Sizing and how to measure

Measure yourself using the following guidelines to ensure you receive the right size clothing.

Order the size that corresponds to your body measurements.

If your chest/bust size is 36" you should order a 36" shirt, sweater or jacket.

Tailoring allowances have been made for a comfortable fit.

Measuring

Take the time to measure carefully. Ask someone to help and use a tape measure. Keep the measure taut, but not tight and check your measurements against the size charts.

Head gear

Measure your head by holding a tape to fit snugly around the head, over the forehead and just above the ears. When ordering please use metric sizing.

Men's caps

Metric (cm)	53	54	55	56	57	58	59	60	61
Imperial size	6 ⁵ /8	63/4	6 ⁷ /8	7	7 ¹ /8	71/4	7 ³ /8	71/2	7 ⁵ /8

Women's hats

Metric (cm)	53	54	55	56	57	58	59	60	61
Imperial size	61/2	6 ⁵ /8	63/4	67/8	7	71/8	71/4	73/8	71/2

Cadet beret

Metric (cm)	48	49	50	51	52	53	54	55	56	57	58	59	60	61	62
Imperial size	6	61/8	61/4	6³/s	61/2	65/8	63/4	6 ⁷ /8	7	71/8	71/4	7³/s	71/2	75/8	73/4

Male Cadet and men's trousers

Measure your waist around the natural waistband. For the inside leg measurement take a pair of trousers that you consider a good fit, lay them on a flat surface and measure from the crotch down the inside seam to the hem of the trousers. Inside leg measurements are as follows:

Short – 29"	Re	Regular – 31"				Long – 33"						
Waist size (inches)	26	28	30	32	34	36	38	40	42	44	46	48
Short	265	285	30S	325	345	365	385	405	425	445		
Regular	26R	28R	30R	32R	34R	36R	38R	40R	42R	44R	46R	48R
Long		28L	30L	32L	34L	36L	38L	40L	42L	44L	46L	48L

To order please quote product code and size, eq. U14005-36-R

Men's jacket

Measure your chest around the fullest part, under the arms and over the shoulder blades. Jackets are available in three fittings; short, regular and long. An approximate height guide to help you:

Short – 5'7"-		Regula	ar – 5′9	"- 5′11	"	Long – 5'11"- 6'2"				
Chest size (inches)	34	36	38	40	42	44	46	48	50	52
Short	345	36S	385	405	425	445	465			
Regular	34R	36R	38R	40R	42R	44R	46R	48R	50R	52R
Long		36L	38L	40L	42L	44L	46L	48L	50L	52L

To order please quote product code and size, eg. U14000-36-R

Female Cadet and women's trousers

Leg length –	32"									
Retail size	6	8	10	12	14	16	18	20	22	24
Waist size	22"	24"	26"	28"	30"	32"	34"	36"	38"	40"

To order please quote product code and size, eg. U14021-14

Female Cadet and women's no. 1 dress shirt

	_	1									
Retail size	4	6	8	10	12	14	16	18	20	22	24
Bust size	28"	30"	32"	34"	36"	38"	40"	42"	44"	46"	48"
European size	32"	34"	36"	38"	40"	42"	44"	46"	48"	50"	52"

To order please quote product code and size, eg Female Cadet U14066-4 or U14072-14 Women's U14046-6 or U14051-24

Female Cadet and women's skirt

Measure your waist around the natural waistband. Skirt lengths (including waistband) are shown below:

Waist size (inches)	22	24	26	28	30	32	34	36	38	40
Hip size	32	34	36	38	40	42	44	46	48	50
Skirt length										
19"	3									
21"	3									
23"		3	3							
25"		3	3	3	3	3	3	3	3	3
27"			3	3	3	3	3	3	3	3
29"				3	3	3	3	3	3	3

To order please quote product code and size, eg. U14015-24-25

Women's jacket

Measure your bust around the fullest part. Jackets are available in three fittings. An approximate height guide to help you:

Short - 5'1"	- 5′4″		Regular	- 5′4″-	5′8″	Lo	Long - 5'8"- 5'11"			
Bust size (inches)	32	34	36	38	40	42	44	46	48	
Short	325	345	36S	385	40S	425	445			
Regular	32R	34R	36R	38R	40R	42R	44R	46R	48R	
Long		34L	36L	38L	40L	42L	44L	46L	48L	

To order please quote product code and size, eg. U14010-36-R

Generally our sizes correspond to normal retail chest sizing.

XXS	XS	S	М	L	XL	XXL	XXXL
24-26"	28-30"	32-34"	36-38"	40-42"	44-46"	48-50"	52-54"

If you are uncertain of your size please contact Customer Services for assistance.

Made to measure

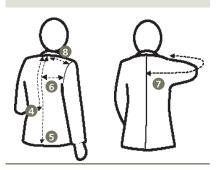
A made to measure service is available for most garments. This form gives full instructions on how to measure and also requests additional information to help us provide the perfect fitting garment. To order, please ensure you complete both sides of this form.

