

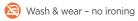


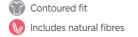
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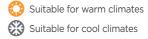
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### Key

Relaxed fit







# **Care Staff**

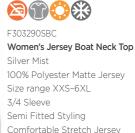
# Women's Wardrobe Tops and Blouses





F467230BC Women's Print V-Neck Top Cherry Blossom Print 100% Polyester with Knit Back Size Range 4-30 Print Front Bodice Stretch Knit Back and Sleeves V-neck with Gathered Front Easy Non-fitted Styling Easy Care Fabric





Easy Care, Wash & Wear

SIZE	4	6	8	10	12	14	16
CHEST CMS	88	93	98	103	108	113	118
	18	20	22	24	26	28	30
	123	128	133	138	143	148	153

SIZE	XXS	XS	S	М	L	XL
CHEST CMS	83	88-93	93-98	103	109	115-121
	2XL	3XL	4XL	5XL	6XL	
	121-127	127-133	133-138	138-143	143-148	





F488230BC-P Women's Long Line Tunic Pink with Charcoal Trim 100% Polyester Knit Size Range 4-30 Flattering Long Line Style Two Lower Front Pockets Mid Weight Stretch Knit Fabric V-Neck with Contrast Trim Easy Care Fabric

SIZE	4	6	8	10	12	14	16
CHEST CMS	88	93	98	103	108	113	118
	18	20	22	24	26	28	30
	123	128	133	138	143	148	153



# **Care Staff** Women's Wardrobe Tops and Blouses





F310628SB-S Women's Shawl Collar Blouse Silver Mist 100% Mechanical Stretch Polvester Size range 6-26 Soft Shawl Collar Neckline Short Sleeves Concealed Button Front Back Action Pleats

Soft Easy Wear Fabric





F488230BC-T Women's Long Line Tunic Teal with Charcoal Trim 100% Polvester Knit Size Range 4-30 Flattering Long Line Style Two Lower Front Pockets Mid Weight Stretch Knit Fabric V-Neck with Contrast Trim Easy Care Fabric

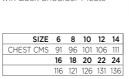
SIZE	6	8	10	12	14	16
CHEST CMS	91	96	101	106	111	117
	18	20	22	24	26	
	121	126	131	136	141	

SIZE	4	6	8	10	12	14	16
CHEST CMS	88	93	98	103	108	113	118
	18	20	22	24	26	28	30
	123	128	133	138	143	148	153





Silver/White Square Dobby Weave 65% Polyester, 35% Cotton Size range 6-24 Classic Blouse Style Semi Fitted 3/4 Sleeve Concealed Button Front Twin Back Shoulder Pleats







Women's Contrast Polo Black/Teal 100% Polyester Micro Interlock Size range 6-30 Cool Air Flow Fabric Wear Flattering Contrast Panels Easy Care, Wash & Wear

SIZE	6	8	10	12	14	16	18
CHEST CMS	86	91	96	101	106	111	116
	20	22	24	26	28	30	
	122	128	134	140	146	152	

# **Care Staff**

## Women's Wardrobe Coordinates









Women's Flexi Waist Pleat Skirt

80% Polyester 18% Viscose 2% Spandex Size Range 6-30 Designed for Active Wear Light Weight Stretch Fabric Flexi Waist with Belt Loops Front Deep Pockets Easy Care Fabric

	SIZE	6	8	10	12	14	16	18
WAIST	CMS	74	79	84	89	94	99	104
		20	22	24	26	28	30	
		109	114	119	124	129	134	
	SIZE	6	8	10	12	14	16	18
HIP	SIZE CMS	_						
HIP		87	92	97	102		112	
HIP		87 <b>20</b>	92 <b>22</b>	97 <b>24</b>	102 <b>26</b>	107	112	





### Women's Flexi Waist Shorts

Charcoal 80% Polyester 18% Viscose 2% Spandex

Size Range 6-30

Designed for Active Wear Light Weight Stretch Fabric Flexi Waist with Belt Loops Four Pockets Easy Care Fabric

