

DAYMADEZA SCRUBS TOPS

SOUTH AFRICAN MEASUREMENTS CHART

SA Size	SA Size	SA Size	Bust (cm)	Waist (cm)	Hips (cm) Widest Part of Hip	Top Length (cm)
XXS	28	4	74-76	56-58	84-86	
XS	30	6	79-81	61-63	89-91	
S	32	8	84-86	66-68	94-96	
M	34	10	89-91	71-73	99-101	
L	36	12	94-96	76-78	104-106	
XL	38	14	99-101	81-83	109-111	
XXL	40	16	104-106	86-88	114-116	
XXXL	42	18	109-111	91-93	119-121	
XXXXL						
XXXXXL						

SCRUB CAP CIRCUMFERENCES

One size fit all - circumferences — 55cm-62cm

SCRUB PANTS: MEASURING FOR TROUSER SIZE

1. Use a standard, upstretched tape measure.
2. Use a pair of pants that fit you well.
3. Lay pants flat on the floor to simplify the measuring process. Pants should not be too worn and should not have any irregularities such as creases or folds, as this may affect the accuracy of your measurements.
4. Measure the waist of your pants. To do this, smooth the pants out without stretching, and measure flat across the back waistband from one corner to the other with your measuring tape.
5. Double the measurements obtained from measuring the waistband. This will give you the actual waist size.
6. Next, you will need to measure the hips of your pants. To do this, measure horizontally across your pants, at the base of the zipper.
7. Once you've measured this, double the number to get the entire measurement.

SA Size	SA Size	SA Size	Bust (cm)	Waist (cm)	Hips Widest Part of Hip	Length (cm)
XXS	28	4	74-76	56-58	84-86	
XS	30	6	79-81	61-63	89-91	
S	32	8	84-86	66-68	94-96	
M	34	10	89-91	71-73	99-101	
L	36	12	94-96	76-78	104-106	
XL	38	14	99-101	81-83	109-111	
XXL	40	16	104-106	86-88	114-116	
XXXL	42	18	109-111	91-93	119-121	

XXXXL						
XXXXXL						

General Guideline of measurements to choose the correct size for you:

*****Please remember these are simply a guideline and not the exact measurements of the products in the store. Please note:***

MEDICAL and FASHION/FITNESS measurements are different.

FASHION

SOUTH AFRICAN MEASUREMENTS CHART

SA Size	SA Size	SA Size	Bust (cm)	Waist (cm)	Hips (cm) Widest Part of Hip
XXS	28	4	74-76	56-58	84-86
XS	30	6	79-81	61-63	89-91

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M	34	10	89-91	71-73	99-101
L	36	12	94-96	76-78	104-106
XL	38	14	99-101	81-83	109-111
XXL	40	16	104-106	68-88	114-116
XXXL	42	18	109-111	91-93	119-121

MEASURING FOR DRESS SIZE

1. Measure your bust. To do this, wrap tape around your back and over the fullest part of your bust. Exhale when taking this measurement.
2. Measure your waist. To do this, wrap tape around the smallest part of your waist, below your ribs and above your navel.
3. Measure your hips. To do this, wrap tape around the fullest part of your hips, ensuring that tape touches your hipbone on both sides of the top of your leg, but not your buttocks.
4. Compare measurements to relevant size chart to find your size. **Tip:** if your measurements fall between two sizes, it is always a good idea to go for the larger size.

SA Size	SA Size	SA Size	Bust (cm)	Waist (cm)	Hips (cm)
XXS	28	4	74-76	56-58	84-86
XS	30	6	79-81	61-63	89-91
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M	34	10	89-91	71-73	99-101
L	36	12	94-96	76-78	104-106

XL	38	14	99-101	81-83	109-111
XXL	40	16	104-106	86-88	114-116
XXXL	42	18	109-111	91-93	119-121

MEASURING FOR TOP SIZE

1. Measure your bust. To do this, wrap tape around your back and over the fullest part of your bust. Exhale when taking this measurement.
2. Measure your waist. To do this, wrap tape around the smallest part of your waist, below your ribs and above your navel.
3. Measure your hips. To do this, wrap tape around the fullest part of your hips, ensuring that tape touches your hipbone on both sides of the top of your leg, but not your buttocks.
4. Compare measurements to relevant size chart to find your size. **Tip:** if your measurements fall between two sizes, it is always a good idea to go for the larger size.

