

# SIZE GUIDE

For all Russell garments



All of our measurements are based on actual "to fit" body sizes rather than the size of the garment itself. For example, a polo shirt with a chest to fit size of 92-97cm / 36-38" will fit someone with this chest measurement; trousers with a waist to fit 50 Europe / 34", will fit a person with this measurement.

HERE ARE SOME TIPS TO HELP YOU CHOOSE THE MOST APPROPRIATE GARMENT SIZE(S):

## 1. CHEST

Men: Measure around the fullest part of the chest, 2.5cm below the underarm. Women: Measure around the fullest part of the bust.

## 2. COLLAR

Men: Measure around the base of the neck.

## 3. WAIST

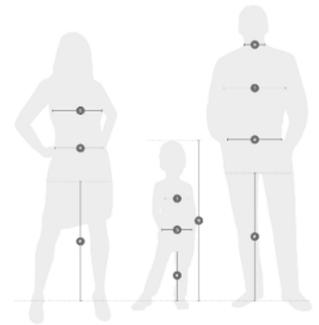
All: Measure around the natural waist, keeping the measuring tape taut.

## 4. LEG LENGTH

All: Measure from the top of the inside leg at the crotch down to where the trousers are normally worn with shoes.

## 5. HEIGHT

Children: Standing still with feet together and flat on the floor, measure from the top of the head to the ground.



	S	M	L	XL	2XL
AGES (YEARS)	3-4	5-6	7-8	9-10	11-12
HEIGHT (CM)	104	116	128	140	152
WAIST TO FIT (CM)	47	55	53	56	62
WAIST TO FIT (INS)	18.5	20	21	22	24.5