SIZE	6	8	10	12	14	16	18
WAIST CMS	70	75	80	85	90	95	100
	20	22	24	26	28	30	
	105	110	115	120	125	130	

### **Care Staff**

# Women's Wardrobe

### Coordinates and Wet Weather Jacket





#### F267000S

#### Women's Flexi Waist Cargo Pant

Charcoal 80% Polvester 18% Viscose 2% Spandex Size Range 6-32 Designed for Active Wear Light Weight Stretch Fabric Flexi Waist with Belt Loops Four Pockets





Women's Classic Pant

Charcoal 65% Polvester, 35% Viscose Size Range 6-26 Ready to Wear Mechanical Stretch Fabric Extra Comfort Front Welt Pockets Easy Care Fabric

SIZE	6	8	10	12	14	16	18
WAIST CMS	70	75	80	85	90	95	100
	20	22	24	26	28	30	32
	105	110	115	120	125	130	135

Easy Care Fabric

SIZE	6	8	10	12	14	16
WAIST CMS	61	66	71	76	81	86
	18	20	22	24	26	
	93	98	103	108	113	
SIZE	6	8	10	12	14	16
HIP CMS	89	94	99	104	109	114
	18	20	22	24	26	





Charcoal

### Women's Flexi Waist 3/4 Cargo Pant

80% Polvester 18% Viscose 2% Spandex Size Range 6-32 Designed for Active Wear Light Weight Stretch Fabric Flexi Waist with Belt Loops Four Pockets Easy Care Fabric





Graphite Black 100% Polyester showerproof outter / 100 Poyester Lightweight Poly Fleece lining Size range XXS-5XL Chest and Front Zip Pockets Stowaway Hood in Collar Polar Fleece Lining Heavy Weight Generous Fit

SIZE	6	8	10	12	14	16	18
WAIST CMS	70	75	80	85	90	95	100
	20	22	24	26	28	30	32
	105	110	115	120	125	130	135

SIZE	XXS	XS	S	М	L
CHEST CMS	118	124	128	132	136
	XL	2XL	3XL	4XL	5XL
	140	144	150	154	158



# **Administration Staff**

Women's Wardrobe Tops and Blouses



F303222SBC Women's Scarf Front Top Charcoal 100% Polvester Matte Jersev Size range XXS-4XL Feature Soft Tie Front Generous Fit Comfortable Stretch Jersev





Cherry Blossom 100% Polvester with Knit Back Size Range 4-30 Print Front Bodice Stretch Knit Back and Sleeves V-neck with Gathered Front Easy Non-fitted Styling Easy Care Fabric

SIZE	XXS	XS	S	М	L
CHEST CMS	83	88-93	93-98	103	109
	XL	2XL	3XL	4XL	
	115-121	121-127	127-133	133-138	

SIZE	4	6	8	10	12	14	16
CHEST CMS	88	93	98	103	108	113	118
	18	20	22	24	26	28	30
	123	128	133	138	143	148	153







F303290SBC Women's Jersey Boat Neck Top Silver Mist 100% Polyester Matte Jersey Size range XXS-6XL 3/4 Sleeve Semi Fitted Styling Comfortable Stretch Jersey Easy Care, Wash & Wear

SIZE	6	8	10	12	14	16
CHEST CMS	91	96	101	106	111	117
	18	20	22	24	26	
	121	126	131	136	141	

SIZE	XXS	XS	S	М	L	XL
CHEST CMS	83	88-93	93-98	103	109	115-121
	2XL	3XL	4XL	5XL	6XL	
	121-127	127-133	133-138	138-143	143-148	

# **Administration Staff**

Women's Wardrobe Coordinates





### F267409S

### Women's Corporate Straight Leg Pant

Charcoal 50% Wool, 45% Polvester & 5% Lycra Size Range 4-30 Classic Tailored Styling Two Front Pockets Belt Loops



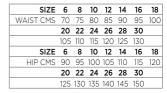


### F267115S

### Women's Back Pleat Skirt

Charcoal 50% Wool, 45% Polvester & 5% Lvcra Size Range 6-30 Corporate Styling Front Pockets Back Pleats for Easy Movement Belt Loops Stretch Lining

