

Sizing Guide

Since a good fit is vital to safety and comfort, we recommend that you use the sizing guidelines to select the correct size of garments. It is advisable to take your body measurements over light clothing. The sizes are guidelines as manufacturing tolerances may vary.

Female

Bust: Measure across the fullest part and over the shoulder blades, with your arms by your side. Note: 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: Measure from the inside leg at the crotch to where the trouser hem is to sit on the shoe.

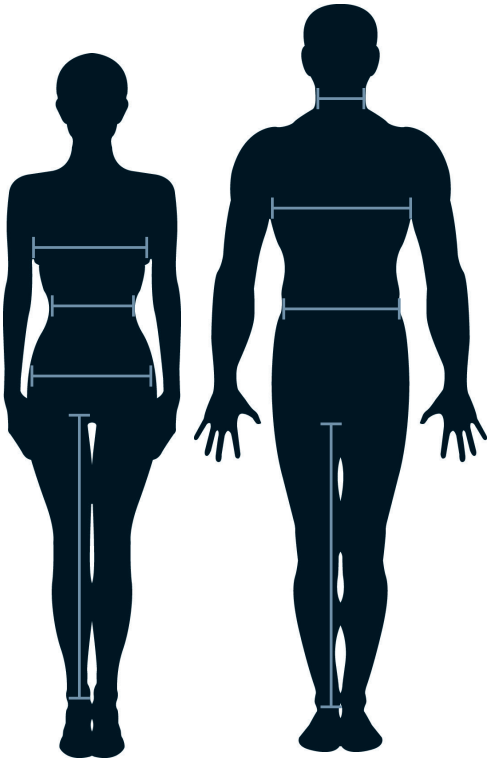
Alternatively you can measure a trouser that fits you well, by laying them flat and measure along the inside leg seam.

Male

Collar: Place the tape approximately 1 1/2 inches above the collarbone. Ensure a proper fit by inserting two fingers in the tape, or add 1/2 inch 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.



Women's garments

arco [®] TROJAN arco essentials Responsible products from Arco				
	8	10	12	14
Chest	32"	34"	36"	38"
Waist	26"	28"	30"	32"
	16	18	20	22
Chest	40"	42"	44"	46"
Waist	34"	36"	38"	40"

arco [®] essentials								
Women's Polo & T-Shirts	XS (8)	S (10)	M (12)	L (14)	XL (16)	2XL (18)	3XL (20)	4XL (22)
Chest	30"	32"	34"	36"	38"	40"	42"	44"

berghaus					
	10	12	14	16	18
Chest	34"	36"	38"	40"	42"
Waist	26"	27.5"	29"	31"	32"

REGATTA PROFESSIONAL					
	10	12	14	16	18
Chest	34"	36"	38"	40"	42"
Waist	26"	28"	30"	32"	34"

Men's garments

arco [®] TROJAN arcoPro arco essentials FAIRTRADE COTTON Classic Responsible products from Arco									
	XS	S	M	L	XL	2XL	3XL	4XL	5XL
Chest	30-32"	34-36"	38-40"	42-44"	46-48"	50-52"	54-56"	58-60"	62-64"
Waist	26-28"	28-30"	32-34"	36-38"	40-42"	44-46"	48-50"	52-54"	56-58"

arco essentials										
Men's Sweatshirts / Polo & T-Shirts	XS	S	M	L	XL	2XL	3XL	4XL	5XL	6XL
Chest	36"	38"	40"	42-44"	46"	48"	50-52"	54"	56"	58"

Responsible products from Arco										
Unisex Sweatshirt	XS	S	M	L	XL	2XL	3XL	4XL	5XL	6XL
Chest	36"	38"	40"	42-44"	46"	48"	50-52"	54"	56"	58"

DeWALT					
	S	M	L	XL	2XL
Chest	36-38"	39-41"	42-44"	45-47"	48-50"

berghaus					
	S	M	L	XL	2XL
Chest	36-38"	39-41"	42-44"	45-47"	48-50"
Waist	28-30"	31-33"	34-36"	37-39"	40-42"

MASCOT						
	S	M	L	XL	2XL	
Chest	36"	39.5"	41"	44"	45.5"	
European Size	C46	C48	C50	C52	C54	C56
Waist UK	30.5"	32.5"	34.5"	36.5"	38.5"	40.5"
Leg Length inches	30 32	30 32	30 32	30 32	30 32	30 32

AlphaTec [®]					
	S	M	L	XL	2XL
Chest	33-36"	36-39"	39-42"	42-45"	45-48"
Height	64-66"	66-69"	69-71"	71-74"	74-76"

REGATTA PROFESSIONAL						
	S	M	L	XL	2XL	3XL
Chest	38"	40"	42"	44"	47"	50"
Waist	32"	33-34"	36"	38-40"	42-44"	46-48"

Snickers WORKWEAR Hultafab Group						
3 Series Men's Trousers						
Waist	30-31"	31-33"	33-35"	35-36"	36-38"	39-41"
Leg 30"	88	92	96	100	104	112
Leg 32"	46	48	50	52	54	58
Leg 35"	146	148	150	152	154	158
6 Series Men's Trousers						
Waist	31"	33"	35"	36"	38"	41"
Leg 30"	92	96	100	104	108	116
Leg 32"	46	48	50	52	54	58
Leg 35"	146	148	150	152	154	158
Men's Jackets / Polo & T-Shirts						
	S	M	L	XL	2XL	
Chest	33-36"	36-39"	39-43"	43-46"	46-52"	

Dry cleaning

-
- Do not dry clean
-
- Specialist dry clean only

Washing

-
- Do not wash
-
- Hand wash
-
- 40° wash
-
- 40° wash reduced action
-
- 40° wash delicate programme

Bleaching and chlorine

-
- Do not bleach
-
- Bleach OK
-
- Do not use chlorine bleach
-
- Chlorine bleach OK

Ironing

-
- Do not iron
-
- Cool iron
-
- Medium iron
-
- Hot iron

Drying

-
- No tumble
-
- Low tumble
-
- High tumble

Please take time to find the label inside each of the clothing items which show the appropriate care instructions.