

## 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.



### BUST

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



### WAIST

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



### 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.

INTL. S/M/L	AU	BUST (cm)	WAIST (cm)	HIP (cm)
	4		57	83
2XS	6	80	62	88
XS	8	85	67	93
S	10	90	72	98
M	12	95	77	103
	14	100	82	108
L	16	105	87	113
	18	113	95	121
XL	18	113	95	121
2XL	20	120	102	128
3XL	22	125	107	133
	24	130	112	138
4XL	26	135	117	143
	28	140	122	148
5XL	28	140	122	148
6XL	30	145	127	153

## MEN'S SIZING

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### NECK

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



### CHEST

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



### WAIST

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

### Men's Neck Measurements (Shirts)

AU	CHEST (cm)	WAIST	
		(cm)	(in)
2XS	82	67	26
XS	87	72	28
S	92	77	30
M	97	82	32
L	102	87	34
XL	110	95	36
			38
2XL	118	103	40
			42
3XL	126	111	44
			46
4XL	134	119	48
			50
5XL	142	127	52
			54
6XL	150	135	56
			58

NECK (cm)
36
37
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54

## UNISEX SIZING

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



### CHEST

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



### WAIST

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



## UNISEX SCRUBS SIZE GUIDE

INTL. S/M/L	CHEST (cm)	WAIST (cm)
2XS	82	67
XS	87	72
S	92	77
M	97	82
L	102	87
XL	110	95
2XL	118	103
3XL	126	111
4XL	134	119

## UNISEX BELTS SIZE GUIDE

INTL. S/M/L	Waist (cm)
S	72-77
M	82-87
L	92-97
XL	102-107
2XL	112-117
3XL	122-127

## WOMEN'S FOOTWEAR FITTING GUIDE

Once you have found the style shoe you like, select your preferred size. In general, sizing between brands will vary. Style and construction of the shoe plays a major part in fitting, therefore it is important an accurate measurement is taken.

Here are some top tips for fitting your own footwear:

- Place a piece of paper on the floor against a wall
- Stand and place your foot on the paper with your heel against the wall
- Measure your foot from the wall and mark a line where your longest toe ends
- Repeat this step on the other foot, 80% of people have different sized feet
- Refer to the below chart to select the size that fits your longest foot



AUS/USA	4	5	6	7	8	9	10	11	12
UK	2	3	4	5	6	7	8	9	10
EUROPEAN	35	36	37	38	39	40	41	42	43
Foot length in Centimeters*	21.0	21.5	22.5	23.5	24.0	24.8	25.9	26.8	27.6

\*Please note that the size conversions we have listed in our chart are approximations, your footwear size may vary from brand to brand. If you are unsure what size you should order please contact us and we will do our best to help get the right fit for your feet.