

ELECTROMAGNETIC PERSONAL PROTECTION





Geoff Simmonds

*Managing Director
Leblok Ltd*

I spent 30 years in manufacturing and technology, Ten of those years were spent in an EMF shielding specialist area. I found it increasingly difficult to work in an environment surrounded by EMF sources. In my early days in industry I saw people die from smoking and asbestos exposure.

I had seen the demise of others, who had not paid attention to their health. It became clear to me that the levels of EMF in today's working environments are not conducive to good health. Increasingly suffering from headaches, tiredness and fatigue I quit my job and started working for myself.

I decided to put my experience of developing EMF shielding products to good use, and started a company designing and manufacturing high level EMF shielded Clothing. Now 5 years on we have exported to over 30 countries and have a loyal and knowledgeable client base.

Our products are developed and tested in the most stringent of laboratory and field environments. Our customer feedback is available for all to see. Increasingly we are being asked by people from all walks of life who have encountered increasingly difficult EMF environments in their daily lives, how they can shield themselves.

Our products have become welcome relief for them in this electronic world we now live in. I hope you will find the same too.

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The Leblok Company

Founded by Geoff Simmonds in 2013 in Scotland, United Kingdom, Leblok is arguably the world's foremost producer of Electromagnetic Protective Clothing and other personal protective products for today's electromog environment.

Privately owned, today Leblok exports to more than 30 countries across the globe. Leblok products are made from unique, exceptionally high emf-shielding materials of unsurpassed quality.

Our Mission

We provide authentic products and knowledge that define and enhance the distinctive high-quality look and texture of Leblok Clothing and textile products. Our personal and friendly attention to customer satisfaction is the hallmark of the Leblok experience.

The Leblok Commitment

In the words of Leblok's Managing Director, Geoff Simmonds, "our products have been tested in laboratory conditions using the most technically advanced equipment available. Each item is field-tested in the most rigorous of EMF environments; and protects to the highest level in today's increasingly EMF-polluted world'.

Customer Service

Personal and friendly customer service is our first order of business.

Pride of Ownership

We do not sell what we, ourselves, would not be proud to own or give.

Performance

We are committed to outstanding performance and an environment of total quality management and continuous improvement.

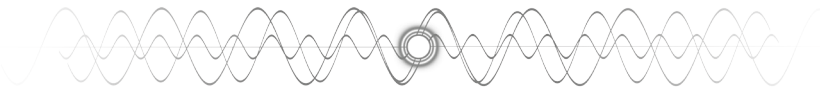
Man-made Electromagnetic Fields (EMFs)

Man-made EMF's (Electromagnetic Fields) are electromagnetic pollution, often referred to as "electrosmog". They are an increasing problem for those suffering from, or concerned about environmental health effects. **The World Health Organisation (WHO) has classified EMF's as a Class 2B Carcinogen, in that it may cause cancer.**

Today's environment is now subjected to unprecedented levels of man-made microwave radiation. Sources include devices such as TV and Cell phone antennae, WiFi, microwave ovens, cordless phones (DECT), mobile phones, Bluetooth, RADAR and many other devices. Even some baby-monitors emit microwave radiation. Most humans are being exposed to man-made EMF's, 24 hours per day, 365 days per year.

Microwaves are electromagnetic radiation with a frequency range of 0.3 GHz to 300 GHz. They are also known as pulsed microwave radiation. They can pass through non-metal materials like plastic, glass and building materials. Microwaves are absorbed by human beings and other materials with high water content, and produce heat in the body. However they are reflected off of metallic surfaces.

Many of those suffering health effects from this type of radiation are now wearing EMF protective clothing and use shielded sleeping canopies that contain special metallic elements to shield from the radiation. Increasingly, many people who are concerned about the possible long term health effects on themselves and their families, are turning to these solutions in their everyday lives.



Leblok Shielding Clothing

Leblok Shielding Clothing is unique. Our prestige clothing range not only exudes a stunning appearance but also gives the additional benefit of ultra-high EMF shielding properties. Using unique 'S-Line:silver (non-nano) technology our clothing quality is unsurpassed.

