


Size	Width (A)		Length (B)	
	cm	inch	cm	inch
XS	53.5	21	62	24½
S	56.5	22¼	65	25½
M	59.5	23½	67	26½
L	62.5	24½	69	27¼
XL	65.5	25¾	71	28
2XL	68.5	27	72	28¾
3XL	71.5	28¾	72	28¾



Discharge printing suitability

Important: This guide serves as a general reference, and results may vary. We strongly recommend testing prior to production.

Solid colours				
		Very Good	Moderate	Not Suitable
	Black Heather BLHE		✓	



Printing Guide

Print type	Print type	Printing suitability 0 = Not Suitable, 1 = Poor, 2 = Moderate, 3 = Good, 4 = Very Good, 5 = Excellent	Printing recommendations
Fleece 100% Organic Cotton Heather Colours	Screen print	★★★★★	Follow manufacturer's recommendations for printing and curing settings.
	Discharge	★★★★☆	The results may vary from one colour to another. Refer to our discharge printing recommendations on the following page.
	Transfer (Sticker)	★★★★☆	Follow manufacturer's recommendations for curing settings.
	Direct to garment	★★★★☆	Follow manufacturer's recommendations for printing and curing settings.
	Embroidery	★★★★★	Direct embroidery, stitched patch, labels

***Maximum heat recommendation for back neck label** Fusing 180°C / 3-6 sec, 6 psi
Curing 180°C / 1 min