

Tee and Polo Shirt size guide

To get the $\frac{1}{2}$ chest measurement you need to lay a t-shirt that fits you comfortably on a flat surface.

You then need to measure in centimetres across the chest from under the arm (tape measure with 0 on the edge) to under the opposite arm (to the other edge)

For example, if you're $\frac{1}{2}$ chest measurement is 57 you need a Large Polo and XL T-shirt

(Always go up to the nearest size, not down as it will be tight)

Polo Men's:	XS	S	M	L	XL	2XL	3XL	4XL	5XL
$\frac{1}{2}$ Chest in CM	50.0	53	55.5	58	60.5	64	71	74.5	78
Women's Polo:	6	8	10	12	14	16	18	20	22
$\frac{1}{2}$ Chest in CM	43	45.5	48	50.5	53	55.5	58	61	64
Tee shirts:	XS	S	M	L	XL	2XL	3XL	4XL	5XL
	47	50	53	56	60	64	68	88	90