Since quietly entering the EMF clothing market in 2013 Leblok products have become 'de rigueur' for 'those who know'. The Leblok customer base now spans over 30 countries.

The unique methods used to manufacture our fabrics provide the customer with protection that can relied upon. Our fabrics are all tested in the most rigorous EU laboratory conditions. Our shielding figures are made available to all. Our manufacturing and supply chain is audited and traceable back to source.

Leblok Shielding Products

Building on the unprecedented success of the Leblok Clothing story, our 2016 product range has been expanded to include canopies, sleeping bags and baby protection.

The Leblok World

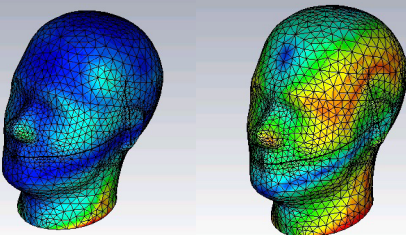
Our products are being made available throughout the world. If you have any difficulty obtaining our products just let us know and we will ensure you can experience Leblok protection.

TESTING & SIMULATIONS

All our fabrics and materials are tested in independent certified laboratories.

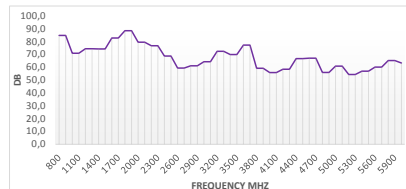
Using unique simulation technology we are able to design and produce the highest specification products.

MATERIAL SHIELDING LEVELS



Hi-shield fabric
Extremely high shielding conductive material. 100% Nickel/Nickel Alloy. Non-Stretch.

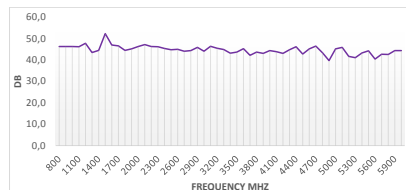
HISHIELD TECHNOLOGY



PINK

SLine Stretch fabric
Soft, cool and comfortable material. 50% Silver/50% Beechwood. Stretch.

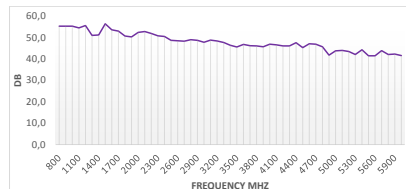
SLINE TECHNOLOGY



GREY

SLine Navy Blue fabric
Extreme high shielding. Non-stretch. 50% Silver/50% Polyester.

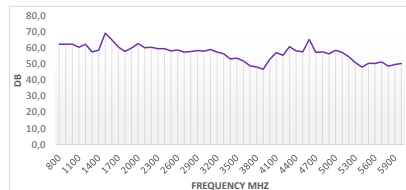
SLINE TECHNOLOGY



PURPLE

SLine Non-Stretch fabric
Extreme high shielding. Non-stretch. 60% Silver/40% Polyester.

SLINE TECHNOLOGY



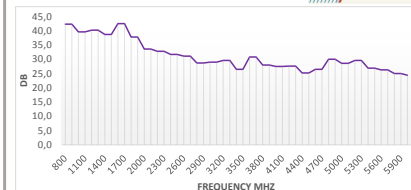
GREY

Silver SUPERSHIELD EMF fabric
High transparency Double silver plated nylon fabric (24% Silver)

This fabric is certified to provide 50dB (99.99%) shielding across the frequency range 10MHz – 3GHz and still over 99.6% at 5.6GHz. These frequencies include Wi-Fi, cordless phones, phone masts and mobile phones.

Swiss Shield Naturell
Extreme high shielding. Non-stretch. Cotton, 18% copper/silver

Swiss Shield®



Swiss Shield Wear
90% cotton, 10% copper / silver.

Swiss Shield®

Lightweight ecological EMF protective cotton fabric with all the characteristics of non-EMF shielding textiles, effectively block the most prevalent types of electromagnetic fields.

SHIELDING: Attenuation 25 dB (99.5 % shielding effectiveness) at 1 Ghz

Swiss Shield New Daylite
Polyester, 8 % copper / silver.