SIZE	4	6	8	10	12	14	16
WAIST CMS	65	70	75	80	85	90	95
	18	20	22	24	26	28	30
	100	105	110	115	120	125	130
SIZE	4	6	8	10	12	14	16
HIP CMS							
	85	90	95	100	105		115
	85 <b>18</b>	90 <b>20</b>	95 <b>22</b>	100	105 <b>26</b>	110	115







F267209S

### Women's A-Line Skirt

Charcoal 50% Wool, 45% Polyester & 5% Lycra Size Range 8-28 Corporate Styling Slight A-Line Fit Belt Loops Stretch Lining

SIZE	8	10	12	14	16	18
WAIST CMS	75	80	85	90	95	100
	20	22	24	26	28	
	105	110	115	120	125	
SIZE	4	6	8	10	14	16
HIP CMS	101	106	111	116	121	126
	18	20	22	24	28	





F167809SBC

### Women's Cap Sleeve Shift Dress

Charcoal 50% Wool, 45% Polyester & 5% Lycra Size Range 6-16 Tailored Fit Fearure Front Tucks Stretch Lining

SIZE	6	8	10	12	14	16
CHEST CMS	87	92	97	102	107	112

# **All Staff**

### Women's Knitwear and Outerwear



F679010SBC Women's V-Neck Vest

Charcoal 50% Wool 50% Acrylic Size range XXS-2XL Classic V-Neck Rib Neck and Basque Machine Washable



F679012BC Women's Short Sleeve Cardigan Pink 50% Wool 50% Acrylic Size range 2XS-3XL

Short Sleeves Wide Basque High Hip Length Machine Washable

SIZE XXS XS S M L XL 2XL CHEST CMS 75 83 91 99 107 115 123

SIZE XXS XS S M L XL 2XL 3XL CHEST CMS 78 86 94 102 110 118 126 134



F679013SBC Women's Long Sleeve

Cardigan Charcoal 50% Wool 50% Acrylic Size range 2XS-8XL Feature Rib Sleeve and Basque Long line Light Weight

SIZE	XXS	XS	S	М	L	XL	2XL
CHEST CMS	78	86	94	102	110	118	126
	3XL	4XL	5XL	6XL	7XL	8XL	
	134	142	150	158	164	172	

# **All Staff**

## Women's Knitwear and Outerwear







F167999SBC Women's Soft Shell Vest Black Polyester / Spandex Size range 6-30 Zip Front Closure Two Front Pockets Micro Fleece Lining Shower Resistant

SIZE	6	8	10	12	14	16	18
CHEST CMS	96	100	104	109	114	119	124
	20	22	24	26	28	30	
	129	134	139	144	149	154	





F167900SBC Women's Soft Shell Jacket Black Polyester / Spandex Size range 6-30 Zip Front Closure Two Front Pockets Micro Fleece Lining Shower Resistant

SIZE	6	8	10	12	14	16	18
CHEST CMS	96	100	104	109	114	119	124
	20	22	24	26	28	30	
	129	134	139	144	149	154	

# **Administration and Care Staff**

Men's Wardrobe Shirts





M310S62SBC

Men's Short Sleeve Dobby Shirt

Silver/White Square Dobby Weave 65% Polyester, 35% Cotton Size range S-5XL Short Sleeves Twin Back Pleats Narrow Collar

Light Weight, Easy Care

SIZE S M L XL 2XL 3XL 4XL 5XL CHEST CMS 110 114 118 126 132 140 148 156 NECK CMS 38 40 42 44 46 48 50 52

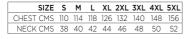




M310620SBC

Men's Long Sleeve Dobby Shirt

Silver/White Square Dobby Weave 65% Polyester, 35% Cotton Size range S-5XL Long Sleeves Twin Back Pleats Narrow Collar Light Weight, Easy Care





# **Administration and Care Staff**

Men's Wardrobe Shirts and Polo



M310322SRC

Men's Cotton Textured Short Sleeve Shirt

Melon 100% Cotton Size range XS-5XL Short Sleeves Inverted Pleat at Back Cool Cotton Fabric Contrast Fabric inside Cuff





