	36.5	37.5	38.5	39.5	40.5
B	34.4	34.4	36	37.6	39	40.8	42.4
C	25	25	25	25	25	25	25
D	14.5	14.5	14.5	14.5	14.5	14.5	14.5
E	25	25	25	25	25	25	25

<b>UC804</b>	S	M	L	XL	2XL	3XL	4XL
A	32	32.8	33.6	34.4	35.2	36	36.8
B	31	32	33	34	35	36	37
C	22	22	22	22	22.5	22.5	23
D	9	9	9	9	9	9	9
E	22	22	22	22	22.5	22.5	23

<b>UC807</b>	S	M	L	XL	2XL	3XL	4XL
The distance between tapes	10	10	10	10	10	10	10

\*Measurements specified are approximate only; these are subject to an allowance averaging +/- 1.4inch or +/- 3.5 cm  
Please note we cannot be held responsible for any incorrectly ordered sizes as this information is given as a guideline only.