Swiss Shield®

High-quality, translucent, lightweight, semi-transparent polyester fabric with all textile characteristics

SHIELDING: Attenuation 30 dB (99.9 % shielding effectiveness) at 1 Ghz

MEN'S SHIRTS



Men's casual electromagnetic protective shirts. Stunning, and comfortable to wear. Ideal for office, day, travel, or evening wear. White: Lightweight, cool and providing high protection. Grey: Lightweight, cool, crease-resistant with extreme protection and anti-bacterial. Navy: Medium-weight, warm, crease-resistant with extreme protection and anti-bacterial. Straight fitting. Machine-washable.

STYLE / EMF PROTECTION / COLORS

LONG SLEEVED SHIRT



SLine Navy Blue
55dB (99.9995%) @1GHz
50% Silver/50% Polyester



Swiss Shield Wear White
25dB (99.5%) @1GHz
90% Cotton, 10% copper/silver



SLine Non- Stretch Grey
60dB (99.9999%) @1GHz
60% Silver/40% Polyester

**Please see page 5 for detailed test results*

SIZES

S | M | L | XL




WOMEN'S SHIRTS




Ladies casual electromagnetic protective shirts. Stunning, and comfortable to wear. Ideal for office, day, travel, or evening wear. White: Lightweight, cool and providing high protection. Grey/Purple: Lightweight, cool, crease-resistant with extreme protection and anti-bacterial. Navy: Medium-weight, warm, crease-resistant with extreme protection and anti-bacterial. Tailored fit. Machine-washable.

STYLE / EMF PROTECTION / COLORS

SHORT SLEEVED SHIRT

 SLine Pink
60dB (99.9999%) @1GHz
60% Silver/40% Polyester


LONG SLEEVED SHIRT

 SLine Navy Blue
55dB (99.9995%) @1GHz
50% Silver/50% Polyester

 SLine Grey
60dB (99.9999%) @1GHz
60% Silver/40% Polyester

SIZES

UK	10	12	14	16	18
EU	38	40	42	44	46
US	8	10	12	14	16

 Swiss Shield Wear White
25dB (99.5%) @1GHz
90% Cotton, 10% copper/silver

**Please see page 5 for detailed test results*

New products are being developed all the time. Stay up to date by visiting our website.
www.emfclothing.com | www.emf-shielding.com

T-SHIRTS



Unisex electromagnetic protective T-Shirt. Stunning, luxuriously soft and comfortable to wear. Ideal for office, day, evening, travel or night/bed wear. Made from stretch fabric. Lightweight, cool, crease-resistant with extreme protection and anti-bacterial. Shielding remains constant, even when stretched. Machine-washable.

STYLE / EMF PROTECTION / COLORS

T-SHIRT UNISEX



SLine Stretch Lavander
45dB (99.995%) @1GHz
50% Silver/50% Viscose



SLine Stretch Grey
45dB (99.995%) @1GHz
50% Silver/50% Viscose

**Please see page 5 for detailed test results*

SIZES

S | M | L | XL



SHORT SLEEVED VESTS



Unisex electromagnetic protective vest. Stunning, luxuriously soft and comfortable to wear. Ideal for office, day, evening, travel or night/bed wear. Made from stretch fabric. Lightweight, cool, crease-resistant with extreme protection and anti-bacterial. Shielding remains constant, even when stretched. Machine-washable.

STYLE / EMF PROTECTION / COLORS

SHORT SLEEVED VEST UNISEX



SLine Stretch Grey
45dB (99.995%) @1GHz
50% Silver/50% Viscose



SLine Stretch Lavander
45dB (99.995%) @1GHz
50% Silver/50% Viscose

**Please see page 5 for detailed test results*

SIZES

S | M | L | XL

LONG JOHNS



Unisex electromagnetic protective long-john's. Stunning, luxuriously soft and comfortable to wear. Ideal for office, day, evening, travel or night/bed wear. Made from stretch fabric. Lightweight, cool, crease-resistant with extreme protection and anti-bacterial. Shielding remains constant, even when stretched. Machine-washable.

