

## Field Worker Shirt, Long Sleeve

Size	XS	S	M	L	XL	2XL	3XL	4XL	5XL	6XL
Chest (cm)	78	86	94	102	110	118	126	134	142	150
Neck (cm)	34/35	36/37	38/39	40/41	42/43	44/45	46/47	47/48	48/49	49/50

### How to measure yourself

**Neck** - Standing, measure your neck at its largest girth, right over the Adam's apple.

**Chest** - Standing, measure with the breath out just above the nipple.

**Waist** - Standing, measure at the narrowest point or at the midway point between the top of the hip bone and the bottom of the rib cage, above the belly button.

**Inleg** - Standing, with legs straight and hip width apart, measure from crotch to floor.

**Bust** - Measure the fullest part of the bust.

**Hips** - Measure at the largest girth.