Please measure carefully

Take your measurements very carefully. Ask someone to help you – it's the only way to get the correct size and first time fit. Do not make any "tailoring allowances". The tape measure should be snug around the part to be measured - not tight and not slack.

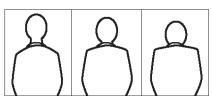
Before ordering from our made to measure service please check to make sure your size is not available from our wide range of catalogue sizes and fittings.

For more help and information please contact Customer Services on 020 7278 7888.



Description of shoulders and neck

Please indicate which shape most closely approximates your own



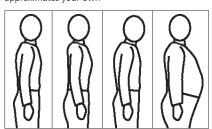
long neck

Sloping shoulders, Normal or regular shoulders, medium neck

Square shoulders,

Description of figure

Please indicate which shape most closely approximates your own



Erect, back

Round back, head forward

Full body, abdomen

Do you have any other physical characteristics we should consider to ensure a perfect fit?

Height Weight Shop size Please indicate product code required (see overleaf for full order form).

Ja	ckets	Men	Women	Product code	Cm
1.	Chest/bust – measure	over a shirt k	eeping the tape	level	
2.	Waist – measure over	a shirt, not tr	ousers or skirt		
3.	Hips – measure over	the fullest part	t, about 25cm b	elow the waist	
4.	Neck to waist – meas to natural waist	sure over a jack	ket from the bas	e of collar seam	
5.	Jacket length – meas	ure from base	of collar seam to	o length required	
6.	Half back – measure	over a jacket f	rom centre back	to shoulder seam	
7.	Sleeve – measure ove to wrist bone	r a jacket from	n centre back (ke	eping arm bent)	
8.	Shoulder seam – mea	sure from the	collar seam to t	he shoulder seam.	
Tr	ousers	Men	Women	Product code	Cm
2.	Waist – measure over	a shirt, not tr	ousers or skirt		
3.	Hips – measure over	the fullest part	t, about 25cm b	elow the waist	
9.	Inside leg – measure take a pair of trouser measure the inside se	s which fit cor			
10.	Outside leg – measur of the heel of the sho		trousers at the v	vaistband to top	
Sk	kirt			Product code	Cm
2.	Waist – measure over	a shirt, not tr	ousers or skirt		
3.	Hips – measure over	the fullest part	t, about 25cm b	elow the waist	
11.	Length of skirt – mea to length required.	sure over a ski	rt from the cent	re of waistband	
Ca	ap/hat	Men	Women	Product code	Cm
12.	Measure your head be head, over the forehold			it snugly around the	
Ad	dult shirt	Men	Women	Product code	Cm
Ca	adet shirt	Men	Women	Product code	Cm
1.	Chest/bust – measure	e over vest or s	lip keeping the t	ape level	
2.	Waist – measure over	vest or slip, n	ot trousers or sk	irt	
3.	Hips – measure over	the fullest part	t, about 25cm b	elow the waist	
5.	Length – measure fro	m base of coll	ar seam to leng	th required	
6.	Half back – measure	from centre ba	ack to shoulder s	seam	
7.	Sleeve – measure ove to wrist bone (long s	-			
8.	Shoulder seam – mea	sure from coll	ar seam to the s	houlder seam	
					+

For additional made to measure order forms please contact Customer Services.

Made to measure

Name						
Address						
Postcode						
Daytime tel.		Date				
-		Date				
Email			1			
Code	Description		Qty	Price each (see below)	VAT	Total
Delivery	time for delive	ry will be advised on receipt of your order.			Sub total	
Orders over £100 (e.	xcluding VAT) re	ceive free Standard delivery. Orders less than £100 ivery charge of £8.00 per order. Garments will		VA	(if applicable)	
be supplied withou catalogue and they	t badges or rank will be despatc	k markings. Badges can be ordered from this hed separately for you to affix.		Delivery charge	e (if applicable)	
					Grand total	
Prices		Cheques/postal orders made payable to – St John A	mbulance	Supplies		
Uniform jacket	£130.00					
Uniform trousers	£65.00	MasterCorr Maestro VISA Maestro	(S)	Issue no. L (Maestro/Sol	Start dat o)	e
Uniform skirt	£65.00	Please note we do not accept Electron				
Long sleeved shir		Card no.			Expiry date	
Short sleeved shirt		Cardholder's name (please print)				
Combat trousers	£50.00	Signature			Date	
Women's hat	£40.00	On the reverse of your card there is a seven digit number in or	der to auth	norise your card pleas	e advise last three digit	s
Men's caps Plain peak	£50.00			- (-li-t)		
Silver bar	£80.00	Account customer Account hold	ier's nam	e (please print)		
Silver bar and wort		Signature				
Two-piece trouse		Name of SJA unit/organisation				
Two-piece L/S shir		Account no. Purchase orde	er no.			
Two-piece S/S shir		Please ensure you have completed the made to		e form overleaf	for each item ord	ered.

T 020 7278 7888 F 020 7837 1642 www.stjohnsupplies.co.uk customer-services@stjohnsupplies.co.uk St John Ambulance Supplies, McBeath House, 310 Goswell Road, London, EC1V 7LW

Data Protection Act 1998

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