STYLE / EMF PROTECTION / COLORS

LONG JOHNS UNISEX



SLine Stretch Lavander
45dB (99.995%) @1GHz
50% Silver/50% Viscose



SLine Stretch Grey
45dB (99.995%) @1GHz
50% Silver/50% Viscose

**Please see page 5 for detailed test results*

SIZES

S | M | L | XL



LONG SLEEVED VESTS



Unisex electromagnetic protective vest. Stunning, luxuriously soft and comfortable to wear. Ideal for office, day, evening, travel or night/bed wear. Made from stretch fabric. Lightweight, cool, crease-resistant with extreme protection and anti-bacterial. Shielding remains constant, even when stretched. Machine-washable.

STYLE / EMF PROTECTION / COLORS

LONG SLEEVED VEST UNISEX



SLine Stretch Grey
45dB (99.995%) @1GHz
50% Silver/50% Viscose



SLine Stretch Lavander
45dB (99.995%) @1GHz
50% Silver/50% Viscose

**Please see page 5 for detailed test results*

SIZES

S | M | L | XL

JACKET



This electromagnetic protective, waterproof jacket offers the highest EMF protection. Complete with all plastic zips, pullers and toggles. Velcro fasteners and stowable hood. Perfect for day to day use or working environment.

PROTECTION

Supershield
50dB (99.999%) @1GHz

MATERIALS

Outer and Inner 100% Poly-cotton.
Interlay 24% Double Silver Plated over 76% Nylon Core

COLORS



Burgundy

SIZES

S | M | L | XL





MATERNITY TOP (ADJUSTABLE)

Whilst this top should adjust to enable use for the entire 9 months we recommend buying your normal size for the early term, and another for the later term.

Your normal size can then be worn after the pregnancy and the larger size kept for the next event!

PROTECTION / COLORS / MATERIALS



SLine Non-Stretch Grey
60dB (99.9999%) @1GHz
60% Silver/40% Polyester

**Please see page 5 for detailed test results*

SIZES

UK	10	12	14	16	18
EU	38	40	42	44	46
US	8	10	12	14	16



COOKING APRON

Electric cookers produce very high electrical fields. Microwave ovens emit microwave radiation. Oven door seals are not completely effective in shielding the operator from potentially dangerous microwaves. This cooking apron shields from both electrical fields and microwave radiation and is a 'must have' for those spending hours in the kitchen or working in this type of environment.

PROTECTION

38dB (99.98%) @1GHz

MATERIALS

Outer - Hard-wearing Cotton 100%
Inner - Cotton with 18 % copper/silver

COLORS



SIZE

One size fits all



MENS BOXER SHORTS

These cotton-based boxer shorts offer very high protection from electrical fields and microwave radiation emitted from mobile phones. Critically protects the reproductive system.. Comfortable and cool to wear. Ideal for day or night wear.

PROTECTION / COLORS / MATERIALS



Swiss Shield Wear (WHITE)
25dB/99.5% @ 1GHz
90% Cotton, 10% copper/silver

**Please see page 5 for detailed test results*

SIZES

S | M | L | XL



CAP

Electromagnetic protective cap. Hard wearing, and giving extremely high protection in the peak as well. Perfect for shopping, travel and general outdoor wear. Excellent for 'flicker' protection. Made from rugged, hard wearing cotton outer and soft organic cotton inner, with very high shielding internal layer.

PROTECTION
50dB (99.999%) @1GHz

MATERIALS
Outer and Inner 100% Cotton. Interlay 24% Double Silver Plated over 76% Nylon Core

COLORS



Khaki



Black

SIZE


One size fits all



HEAD-NET

Arguably the world's most popular ultra-high shielding protective headnet. This headnet has been a time-proven accessory for those who need protection for travel, and many other applications. Made from a breathable, highly transparent and (non-nano) silver fabric. Light-weight with extreme protection and anti-bacterial. Machine washable.

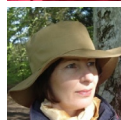
PROTECTION / COLORS / MATERIALS

 Silver SUPERSHIELD EMF fabric
50dB (99.999%) @1GHz
High transparency Double silver plated nylon fabric (20% Silver)

**Please see page 5 for detailed test results*

SIZES

Extra Large



HAT

Electromagnetic protective hat. Hard wearing, and giving extremely high protection in the brim as well. Perfect for shopping, travel and general outdoor wear. Excellent for 'flicker' protection. Made from rugged, hard wearing cotton outer and soft cotton inner, with extreme high shielding internal layer.

