

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.

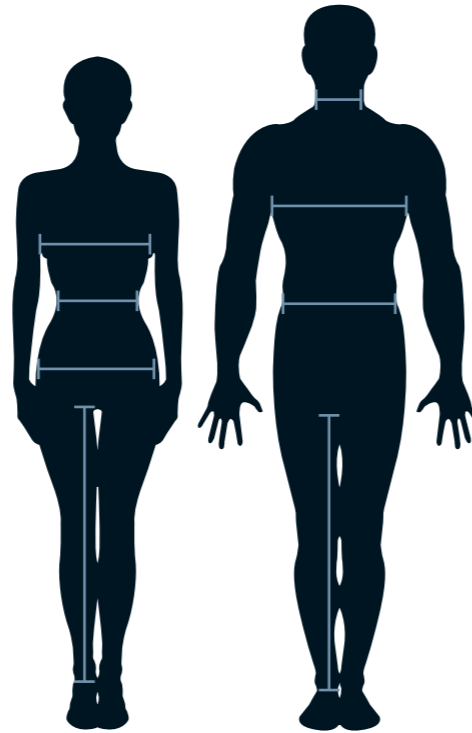
Inside leg: Measure from the inside leg at the crotch to where the trouser hem is to sit on the shoe. Alternatively you can measure a trouser that fits you well, by laying them flat and measure along the inside leg seam.

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.



Dry cleaning	Ironing
<input checked="" type="checkbox"/> Do not dry clean	<input checked="" type="checkbox"/> Do not iron
<input type="checkbox"/> Specialist dry clean only	<input type="checkbox"/> Cool iron
Washing	Drying
<input checked="" type="checkbox"/> Do not wash	<input checked="" type="checkbox"/> No tumble
<input type="checkbox"/> Hand wash	<input type="checkbox"/> Low tumble
<input type="checkbox"/> 40° wash	<input type="checkbox"/> High tumble
<input type="checkbox"/> 40° wash reduced action	
<input type="checkbox"/> 40° wash delicate programme	
Bleaching and chlorine	Please take time to find the label inside each of the clothing items which show the appropriate care instructions.
<input checked="" type="checkbox"/> Do not bleach	
<input type="checkbox"/> Bleach OK	
<input checked="" type="checkbox"/> Do not use chlorine bleach	
<input type="checkbox"/> Chlorine bleach OK	

Women's garments

		arco TROJAN arco essentials			
		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							
		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"

Unisex garments

		MICROGARD				
		S	M	L	XL	2XL
Chest		37-39"	40-43"	44-46"	47-49"	50-53"
Waist		30-31"	31-33"	33-35"	35-36"	36-38"

Men's garments

		arco TROJAN arcoPro arco essentials							
		XS	S	M	L	XL	2XL	3XL	4XL
Chest		30-32"	34-36"	38-40"	42-44"	46-48"	50-52"	54-56"	58-60"
Waist		26-28"	28-30"	32-34"	36-38"	40-42"	44-46"	48-50"	52-54"

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

		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"

		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"



		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		38-40"	41-43"	44-48"	49-51"	52-54"	

		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	

		arco essentials									
		Hi-Vis garments									
		Polo & T-Shirts									
		S	M	L	XL	2XL	3XL	4XL	5XL	6XL	7XL
Chest		34-38"	40-42"	42-46"	46-50"	50-54"	54-58"	58-62"	62-66"	66-70"	70-74"
		Softshells, Fleece, Hoodies & Sweatshirts									
		S	M	L	XL	2XL	3XL	4XL	5XL	6XL	7XL
Chest		40-42"	42-46"	46-50"	50-54"	54-58"	58-62"	62-66"	66-70"	70-74"	74-78"
		Weatherwear									
		S	M	L	XL	2XL	3XL	4XL	5XL	6XL	7XL
Chest		44-46"	48-50"	50-52"	52-54"	56-58"	60-62"	64-66"	68-70"	72-74"	76-78"
		Ladies Range									
		8	10	12	14	16	18	20			
Chest		30-32"	34-36"	38-40"	42-44"	46-48"	50-52"	54-56"			