Apparel & Uniform Size Guide (AU, NZ, US, UK, EU)

A practical size conversion and measuring guide for t-shirts, hoodies, polos and work uniforms. Exact garment measurements vary by brand, so always check the size chart on the product page before ordering.

How to measure

1. **Chest:** measure around the fullest part, under the arms, tape level.
2. **Waist:** measure around the natural waistline.
3. **Length:** from the highest shoulder point to the hem of a shirt that fits well.
4. Compare with a garment you already own and like, laid flat.

Women's clothing size conversion

AU / NZ	UK	US	EU	Letter
6	6	2	34	XS
8	8	4	36	S
10	10	6	38	M
12	12	8	40	L
14	14	10	42	XL
16	16	12	44	2XL
18	18	14	46	3XL

Men's chest sizes (approximate)

Letter	Chest (cm)	Chest (in)
S	88–96	35–38
M	96–104	38–41
L	104–112	41–44
XL	112–124	44–49
2XL	124–136	49–54

Kids' sizes (approximate)

AU size	Age	Height (cm)
2	2 yrs	86–92
4	4 yrs	98–104
6	6 yrs	110–116
8	8 yrs	122–128
10	10 yrs	134–140
12	12 yrs	146–152
14	14 yrs	158–164

Ordering uniforms for a team

Collect sizes on a simple sheet (name, size, fit) before ordering, order one sample in the most common size first, and allow a few spares for new starters. Unisex sizing usually runs like men's sizing.

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