PROTECTION
50dB (99.999%) @1GHz

MATERIALS
Outer and Inner 100% Cotton. Interlay 24% Double Silver Plated over 76% Nylon Core

COLORS



Khaki



Dove Grey

SIZES


S | M | L | XL



HOODED SNOOD

Unisex electromagnetic protective hooded-snood. Stunning, luxuriously soft and comfortable to wear. Ideal for office, day, evening, travel or night/bed wear. Excellent for thyroid and head protection. Made from stretch fabric. Light-weight, cool, crease-resistant with extreme protection and anti-bacterial. Shielding remains constant, even when stretched.

PROTECTION / COLORS / MATERIALS

 SLine Stretch Grey
45dB (99.995%) @1GHz
50% Silver/50% Viscose

**Please see page 5 for detailed test results*

SIZE


One size fits all



HOOPED SCARF

Electromagnetic protective hooped scarf. Soft and comfortable to wear. Ideal for office, day, evening, travel or night/bed wear. Excellent for thyroid protection. Made from stretch fabric. Light-weight, cool, crease-resistant with extreme protection and anti-bacterial. Shielding remains constant, even when stretched. Machine washable.

PROTECTION / COLORS / MATERIALS

 SLine Stretch Grey
45dB (99.995%) @1GHz
50% Silver/50% Viscose

**Please see page 5 for detailed test results*

SIZE

One size fits all



SCARVES

Electromagnetic protective scarves. Ideal for office, day, travel, or evening wear. White: Light-weight, cool and providing high protection. Grey/Purple: Light-weight, cool, crease resistant with extreme protection and anti-bacterial. Floral/Faux: Light-weight, cool, crease resistant with extreme protection and anti-bacterial. Machine washable.

PROTECTION / COLORS / MATERIALS

**Please see page 5 for detailed test results*



SLine Non-Stretch (FLORAL/FAUX)
60dB (99.9999%) @1GHz
50% Silver/50% Polyester



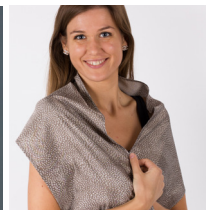
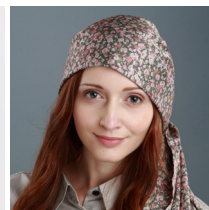
SLine Non-Stretch (PURPLE/GREY)
60dB (99.9999%) @1GHz
60% Silver/40% Polyester



Swiss Shield Wear
(WHITE)
25dB/99.5% @ 1GHz
90% Cotton,
10% copper/silver

SIZE

145 cm x 70 cm



PYJAMAS



These cotton-based pyjamas offer very high protection from electrical fields and microwave radiation from mobile phones. Comfortable and cool to wear. Ideal for nightwear protection or hospital stays.

STYLE / EMF PROTECTION / COLORS



Swiss Shield Wear (WHITE)
25dB/99.5% @ 1GHz
90% Cotton, 10% copper/silver

**Please see page 5 for detailed test results*

SIZES

S | M | L | XL

PRAM COVER



Protect your baby from environmental electrosmog with this triple-use, electromagnetic protective pram/pushchair/cot cover. Made from a highly ventilated fabric this also provides protection from mosquitoes and other potentially harmful insects such as wasps, bees etc.

STYLE / EMF PROTECTION / COLORS



Swiss Shield New Daylite
30dB/99.9% @ 1GHz
91% Polyester, 8% copper/silver

**Please see page 5 for detailed test results*

SIZE

130 cm x 60 cm x 35 cm

MOBILE PHONE COVERS



PHONE COVER

Ultra-high EMF Shielding Mobile Phone Cover. The best washable electromagnetic shielding phone cover available today. Provides the highest EMF protection for cell phone use. Suitable for: iPhone, Blackberry and other smart phones. Machine Washable.