M310320SBC

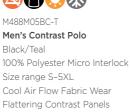
Men's Cotton Textured Long Sleeve Shirt

Melon 100% Cotton Size range XS-5XL Long Sleeves Inverted Pleat at Back Cool Cotton Fabric Contrast Fabric inside Cuff

SIZE XS SM MD LG XL 2XL 3XL 4XL 5XL CHEST CMS 106 110 114 118 126 132 140 148 156 NECK CMS 36 38 40 42 44 46 48 50 52

SIZE XS SM MD LG XL 2XL 3XL 4XL 5XL CHEST CMS 106 110 114 118 126 132 140 148 156 NECK CMS 36 38 40 42 44 46 48 50 52





Easy Care, Wash & Wear



M310603SBC Men's Short Sleeve Teal Shirt Teal 100% Breathable Polyester Size range S-3XL & 5XL Short Sleeves Chest/Pen Pocket Easy Care, Wash & Wear

XL 2XL 3XL 4XL 5XL SIZE S М CHEST CMS 104 109 114 119 126 140 146 154

SIZE SM MD LG XL 2XL 3XL 5XL CHEST CMS 110 114 118 126 132 140 156 NECK CMS 38 40 42 44 46 48

# **Administration and Care Staff**

Men's Wardrobe Coordinates





M267S06S

Men's Flexi Waist Flat Front Short

Charcoal

80% Polvester 18% Viscose 2% Spandex

Size range 77-137

Designed for Active Wear Light Weight Stretch Fabric Flexi Waist with Belt Loops Four Pockets

Easy Care Fabric





M267206S

Men's Flexi Waist Flat Front Pant

Charcoal

80% Polvester 18% Viscose 2% Spandex

Size range 77-137

Designed for Active Wear

Light Weight Stretch Fabric

Flexi Waist with Belt Loops

Four Pockets

Easy Care Fabric

SIZE	77	82	87	92	97	102	107
WAIST CMS	77	82	87	92	97	102	107
	112	117	122	127	132	137	
	112	117	122	127	132	137	

SIZE	77	82	87	92	97	102	107
WAIST CMS	77	82	87	92	97	102	107
	112	117	122	127	132	137	
	112	117	122	127	172	137	









M267300S

Men's Flexi Waist Cargo Pant

Charcoal

80% Polyester 18% Viscose 2% Spandex

Size range 77-132

Designed for Active Wear

Light Weight Stretch Fabric Flexi Waist with Belt Loops

Four Pockets

Easy Care Fabric







Charcoal

50% Wool, 45% Polyester & 5% Lycra

Size Range 74-119R

Corporate Styling

Two Front Pockets

Belt Loops

SIZE	77	82	87	92	97	102
WAIST CMS	77	82	87	92	97	102
	107	112	117	122	127	132
	107	112	117	122	127	132

SIZE	74	79	84	89	94
WAIST CMS	74	79	84	89	94
	99	104	109	114	119
	99	104	109	114	119

# **All Staff**

### Accessories



M902100SBC Unisex Beanie Black Acrylic One size





M934247SBC Unisex Wide Brim Hat Black Cotton Size range S-XL

SIZE	S	М	L	XL
HEAD CIRCUMFERENCE CMS	55	57	59	61



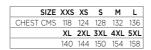
F924001S Women's Pink Belt Pink Leather Silver Buckle Leather Strap Size range XXS-XXXL



M924527S Men's Belt Black Leather Pewter Buckle Leather Strap Size range 82-122 CM



M110236SBC Unisex Wet Weather Jacket Graphite Black 100% Polyester showerproof outter / 100 Poyester Lightweight Poly Fleece lining Size range XXS-5XL Chest and Front Zip Pockets Stowaway Hood in Collar Polar Fleece Lining Heavy Weight Generous Fit





F914720BC Women's Scarf Cherry Blossom Polyester One size Oblong Print Design

# **All Staff** Men's Wardrobe

# Knitwear and Outerwear







M679910SBC

Men's V-Neck Vest Charcoal 50% Wool 50% Acrylic Size range XS-5XL Classic V-Neck Rib Neck and Basque Machine Washable









