



APPAREL SIZE GUIDE

HOW TO MEASURE

Please note all measurement are in centimeters.

Measure from the seam of the neck until the front hem of the shirt.

*Our Plus Size products are more than simply “extended”, they are meticulously proportioned to the needs of the body.

5000TK - POLO SHIRT

A	1/2 SHOULDER WIDTH Extend measuring tape from the left shoulder point until the right shoulder point.
B	BODY LENGTH Measure from Hight Point Shoulder (HPS) to Hem edge
C	1/2 CHEST WIDTH - Measure around the chest area located 2.5cm below Armhole. 1/2 WAIST - Measure around the natural waist line, online with the navel. 1/2 BODY SWEEP - Measure around the hem of the garment. For shirts with slits or around hem, measure above the slit or curve of the hem.
D	BACK NECK WIDTH Measure at the natural shoulder line at the collar/rib join seam straight across to the opposite seam.
E	SLEEVE LENGTH Measure from Shoulder to Cuff edge
F	1/2 SLEEVE OPENING Measure from edge to edge along bottom of the sleeve opening.



• YOUTH CLOTHING (CM)

SIZE	SHOULDER	BODY	CHEST /	BACK NECK	SHORT SLEEVE		LONG SLEEVE	
	WIDTH	LENGTH	BODY SWEEP	WIDTH	LENGTH	OPENING	LENGTH	OPENING
2	33 - 35	40 - 42	34 - 36	12 - 13	12	12.25	49	10
4	35 - 37	46 - 48	36 - 38	12 - 13	13	12.5	50	11
6	37 - 39	52 - 55	38 - 40	12 - 13	14	14.5	52	13
8	39 - 41	55 - 57	40 - 42	12 - 13	14.5	15	52.5	13.2
10	40 - 42	57 - 59	41 - 43	13 - 14	15	15.5	53	13.3
12	42 - 44	59 - 61	43 - 45	13 - 14	15.5	16	53.5	13.6
14	45 - 47	61 - 63	46 - 48	14 - 15	16	16.5	54	13.7
16	47 - 49	64 - 66	48 - 50	14 - 15	16.5	17.0	54.5	13.8

• MEN'S/ UNISEX POLOS (CM)

SIZE	SHOULDER	BODY	CHEST /	BACK NECK	SHORT SLEEVE		LONG SLEEVE	
	WIDTH	LENGTH	BODY SWEEP	WIDTH	LENGTH	OPENING	LENGTH	OPENING
XS	49 - 51(50)	67 - 69 (67.5)	50 - 52 (51)	18 - 19	18	9.0	54	13
S	50 - 52 (51)	69 - 70 (69)	53 - 54 (52)	18 - 19	20	9.25	54.5	13.25
M	52 - 54 (53)	70 - 72 (71.5)	55 - 57 (56)	18 - 19	22	9.5	55	13.5
L	54- 56 (55)	72 - 73(72.5)	57 - 59 (58)	19 - 20	22.5	9.75	55.5	13.75
XL	56 - 58 (56)	73 - 74 (73.5)	60 - 62 (61)	19 - 20	23	10.0	56	14.0
2XL	60 - 62 (60)	74 - 76 (75.5)	62 - 64 (63)	19 - 20	23.5	10.25	56.5	14.25
3XL	62 - 64 (62)	76 - 78 (77)	64 - 66 (65)	20 - 21	24	10.5	57	14.5
4XL	64 - 66	78 - 80	66 - 68	20 - 21	24.5	10.75	57.5	14.75
5XL	66 - 68	80 - 82	60 - 70	20 - 21	25.5	11	58	15.0

• PLUS SIZE REQUEST (CM)

SIZE	SHOULDER	BODY	CHEST /	BACK NECK	SHORT SLEEVE		LONG SLEEVE	
	WIDTH	LENGTH	BODY SWEEP	WIDTH	LENGTH	OPENING	LENGTH	OPENING
6XL	68 - 70	82 - 84	70 - 72	21 - 22	26	11.25	58.5	15.25
7XL	70 - 72	84 - 86	72 - 74	21 - 22	26.5	11.5	59	15.5
8XL	72 - 74	86 - 88	74 - 76	21 - 22	27	11.75	59.5	15.75