SA Size	SA Size	<u>SA Size</u>	Bust (cm)	Waist (cm)	Hips (cm)
XXS	28	4	74-76	56-58	84-86
XS	30	6	79-81	61-63	89-91
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M	34	10	89-91	71-73	99-101
L	36	12	94-96	76-78	104-106
XL	38	14	99-101	81-83	109-111
XXL	40	16	104-106	86-88	114-116

XXXL	42	18	109-111	91-93	119-121
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FASHION: MEASURING FOR TROUSER SIZE

1. Use a standard, upstretched tape measure.
2. Use a pair of pants that fit you well.
3. Lay pants flat on the floor to simplify the measuring process. Pants should not be too worn and should not have any irregularities such as creases or folds, as this may affect the accuracy of your measurements.
4. Measure the waist of your pants. To do this, smooth the pants out without stretching, and measure flat across the back waistband from one corner to the other with your measuring tape.
5. Double the measurements obtained from measuring the waistband. This will give you the actual waist size.
6. Next, you will need to measure the hips of your pants. To do this, measure horizontally across your pants, at the base of the zipper.
7. Once you've measured this, double the number to get the entire measurement.

SA Size	SA Size	SA Size	Bust (cm)	Waist (cm)	Hips (cm)
XXS	28	4	74-76	56-58	84-86
XS	30	6	79-81	61-63	89-91
S	32	8	84-86	66-68	94-96
M	34	10	89-91	71-73	99-101
L	36	12	94-96	76-78	104-106
XL	38	14	99-101	81-83	109-111

XXL	40	16	104-106	86-88	114-116
XXXL	42	18	109-111	91-93	119-121

MEASURING FOR JACKET SIZE

1. Measure your bust. To do this, wrap tape around your back and over the fullest part of your bust. Exhale when taking this measurement.
2. Measure your waist. To do this, wrap tape around the smallest part of your waist, below your ribs and above your navel.
3. Measure your hips. To do this, wrap tape around the fullest part of your hips, ensuring that tape touches your hipbone on both sides of the top of your leg, but not your buttocks.
4. Measure your shoulders. To do this, stand with your shoulders relaxed and your back straight. Locate your shoulder points, which are points marked by your acromion bones. Position the tape straight and horizontally from one shoulder point to the other and take these measurements.
5. Lastly, measure your sleeve length. To do this, slightly bend elbow, then measure the distance from the bone at the base of the back of the neck to the end of the shoulder and down the arm, going around the elbow and ending at the prominent bone on the wrist.

SA Size	SA Size	SA Size	Bust (cm)	Waist (cm)	Hips (cm)	Shoulders (cm)	Sleeve (cm)
XXS	28	4	74-76	56-58	84-86	34-35	73
XS	30	6	79-81	61-63	89-91	36-37	75
S	32	8	84-86	66-68	94-96	38-39	77

M	34	10	89-91	71-73	99-101	40-41	78
L	36	12	94-96	76-78	104-106	42-43	80
XL	38	14	99-101	81-83	109-111	44-45	81
XXL	40	16	104-106	86-88	114-116	46-47	82
XXXL	42	18	109-111	91-93	119-121	48-49	83

INTERNATIONAL SIZE CONVERSION CHART (CLOTHING)

SA Size	SA Size	SA Size	UK Size	US Size	French	Italian	Australian	Denim
XXS	28	4	4	0	32	34	4	24
XS	30	6	6	2	34	38	6	24/25
S	32	8	8	4	36	40	8	26/27
M	34	10	10	6	38	42	10	28/29
L	36	12	12	8	40	44	12	30/31
XL	38	14	14	10	42	46	14	32/33
XXL	40	16	16	12	44	48	16	34/35

XXXL	42	18	18	14	46	50	18	36/37
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Choosing the shoe size for you:

INTERNATIONAL SIZE CONVERSION CHART (FOOTWEAR)

SA Size	UK Size	US Size	European Size
3	3	6	36
4	4	7	37
5	5	8	38
6	6	9	39
7	7	10	40
8	8	11	41
9	9	12	42