

## WOMEN'S SIZING

NNT have created a simple-to-use size chart to help you order the right size. To get an accurate body measurement, use a tape measure, keeping the tape taut but not stretched, and follow the instructions below. Ask a friend to help if necessary.

For consistency, ensure all measurements are taken from the same side of the body.



### A. BUST

Measure around fullest part of the bust, keeping the tape level and straight. Keep one finger between tape and body.



### B. WAIST

Measure around your waist, keeping the tape level and straight. Keep one finger between tape and body.



### C. HIPS

Stand naturally, measure around fullest part of hips (approx. 22cm down from waist), ensure tape is level and straight. Keep one finger between tape and body.

#### A. WOMEN'S BUST MEASUREMENTS (JACKETS, SHIRTS, TOPS, TUNICS, POLOS, KNITWEAR, DRESSES & JUMPSUITS)

SIZE	N/A	6	8	10	12	14	16	18	20	22	24	26	28	30	N/A
CM	N/A	80	85	90	95	100	105	110	115	120	125	130	135	140	150
AU	N/A	6	8	10	12	14	16	18	20	22	24	26	28	30	N/A
UK	N/A	6	8	10	12	14	16	18	20	22	24	26	28	30	N/A
EU	N/A	34	36	38	40	42	44	46	48	50	52	54	56	58	60
USA	N/A	0	2	4	6	8	10	12	14	16	18	20	22	24	26
Jackets & Shirts	N/A	6	8	10	12	14	16	18	20	22	24	26	28	30	N/A
Tops/Polos/Tee's	N/A	2XS	XS	S	M	L	XL	2XL	3XL	4XL	5XL	N/A			
Knitwear	N/A	2XS	XS	S	M	L	XL	2XL	3XL	4XL	5XL	6XL			
Scrubs Tops	N/A	2XS	XS	S	M	L	XL	2XL	3XL	4XL	5XL	N/A			

#### B. WOMEN'S WAIST MEASUREMENTS (PANTS, SKIRTS, SHORTS, DRESSES & JUMPSUITS)

SIZE	4	6	8	10	12	14	16	18	20	22	24	26	28	30
CM	57	62	67	72	77	82	87	92	97	102	107	112	117	122
AU	4	6	8	10	12	14	16	18	20	22	24	26	28	30
UK	4	6	8	10	12	14	16	18	20	22	24	26	28	30
EU	32	34	36	38	40	42	44	46	48	50	52	54	56	58
USA	0	2	4	6	8	10	12	14	16	18	20	22	24	26

#### C. WOMEN'S HIP MEASUREMENTS (PANTS, SKIRTS, SHORTS, DRESSES & JUMPSUITS)

SIZE	4	6	8	10	12	14	16	18	20	22	24	26	28	30
CM	83	88	93	98	103	108	113	118	123	128	133	138	143	148
AU	4	6	8	10	12	14	16	18	20	22	24	26	28	30
UK	4	6	8	10	12	14	16	18	20	22	24	26	28	30
EU	32	34	36	38	40	42	44	46	48	50	52	54	56	58
USA	0	2	4	6	8	10	12	14	16	18	20	22	24	26

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### A. NECK

Remember, make allowance for comfort.  
Ask a friend to measure around your neck at collar level. This measurement is your shirt size.



### B. CHEST

Measure around fullest part of the chest, keeping the tape level and straight.  
Keep one finger between tape and body.



### C. HIPS

Measure around waist, keeping one finger between tape and body. Over your shirt (not trousers) at the position you would normally wear your trousers.

#### A. MEN'S NECK MEASUREMENTS (SHIRTS)

SIZE	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	53	54
CM	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	53	54
UK	14.5	15	15.5	15.75	16	16.5	16.75	17	17.5	18	18.5	18.75	19	19.5	20	20.5	20.75	21
AU / EU	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	53	54
USA	14.5	15	15.5	15.75	16	16.5	16.75	17	17.5	18	18.5	18.75	19	19.5	20	20.5	20.75	21

#### B. MEN'S CHEST MEASUREMENTS (JACKETS & KNITWEAR)

SIZE	2XS		XS	S	M	L		XL		2XL	3XL			4XL	5XL			6XL			
CM	82		87	92	97	102		107	112	117	122		127	132	137		142	147			
Inches	32		34	36	38	40		42	44	46	48		50	52	54		56	58			
AU	2XS		XS	S	M	L		XL		2XL	3XL			4XL		5XL		6XL			
UK	32		34	36	38	40		42	44		46	48		50		52	54		56	58	
EU	42	44	46	48		50	52	54		56		58	60	62	64	66	68	70		72	74
USA	32		34	36	38	40		42	44		46		48	50	52		54	56		58	

#### C. MEN'S WAIST MEASUREMENTS (PANTS & SHORTS)

SIZE	2XS	XS	S	M	L	XL		2XL	3XL		4XL	5XL		6XL
CM	67	72	77	82	87	92	97	102	107	112	117	122	127	132
Inches	26	28	30	32	34	36	38	40	42	44	46	48	50	52
AU	2XS	XS	S	M	L	XL		2XL	3XL		4XL	5XL		6XL
UK	26	28	30	32	34	36	38	40	42	44	46	48	50	52
EU	38	40	44	46	50	52	54	56	58	60	62	64	66	68
USA	26	28	30	32	34	36	38	40	42	44	46	48	50	52