PROTECTION

50dB (99.999%) @1GHz

MATERIALS

Outer and Inner 100% Cotton. Interlay 24% Double Silver Plated over 76% Nylon Core

COLORS



SIZE 14.5 cm x 8.5 cm



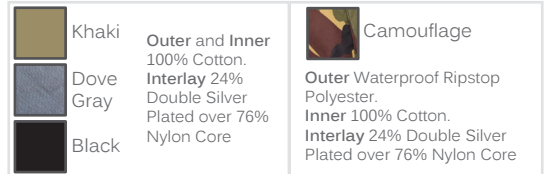
CELLBLOK

Total signal Blokbag. Completely blocks signals from and to mobile phones. Shields over 99.999% of electromagnetic radiation between the frequencies of 10MHz to 3GHz. Machine Washable.

PROTECTION

50dB (99.999%) @1GHz

MATERIALS/ COLORS



SIZE 18 cm x 10 cm

CANOPIES

Why you should use an EMF Shielding Canopy

During the sleeping hours, the body is in parasympathetic nervous system mode. This means that the body's natural defences are rested whilst the natural repair processes are at work. In addition the body is positioned in one place. Therefore, if the sleeping position is exposed to EMR then the use of a canopy will enable the body to undergo restful EMF free recovery sleep.

It is even more important to protect your sleeping environment from EMF's than your daily living environment. Our canopies are especially designed to shield the most harmful frequencies. The body will still receive the benefit of the earth's natural Schumann resonance.

Our customers who have purchased a canopy report an immediate benefit with significantly improved sleep.



Material	Shielding (dB)	Description
Silver Supershield 20% Silver Plate/80% Nylon Core	50dB @ 1GHz	Colour - Silver Bronze High transparency Tough and highly washable Groundable
Swiss Shield Naturelle 82 % cotton, 17 % copper, 1 % silver	38dB @ 1GHz	Beige-white colour eco-cotton fabric Semi-transparent Handle with care, washable Non-groundable
Swiss Shield New Daylite 78 % polyester, 21 % copper, 1 % silver	25dB @ 1GHz	White Tough and washable Tough washable Non-groundable

SIZES **Single** (Width: 120 cm, Depth: 220 cm, Height: 220 cm)
Extra Large (Width: 220 cm, Depth: 220 cm, Height: 220 cm)

SLEEPING BAG



Ideal for EMR relief while traveling. Easily used on planes, trains, in hotels and while camping. An excellent temporary shielding solution. Unique contrasting plastic zip system for ease of use during the night. Breathable. Machine washable.

EMF PROTECTION / MATERIALS

BAG MATERIAL



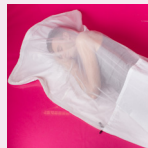
Swiss Shield Wear
25dB/99.5% @ 1GHz
90% Cotton,
10% copper/silver

HEADNET MATERIAL



Swiss Shield New Daylite
30dB/99.8% @ 1GHz
92% Polyester,
8% copper/silver

**Please see page 5 for detailed test results*



SIZE
245 cm x 90 cm

TERMS AND CODITIONS

RETURNS POLICY

We recommend that customers check sizes carefully against the size chart provided (also on our website) before ordering. Our test and inspection methods ensure that defects are highly unlikely.

WARRANTY CLAIMS

Scottish Law will apply at all times and to the absolute exclusion of any local, state, federal or national statutes, laws or regulations applicable in the purchaser's country of residence or the destination country to which the goods were consigned. Goods returned due to manufacturing defects will be replaced with those of the same size. No other grounds for returns will be accepted. The purchaser is responsible for return freight and consignments sent freight-forward will not be accepted. Leblok Ltd will pay freight charges for replacement goods supplied under this warranty.

DISCLAIMER

Leblok products are designed and manufactured to minimize exposure to Electromagnetic Radiation (EMR). There are however many environmental, medical and genetic, factors that cause health effects, failed pregnancies or birth defects. Leblok Ltd specifically disclaim any and all responsibility for any health effects, failed pregnancy, birth defects, any other adverse outcome or any health effect that may occur where the customer has been wearing Leblok Ltd products, including prior to and/or during pregnancy, or any effects that may occur, eventuate, manifest or transpire at any time subsequent to the birth.

