



Unisex T-Shirt Size Guide

The below size chart is a 'To Fit' guideline based on body measurements

SIZE	Chest (cm)	Chest (Inches)	Waist (cm)	Waist (Inches)
Small	96	38	76-81	30-32
Medium	102	40	81-86	32-34
Large	107	42	86-91	34-36
XL	112	44	91-96	36-38
XXL	117	46	96-102	38-40
XXXL	122	48	102-107	40-42

Measurement tips

- **CHEST:** Measure around the largest part of your chest. Be sure not to pull the measuring tape too taut.
- **BUST:** Measure around the fullest part of the bust, across your shoulders blades.
- **WAIST:** Measure around your natural waistline and ensure the measuring tape is taut.

Please note the above measurements are body measurements.

Any questions please contact the events team on events@mentalhealth-uk.org