

## MEN'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.



### 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	46
			48
5XL	142	127	50
			52
6XL	150	135	54

NECK (cm)
36
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38
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52
53
54