FREQUENTLY ASKED QUESTIONS

I have read on some websites that EMF shielding clothing can make things worse, because the radiation can get in through the holes and then bounces around and cannot escape. Is this true?

Leblok Clothing shields from electromagnetic radiation. In the areas where there is no fabric, such as the hole for the neck and arms, then there is no protection. In these areas the body is exposed to the radiation just as it would be with sunlight or UV radiation. In the case of UV radiation the sunlight causes sunburn on the skin. In the case of EMR the body simply absorbs it and converts it to heat, because the human body consists predominantly of water. If there were no body inside the clothing then yes the 'signals' would bounce around. This is the same theory as to why a microwave oven should not be used without water or food inside because the microwaves will not be absorbed into anything. In short, areas covered are protected, areas uncovered absorb. EMF protective clothing simply reduces exposure. See our illustration in this brochure to see how our fabric protects.

Someone told me that EMF shielded clothing acts like a Faraday cage and conducts electricity and must be earthed or it is not safe. How can I earth this clothing?

The human body is a conductor and therefore conducts electricity, with, or without EMF protective clothing. The clothing simply acts like an extension of the body. There is no special need to earth the clothing unless you want to earth yourself in any case.

Does washing affect the shielding levels of the clothing?

EMF Protective Clothing just like any other type of clothing is affected by abrasion, not washing. Obviously continued wear will degrade any type of clothing. The shielding will diminish gradually over a long period of time with wear and spin drying. Most of Leblok Clothing has a high silver content and is therefore naturally anti-bacterial and has the advantage of not requiring washing as often as other clothing.

I have been told that EMF Canopies are bad for you because they block the Earth's natural frequencies (the Schumann resonance) from reaching you. If so would it not be bad for my health to use one?

The Schumann resonance is a global electromagnetic resonance phenomenon named after physicist Winfried Otto Schumann who first predicted it. It peaks at extremely low frequency (ELF) of around around 7.83 Hz. Neither our canopies nor our clothing can shield this frequency so they do not block it. Our products are designed to shield the harmful high electromagnetic and electrical fields only.

Can canopies be dangerous if struck by lightning? Could I be electrocuted?

The average lightning strike passes a current of 20,000 amperes. The cross section of the metallic elements in Leblok canopies is tiny. It is not possible for the current to be passed through the tiny strands of fabric, instead the fabric would simply be burned, just as any other surface that is struck by lightning is burned. Thick metal poles or large metallic surfaces such as planes, transmit the current. Using a canopy does not add any risk of electrocution from lightning.

CLOTHING SIZE INFORMATION

Womens Size Chart														
UK	8		10		12		14		16		18		20	
Europe	36		38		40		42		44		46		48	
USA	6		8		10		12		14		16		18	
	in	cm	in	cm	in	cm	in	cm	in	cm	in	cm	in	cm
Bust	32"	81,00	34"	86,00	36"	91,00	38"	96,00	40"	101,00	43"	108.5	45"	116,00
Waist	24"	63,00	26"	68,00	28"	73,00	30"	78,00	32"	83,00	35"	90.5	37"	98,00
Hip	34"	88,50	36"	93,38	38"	98,50	40"	103.5	42"	108.5	45"	116,00	47"	123.5

Mens Size Chart - Tops and Shirts										
UK	S		M		L		XL		XXL	
	in	cm	in	cm	in	cm	in	cm	in	cm
Chest	37	94	40	102	43	109	46	117	49	125

T-Shirt Sizes										
UK	S		M		L		XL		XXL	
	in	cm	in	cm	in	cm	in	cm	in	cm
Chest	37	94	40	102	43	109	46	117	49	125

		Hat Sizes				
		Small	Medium	Large	X-Large	
	in	21 1/8 " - 21 1/2 "	21 7/8 " - 22 1/4 "	22 5/8 " - 23 "	23 1/2 " - 23 7/8 "	
	cm	54 cwm - 55 cm	56 cm - 57 cm	58 cm - 59 cm	60 cm - 61 cm	



... FOR LIFE

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