M679911SBC

Men's V-Neck Pullover Charcoal 50% Wool 50% Acrylic Size range XS-5XL Classic V-Neck Rib Neck and Basque

Machine Washable

SIZE XS SM MD LG XL 2XL 3XL 4XL 5XL CHEST CMS 96 101 106 111 116 121 126 131 136

SIZE XS SM MD LG XL 2XL 3XL 4XL 5XL CHEST CMS 96 101 106 111 116 121 126 131 136



M167800SBC Men's Soft Shell Vest Black Polyester / Spandex Size range XS-4XL Zip Front Closure Two Front Zip Pockets Micro Fleece Lining Shower Proof





Men's Soft Shell Jacket Black Polyester / Spandex Size range XS-4XL Zip Front Closure Two Front Zip Pockets Micro Fleece Lining Shower Proof

SIZE XS SM MD LG XL 2XL 3XL 4XL CHEST CMS 103 108 113 118 123 128 133 138

SIZE XS SM MD LG XL 2XL 3XL 4XL CHEST CMS 103 108 113 118 123 128 133 138

# **All Staff**

## Men's Wardrobe Outerwear





# Care Staff Only



M110236SBC Unisex Wet Weather Jacket Graphite Black 100% Polyester showerproof outter / 100 Poyester Lightweight Poly Fleece lining Size range XXS-5XL Chest and Front Zip Pockets Stowaway Hood in Collar Polar Fleece Lining Heavy Weight Generous Fit

	SIZE	XXS	XS	S	М	L
CHES	ST CMS	118	124	128	132	136
		XL	2XL	3XL	4XL	5XL
		140	144	150	154	158

### **Maintenance Staff**

Unisex Shirts and Coordinates



M308370SBC Long Sleeve Work Shirt Khaki 145asm Cotton Drill Size range XS-5XL Ripstop Air Cool Fabric Cool Cotton Sun Shield Collar



M303873SBC Short Sleeve Work Shirt Khaki 145asm Cotton Drill Size range XS-5XL Ripstop Air Cool Fabric Cool Cotton Sun Shield Collar

SIZE XS S XL 2XL 3XL 4XL 5XL M L CHEST CMS 87 92 97 102 107 112 117 122 127

SIZE XS S M L XL 2XL 3XL 4XL 5XL CHEST CMS 87 92 97 102 107 112 117 122 127









SIZE	72R	77R	82R	87R	92R	97R	102R
WAIST CMS	72	77	82	87	92	97	102
	107R	112R	117R	122R	127R	132R	
	107	112	117	122	127	132	

ı	SIZE	72R	77R	82R	87R	92R	97R	102R
	WAIST CMS	72	77	82	87	92	97	102
		107R	112R	117R	122R	127R	132R	
		107	112	117	122	127	132	

# **Maintenance Staff**

Unisex Coverall and Hat





M446007SBC Painting Coverall White Cotton Size range 77R-112R Tool Pocket on Leg Metal Press Studs

SIZE	77R	82R	87R	92R
WAIST CMS	77	82	87	92
	97R	102R	107R	112R
	97	102	107	112



M934247SBC
Unisex Wide Brim Hat
Black
Cotton
Size range S-XL

SIZE	S	М	L	XL
HEAD CIRCUMFERENCE CMS	55	57	59	61

# Chefs

## Unisex

Jacket, Cap and Coordinates









Unisex Chef Jacket Long Sleeve

White

65% Polyester, 35% Cotton Size range XXS-4XL Detachable Buttons Chest & Pen Pocket

Contrast Black Piping

SIZE	XXS	XS	S	М	L
CHEST CMS	98	105	115	130	137
	XL	2XL	3XL	4XL	
	143	147	156	165	









M201501S

**Unisex Chef Pant** 

Black

200gsm 65%, Polyester, 35% Cotton

Size range XS-4XL Elastic Drawstring Waist



M901602SBC Unisex Chef Cap Black 65% Polyester, 35% Cotton One size Elasticised Back

