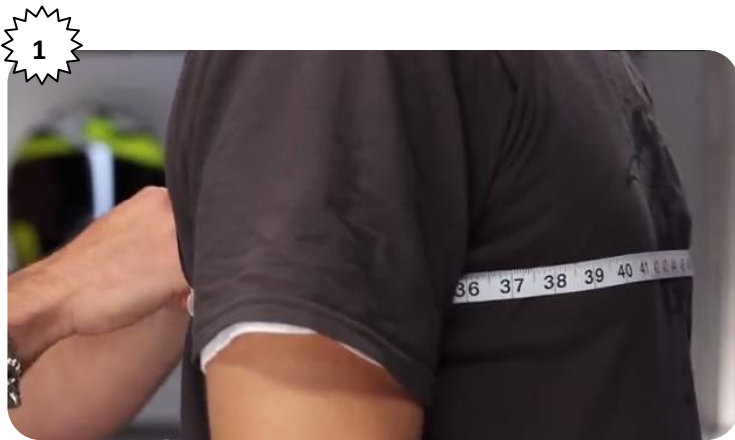


Jacket Chest

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)

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
M	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