

REGATTA

Sizing Guide

Good fit is vital to safety and comfort, we recommend that you use these sizing guidelines to select the correct size of garments. All garments in our ranges are designed to allow you to do your job while they do theirs. It is advisable to take your body measurements over light clothing. All sizes are guidelines as manufacturing tolerances may vary.



IMPORTANT

Ensure the tape fits snugly but not too tightly. Make no extra allowance for movement, we have taken that into account when designing the garment. Stand at ease whilst taking the measurements.

BUST

Take the measurement across the fullest part and over the shoulderblades, with your arms by your side. **YOUR BRA SIZE MAY NOT REFLECT YOUR TRUE BUST MEASUREMENT.**

WAIST

Around the smallest part of the body at the natural waistline.

HIPS

Around the fullest part of the body, approximately 8" below the waist

INSIDE LEG

Ensure that the trousers being worn are fitted well into the crotch and stand with feet slightly apart. Now place the metal edge of the tape into the crotch and measure down to the required length. To obtain a more accurate measurement, take a pair of trousers which are the correct length, lay them flat and measure along the inside leg seam.

SIZE	XS	S	M	L	XL	XXL	3XL
Male: To Fit Chest (inches)	36	38	40	42	44	47	50
Male: To Fit Chest (cm)	92	97	102	107	112	119	127
Male:EUR Conversion	46	48	50	52-54	56	58-60	62
Male: To Fit Waist (inches)	28-30	32	33-34	36	38-40	42-44	46-48
Male: To Fit Waist (cm)	71-76	81	84-86	92	97-102	107-112	117-122
Male: EUR Conversion	44	46	48-50	52	54-56	58-60	62-64
Male:Short Leg	29	29	29	29	29	29	29
Male:Regular Leg	31	31	31	31	31	31	31
Male:Long Leg	33	33	33	33	33	33	33
Female:Dress Size UK:	8	10	12	14	16	18	20
Female:To fit Bust (inches)	32	34	36	38	40	42	44
Female:To fit Bust (cm)	81	86	92	97	97	107	112
Female:EUR Conversion	34	36	38	40	42	44	46
Female: To Fit Waist (inches)	24	26	28	30	32	34	36
Female: To Fit Waist (cm)	61	66	71	76	81	86	92
Female:EUR Conversion	34	36	38	40	42	44	46
Female:Regular Leg	29	29	29	29	29	29	29
Female::Long Leg	31	31	31	31	31	31	31



COLLAR

Place the tape approximately 1.5" above the collarbone. Ensure a proper fit by inserting two fingers in the tape, or add 0.5" to the actual measurement.

CHEST

Take the measurement across fullest part and over the shoulder blades, with your arms by your side.

WAIST

Remove belt and place the tape over the trouser at the natural waistline.

INSIDE LEG

Ensure that the trousers being worn are fitted well into the crotch and stand with feet slightly apart. Now place the metal edge of the tape into the crotch and measure down to the required length. To obtain a more accurate measurement, take a pair of trousers which are the correct length, lay them flat and measure along the inside leg seam.