

Notes on measurements for vests and t-shirts.

VESTS:

The Decathlon recommended method to find a good fit for an athletics vest is to lay your current vest (or similar garment) on a flat surface and measure the width across the front of the chest.

*Use **centimetres***



T-SHIRTS

*Use the normal way of measuring for t-shirts
i.e. all the way around the chest.*

*Use **inches***