L XL 2XL 3XL 4XL М WAIST CMS 102 110 118 126 132 138 146 150



# **Food Assistants and Housekeeping Staff**

Women's and Men's Wardrobe Polo, Cap and Apron

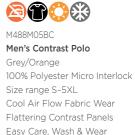




F488705BC Women's Contrast Polo Grey/Orange 100% Polyester Micro Interlock Size range 6-30 Cool Air Flow Fabric Wear Flattering Contrast Panels

Easy Care, Wash & Wear





SIZE	6	8	10	12	14	16	18
CHEST CMS	86	91	96	101	106	111	116
	20	22	24	26	28	30	
	122	128	134	140	146	152	

XL 2XL 3XL 4XL 5XL SIZE S CHEST CMS 104 109 114 119 126 140 146 154



M901602SBC Unisex Chef Cap Black 65% Polyester 35% Cotton One size Elasticised Back

M910095SBC Unisex Bib Apron Charcoal 65% Polyester 35% Cotton One Size Poly Cotton



# **Food Assistants and Housekeeping Staff**

Women's Wardrobe Coordinates





#### Women's Flexi Waist Pleat Skirt

Charcoal 80% Polvester, 8% Viscose 2% Spandex Size Range 6-30 Designed for Active Wear Light Weight Stretch Fabric Flexi Waist with Belt Loops Front Deep Pockets Easy Care Fabric





F267351S

### Women's Flexi Waist Shorts

Charcoal

80% Polvester, 18% Viscose 2% Spandex

Size Range 6-30

Designed for Active Wear Light Weight Stretch Fabric Flexi Waist with Belt Loops Four Pockets Easy Care Fabric

	SIZE	6	8	10	12	14	16	18
WAIST	CMS	74	79	84	89	94	99	10
		20	22	24	26	28	30	
		109	114	119	124	129	134	
	SIZE	6	8	10	12	14	16	18
HIP	<b>SIZE</b> CMS							
HIP		87	92	97	102		112	

SIZE	6	8	10	12	14	16	18
WAIST CMS	70	75	80	85	90	95	100
	20	22	24	26	28	30	
	105	110	115	120	125	130	





#### Women's Classic Pant

Charcoal 65% Polyester, 35% Viscose Size Range 6-26 Ready to Wear Mechanical Stretch Fabric Extra Comfort Front Welt Pockets Easy Care Fabrics

SIZE	6	8	10	12	14	16
WAIST CMS	61	66	71	76	81	86
	18	20	22	24	26	
	93	98	103	108	113	
SIZE	6	8	10	12	14	16
HIP CMS	89	94	99	104	109	114
	18	20	22	24	26	
	121	126	131	136	141	

# **Food Assistants and Housekeeping Staff**

Men's Wardrobe Coordinates







Men's Flexi Waist Flat Front Pant

Charcoal 80% Polvester, 18% Viscose 2% Spandex

Size range 77-137

Designed for Active Wear Light Weight Stretch Fabric Flexi Waist with Belt Loops Four Pockets Easy Care Fabric





M267S06S

Men's Flexi Waist Flat Front Short

Charcoal

80% Polyester, 18% Viscose 2% Spandex

Size range 77-137

Designed for Active Wear Light Weight Stretch Fabric

Flexi Waist with Belt Loops Four Pockets

Easy Care Fabric

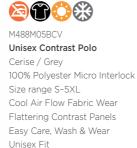
SIZE	77	82	87	92	97	102	107
WAIST CMS	77	82	87	92	97	102	107
	112	117	122	127	132	137	
	112	117	122	127	132	137	

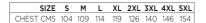
SIZE	77	82	87	92	97	102	107
WAIST CMS	77	82	87	92	97	102	107
	112	117	122	127	132	137	
	112	117	122	127	132	137	

### **Volunteers**

Unisex Polo









# Maternity

### Coordinates, Dress and Top





#### F006001S

#### Maternity Skirt

Black

68% Polvester, 28% Viscose, 4% Spandex

Size range 4-24

Straight Skirt Style

Stretch Expandable Waist

Comfortable Stretch Jersey

SIZE 4 6 8 10 12 14 WAIST CMS 62 66 70 74 78 82 16 18 20 22 24 86 90 94 98 102 SIZE 4 6 8 10 12 HIP CMS 84 88 92 96 100 104 16 18 20 22 24 108 112 116 120 124



