

# La Beeby by Behrens Size Guide

## Women

	6	8	10	12	14	16	18	20	22	24	26	28	30	32	34	36
Bust (cm)	91.0	96.0	101.0	106.0	111.0	116.0	122.0	128.0	134.0	140.0	146.0	152.0	158.0	164.0	170.0	176.0
Waist (cm) (41 cms from neck seam)	71.0	76.0	81.0	86.0	91.0	96.0	102.0	108.0	114.0	120.0	126.0	132.0	138.0	144.0	150.0	156.0
Hem circumference (cm) (Hips)	95.0	100.0	105.0	110.0	115.0	120.0	126.0	132.0	138.0	144.0	150.0	156.0	162.0	168.0	174.0	180.0
Across back (cm)	35.9	37.1	38.3	39.5	40.7	41.9	43.4	44.9	46.4	47.9	49.4	50.9	52.4	53.9	55.4	56.9
CB length (cm)	77.2	78.4	78.8	79.0	79.6	80.2	80.8	81.4	82	82.6	83.2	83.8	84.4	85	85.6	86.4
Crown to cuff (cm)	19.2	19.8	20.4	21.0	21.6	22.2	22.8	23.4	24.0	24.6	25.2	25.8	26.4	27.0	27.6	28.2
Sleeve opening (cm)	32.4	33.6	34.8	36.0	37.2	38.4	39.9	41.4	42.9	44.4	45.9	47.4	48.9	50.4	51.9	53.4

## Men

	XS	S	M	L	XL
Chest (cm)	94.5	104.5	114.5	124.5	134.5
Hem circumference (cm)	92.5	102.5	112.5	122.5	132.5
Back (cm)	42.0	44.5	47.0	49.5	52.0

## Women Trousers

	6	8	10	12	14	16	18	20	22	24	26	28	30	32
Waist (cm)	71.5	76.5	81.5	86.5	91.5	96.5	101.5	106.5	111.5	116.5	121.5	126.5	131.5	136.5
Front Rise (cm)	27.0	27.7	28.3	28.9	29.9	30.9	31.9	32.9	33.9	34.9	35.9	36.9	37.9	38.9
Back Rise (cm)	36.5	37.1	37.8	38.4	39.4	40.4	41.3	42.3	43.3	44.3	45.2	46.2	47.2	48.2
Hips (cm)	92.0	97.0	102.0	107.0	112.0	117.0	122.0	127.0	132.0	137.0	142.0	147.0	152.0	157.0
Knee (cm)	41.4	42.6	43.8	45.0	46.2	47.4	48.6	49.8	51.0	52.2	53.4	54.6	55.8	57.0
Hem (cm)	41.4	42.6	43.8	45.0	46.2	47.4	48.6	49.8	51.0	52.2	53.4	54.6	55.8	57.0
Inside Leg short 29"	74.0	74.0	74.0	74.0	74.0	74.0	74.0	74.0	74.0	74.0	74.0	74.0	74.0	74.0
Inside Leg reg 31"	79.0	79.0	79.0	79.0	79.0	79.0	79.0	79.0	79.0	79.0	79.0	79.0	79.0	79.0
Inside Leg long 33"	84.0	84.0	84.0	84.0	84.0	84.0	84.0	84.0	84.0	84.0	84.0	84.0	84.0	84.0

# Chefswear Size Guide

## Tops

Size	2XS	XS	S	M	L	XL	2XL	3XL	4XL
Chest ins	26 - 28	30 - 32	34 - 36	38 - 40	42 - 44	46 - 48	50 - 52	54 - 56	58 - 60
Chest cm	66 - 71	76 - 82	86 - 91	96 - 102	107 - 112	117 - 122	127 - 132	137 - 142	147 - 152

## Trousers

Size	2XS	XS	S	M	L	XL	2XL	3XL	4XL
Waist ins	24 - 26	28 - 30	32 - 34	36 - 38	40 - 42	44 - 46	48 - 50	52 - 54	56 - 58
Waist cm	61 - 66	71 - 76	81 - 86	91 - 96	102 - 107	112 - 117	122 - 127	132 - 137	142 - 147

# Eco Tech Size Guide

## Male

	SY	MY	LY	XLY	S	M	L	XL	2XL	3XL
Chest ins	28	30	32	34	34-36	38-40	42-44	46-48	50-52	54-56
Waist ins	24	26	28	30	30-32	32-34	34-36	36-38	40-42	44-46

Shaded sizes are non VATable

## Female

	6	8	10	12	14	16	18
Chest cm	30	32	34	36	38	40	42
Waist ins	24	26	28	30	32	34	36

Shaded sizes are non VATable

# Sportswear Size Chart

## Adults

	S	M	L	XL	2XL	3XL
Chest ins	34-36	38-40	42-44	46-48	50-52	54-56
Waist ins	30-32	32-34	34-36	36-38	40-42	44-46

## Children's

Age Guide	5/6yrs	7/8yrs	8/9yrs	9/10yrs	11/12yrs
(Non VATable)	XSB	SB	MB	LB	XLB
Chest ins	26	28	30	32	34
Waist ins	22	24	26	28	30

## BEH-3522M - Men's Pique Polo

	XS	S	M	L	XL	2XL	3XL	4XL
Chest cm	84-89	90-94	96-101	102-107	108-113	114-119	120-125	126-131
Waist ins	33-35	35-37	38-40	40-42	42-44	45-47	47-49	49-51

