High	Visibility	Vest
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Size	XS	S	Μ	L	XL	2XL	3XL	4XL	5XL	6XL
Chest (cm)	103	108	113	118	123	128	133	138	142	147

## 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 botton 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.