#### F006002S

### **Maternity Pants**

Black

68% Polvester. 28% Viscose. 4% Spandex

Size range 4-24

Straight Leg Style

Stretch Expandable Waist

Comfortable Stretch Jersey

SIZE	4	6	8	10	12	14
WAIST CMS	76	80	84	88	92	96
	16	18	20	22	24	
	100	104	108	112	116	
SIZE	4	6	8	10	12	14
HIP CMS	94	98	102	106	110	114
	16	18	20	22	24	











# F006005SBC

### Maternity Dress

Black

95% Viscose 5% elastane

Size range 6-30

Short Sleeves

Designer Neckline

Slightly Gathered Front

Comfortable Stretch Jersey







F488M43SBC

### Maternity Ruched Side T-Top

Black

60% Viscose 40% Polyester Size range 6-20

Short Sleeves

Round Neck Long Line Top

Side Ruching Feature Comfortable Stretch Jersey

	SIZE	6	8	10	12	14	16	18
СН	EST CMS	86	88	90	94	98	102	106
		20	22	24	26	28	30	
		108	110	112	114	116	116	

SIZE	6	8	10	12	14	16	18	20
CHEST CMS	70	75	80	85	90	95	100	105

### **Garment Care**

#### Garment care

- Always refer to the care label on the inside of each garment for specific instructions
- · Hang garments on appropriate hangers

### Ironing

- Iron wool-rich garments inside out to avoid unwanted shine
- Synthetic fabrics should be ironed on low temperatures
- Use of a pressing cloth will help to avoid fabric shining, particularly for wool and polyester garments

### Machine washing

- Do not let garment get too dirty before washing
- Empty the pockets, unfasten the buttons and lift the collar of shirts before washing
- All garments are washed using cold water unless otherwise stated on the garment care label
- Separate whites from coloured garments

### Dry cleaning

Scarves should be dry cleaned only

#### **Stains**

 Pre-wash spray is recommended for stain removal

### Shirts

- Always iron the collar away from the point. This prevents creasing on the collar
- High alkaline anti-perspirants should be avoided to reduce permanent stains appearing under arms

#### Trousers and skirts

- Hang your trousers full length from the bottom. This will help creases to drop out and prevent hanger marks
- If you need to re-crease your pants press one leg at a time
- Place a clean tea-towel or cloth over the trousers/skirt. Spray lightly with water and then iron
- Steam your trousers/skirts in the bathroom
- Let your trousers/skirts hang out of the wardrobe overnight to air after wearing
- Never hang in direct sunlight

### Knitwear

- To dry, lie your knitwear flat on a natural-fibre towel, away from direct sunlight
- · Store your knitwear only after it is completely dry
- Do not spin or tumble dry knitwear
- Always fold and store flat
- · Remove pilling, loose fibres with a de-pilling comb



### **Measurement Guidelines**

Here are some tips for measuring.

Using the correct measuring method will help you to make informed choices for your wardrobe selection.

It is important to measure yourself in the correct places as this will impact how well your wardrobe items fit.

Use a tape measure, keeping the tape taut but not stretched, ask a family member or friend to help you if necessary.

Record your measurements in centimetres.

#### Women

- Waist measure where your skirt or pant waistband usually sits, while holding two fingers between your body and the tape. Keep in mind that items are designed to be fastened at the waist, not the hips or above the waist. This reflects a classic fit.
- Bust measure under your arms and around the fullest part of your chest, across the bust line. Hold two fingers between the body and the tape.
- Hips measure around the fullest part of your hips (about 20 to 24cms down from the waist) while standing naturally. Hold two fingers between the body and the tape.

#### Men

- Neck measure around the middle of your neck at collar level, keeping the tape loose to make allowance for comfort.
- Chest measure under your arms and around the fullest part of your chest. Hold two fingers between the body and the tape.
- Waist measure over your shirt at the position your trousers would normally sit. Hold two fingers between the body and the tape.

Once you have your individual measurements, refer to the sizing chart for each garment to find the correct sizes for you.