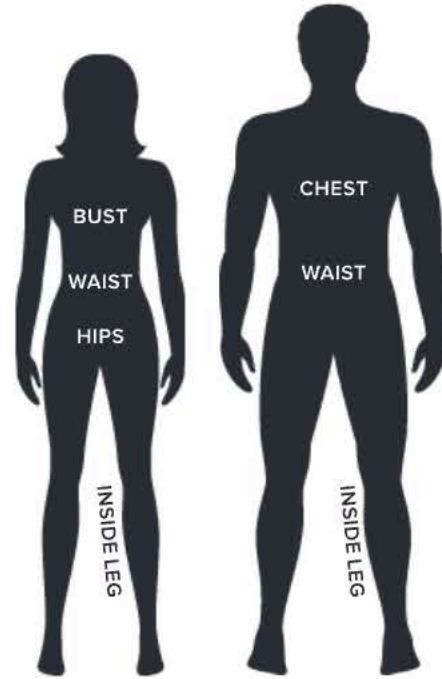
## BEH-4469L - Ladies Pique Polo

	6	8	10	12	14	16
Chest cm	73-77	78-82	83-87	88-92	93-97	98-102
Waist ins	28.5-30	30.5-32	34.5-36	36.5-38	38.5-40	40.5-42

# Size Guides

A garment that fits correctly ensures freedom of movement and comfort for the wearer.

Please follow our easy guide for a correct fitting garment.



**Bust/Chest** - Measure over the fullest part, under the arms and straight across the back.

**Waist** - Measure around the natural waistline.

**Hips** - Measure around the fullest part of the lower body.

# Healthcare Size Guide

## Female Size Chart - Dress & Tunic

Dress Size	4	6	8	10	12	14	16	18	20	22	24	26	28	30
Bust ins	30	31	32	34	36	38	40	42	44	46	48	50	52	54
Bust cm	76	79	81.5	86.5	91.5	96.5	101.5	106.5	111.5	116.5	121.5	126.5	131.5	136.5
Hips ins	33	34	35	37	39	41	43	45	47	49	51	53	55	57
Hips cm	83.5	86.5	89	94	99	104	109	114	119	124	129	134	139	144

## Female Size Chart - Trouser

Trouser Size	4	6	8	10	12	14	16	18	20	22	24	26	28	30
Waist ins	24	26	27	29	30	32	33	34	35	37	39	40	42	44
Waist cm	61	65	69	73	77	81	84	85	90	94	98	102	106	111

Inside leg length - Short: 27" / Regular 29" / Tall: 31" / Extra Tall: 33" / Unhemmed: 35"

## Male Size Chart - Tunic & Trouser

Chest Size	32	34	36	38	40	42	44	46	48	50	52	54		
Alpha Size	XS	S		M		L		XL		2XL		3XL		
Chest ins	32	34	36	38	40	42	44	46	48	50	52	54		
Chest cm	81	86	92	97	102	107	112	117	122	127	132	137		
Trouser Size	28	30	32	34	36	38	40	42	44	46	48	50	52	54
Waist ins	28	30	32	34	36	38	40	42	44	46	48	50	52	54
Waist cm	71	76	81	86	92	97	102	107	112	117	122	127	132	137

Inside leg length - Short: 29" / Regular 31" / Tall: 33" / Unhemmed: 35"

## Unisex Smart Scrub Suit - Tunic & Trouser

Tunic Size	XXS	XS	S	M	L	XL	2XL	3XL
Chest ins	26	30	34	38	41	46	50	54
Chest cm	66	76	86	97	107	117	127	137
Trouser Size	XXS	XS	S	M	L	XL	2XL	3XL
Waist ins	26-28	28-30	30-32	34-36	36-38	38-40	42-44	46-48
Waist cm	66-71	71-76	76-81	86-92	92-97	97-102	107-112	117-122

Inside leg length - Short: 29" / Regular 31" / Tall: 33"

## Unisex Reversible Scrub Suit - Tunic & Trouser

Tunic Size	XS	S	M	L	XL	2XL	3XL
Chest ins	30-32	34-36	38-40	42-44	46-48	50-52	54-56
Chest cm	76-82	86-91	96-102	107-112	117-122	127-132	137-142
Trouser Size	XS	S	M	L	XL	2XL	3XL
Waist ins	28-30	32-34	36-38	40-42	44-46	48-50	52-54
Waist cm	71-76	81-86	91-96	102-107	112-117	122-127	132-137

# Simki Size Guide

## Ladies Tunics

SIMKI SIZE	NUMERIC SIZE	TO FIT BUST (CM)	NOVA BODY LENGTH (SHOULDER TO HEM)**	ARI BODY LENGTH (SHOULDER TO HEM)**
2XS	6	80 - 84	64	71
XS	8	85 - 88	65	72
S	10	88 - 92	66	73
M	12	92 - 96	67	74
L	14	96 - 100	68.5	75.5
XL	16	100 - 104	70	77
2XL	18	104 - 109	71.5	78.5
3XL	20	109 - 120	73	80

## Ladies Trousers

SIMKI SIZE	NUMERIC SIZE	INSIDE LEG LENGTH (CM)**	WAISTBAND (CM)**
2XS	6	73	70
XS	8	73.5	75
S	10	74	80
M	12	74.5	86
L	14	75	92
XL	16	75.5	98
2XL	18	76	104
3XL	20	76.5	110

## Mens Tunics

SIMKI SIZE	TO FIT CHEST (CM)	SHOULDER TO HEM (CM)**
XS	84-90	69
S	90-96	71
M	96-102	72.5
L	102-108	74
XL	108-113	75.5
2XL	113-119	77
3XL	119-125	78.5

## Mens Trousers

SIMKI SIZE	JOGGER INSIDE LEG LENGTH (CM)**	STRAIGHT LEG LENGTH (CM)**	WAISTBAND (CM)**
XS	78.5	77	72
S	79	77.5	77
M	79.5	78	82
L	80	78.5	88
XL	80.5	79	94
2XL	81	79.5	100
3XL	81.5	80	106

\*\* Please note, these are garment measurements to be used as a guide