

## How to measure yourself?

### Chest Circumference

Measure under your arms, around the fullest part of your chest.

### Hips Circumference

Measure around the body at the widest point of the hip line.

### Waist Circumference

Measure around your natural waistline, keeping the tape a bit loose.

## Measure yourself according to our instructions. (measures cm)

	CHEST CIRCUM.	WAIST CIRCUM.	HIPS CIRCUM.
<b>XS</b>	82	64	88
<b>S</b>	88	70	94
<b>M</b>	94	76	100
<b>L</b>	100	82	106
<b>XL</b>	106	88	112

## MEASURES OF BABYWEARING COATS

### Measures: Babywearing Coat with zippers and reflex



#### MEASURES IN CM: BABYWEARING COAT WITH ZIPPERS AND REFLEX

	CHEST CIRCUM.	WAIST CIRCUM.	HIPS CIRCUM.	SHOULDER WIDTH	LENGTH OF THE SLEEVE	LENGTH OF FRONT PART	LENGTH OF BACK PART
<b>S</b>	100	99	106	8	62	77	95
<b>M</b>	106	103	112	8,5	64	78	96
<b>L</b>	112	107	118	9	67	79	97
<b>XL</b>	118	111	124	9,5	69	80	98

### Measures: Babywearing Raincoat



#### MEASURES IN CM: BABYWEARING RAINCOAT

	CHEST CIRCUM.	WAIST CIRCUM.	HIPS CIRCUM.	SHOULDER WIDTH	LENGTH OF THE SLEEVE	LENGTH OF FRONT PART	LENGTH OF BACK PART
<b>S</b>	98	102	104	8	62,5	76	95
<b>M</b>	104	107	110	8	63,5	82	99
<b>L</b>	110	113	116	8,5	64,5	84	100
<b>XL</b>	116	117	122	9	65,5	86	102

### Measures: Babywearing Jacket and Sweater



#### MEASURES IN CM: BABYWEARING JACKET AND SWEATER

	CHEST CIRCUM.	WAIST CIRCUM.	HIPS CIRCUM.	SHOULDER WIDTH	LENGTH OF THE SLEEVE	LENGTH OF FRONT PART	LENGTH OF BACK PART
<b>S</b>	96	98	102	10	66	84	97
<b>M</b>	102	104	108	10	69	84	97
<b>L</b>	108	110	114	10,5	70	85	98
<b>XL</b>	114	116	120	11	71	85	98

Still not sure what you need?  
We can help you find the perfect size.

[info@mamasegra.cz](mailto:info@mamasegra.cz)