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Jacket Chest

- 1. It is recommended that you take off your shirt or wear a light t-shirt before you take the measurements as cloths adds extra width to the measurement.
- 2. Standing naturally measure widest circumference around your chest as shown below (1)
- 3. Ensure that the tape is not twisted and it is parallel with the ground for an accurate result.
- 4. Select the jacket size that matches your chest size from the chart below.

 i.e. if your chest size measures 39 inches, a Jacket size Medium will fit you.



Pant Waist

- 1. It is recommended that you remove your shirt or raise to just below your chest.
- 2. Stand up straight and exhale slowly. Hold the end of the tape measure at your navel (belly button) and bring it around your waist to the front. The measuring tape should be parallel to the floor and fit snugly around your torso without digging into your skin as shown above (2)

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Chef Jacket Measurement

| Size | Chest | | Collar | |
|------|---------|-------|--------|------|
| | cm | Inch | cm | Inch |
| XXS | 75-80 | 30-32 | 37 | 14.5 |
| XS | 80-85 | 32-34 | 38 | 15 |
| S | 85-95 | 34-38 | 39 | 15.5 |
| М | 95-105 | 38-42 | 41 | 16.5 |
| L | 105-115 | 42-46 | 44 | 17.5 |
| XL | 115-120 | 46-48 | 45 | 18 |
| 2XL | 120-125 | 48-50 | 47 | 18.5 |
| 3XL | 125-140 | 50-56 | 49 | 19.5 |

Chef Pant Measurement

| Size | Waist | | Length | |
|------|---------|-------|--------|------|
| | cm | Inch | cm | Inch |
| XXS | 54-64 | 21-25 | 102 | 40 |
| XS | 56-67 | 22-26 | 105 | 41 |
| S | 67-79 | 26-31 | 107 | 42 |
| M | 42-92 | 32-36 | 110 | 43 |
| L | 94-102 | 37-40 | 112 | 44 |
| XL | 105-115 | 41-45 | 115 | 45 |
| 2XL | 115-128 | 45-50 | 118 | 46 |
| 3XL | 130-140 | 51-55 | 118 | 46 |

Need help finding the right size?

Call our friendly staff on: +61 0421245805

Or Email us: info@napparel.com.au