

Sizing guide:

## Operate in Darkness Vests:



This vest is nice and long, covering your stomach and sitting on your hips. It has small vertical ribs, which are great because this means it holds its shape and stretches over curvaceous chests.

When the vests were printed we took in to account that we wanted ladies of varying chest sizes to look good. So we asked the printer to stretch the vests while printing the 'Operate in Darkness' design. This means that when you wear this vest top the design won't tear and the buildings look like there falling over! Maybe consider; We had these printed while the garment was stretched so that the design won't stretch

**Handy tips:**

This vest looks great layered, putting the white one under the black one gives a contemporary look.

**UK Sizing:**

This vest comes in a Small & Medium it has small vertical ribs in it so there is a lot of potential room.

<b>Size:</b>	<b>Fitting Suggestions:</b>
A small	Will fit a youngster of 9 up to and adult of an average size 12.
A medium	Looks good on a size 12 to 16.

**Things to note :**

If you are thin with a large chest then go for a Small if you are broader with a smaller chest then I'd recommend the medium.

## Girls T Shirts - Operate in Darkness & Fire Hand designs:



These T-Shirts wear really well as they are a good length. They have a slight stretch to them making them very comfortable. The different colours and designs mean that there's a T-shirt to suit anyone.

Obviously if you like a colour and design & think it will suit you then go for it...

For those of you who may be buying this item as a gift or are unsure as to which colour or design may suit you then let me give you a hand....

### Handy tips:

If you are darker in complexion with dark eyes & hair then the green T-shirt looks great on you. If your complexion is paler with fair hair, blue or green eyes then the aqua T-Shirts makes you shine.

To find the right design for you, this is where chest size as well as personal preference comes in to play.

The Operate in Darkness design looks great on people with a smaller chest size anything up to a B cup, this is because of its detailed design on the front, it draws a bit of attention to the chest. Any chest size larger than a B cup would be more suited to the Fire Hands design. It has a plain front, which flatter ladies who are blessed with a larger chest and a little [www.24-7prayer.com](http://www.24-7prayer.com) graphic at the bottom drawing attention down and away from your assets! The shape of the Fire Hands design makes your back look narrower

### UK Sizing:

These T-shirts come in small, medium & large and have a slight stretch to them.

Size:	Fitting Suggestions
A small	Would fit youngsters of 10 to an adult of a size 10
A medium	Would fit an adult size 12 to 14 (If however your quite thin with a larger chest & want a tight T-shirt do order a Small)
A large	Would fit an adult size 14 to 16 (If you prefer a bagger look and you're a size 14 then this will fit however if you're a 16 and above and want it baggy then the Male Smalls look really good & they have slightly longer sleeves.)

## **Male T-Shirts - Operate in Darkness & fire Hands**



These T-Shirts wear really well as they are a good length. They have a slight stretch to them making them very comfortable. The different colours and designs mean that there's a T-shirt to suit anyone.

Obviously if you like a colour and design & think it will suit you then go for it...

For those of you who may be buying this item as a gift or are unsure as to which colour or design may suit you then let me give you a hand....

### **Handy tips:**

If you have a darker complexion with dark eyes & hair then the Brown T-shirt with the pink design will look great on you, I know you may worry about pink but this one is in no way girly, it works well. If your complexion is paler with fair hair, blue or green eyes then the grey T-Shirt with the blue design looks classy.

To find the right design for you, this is where personal preference and your posture come in to play.

If you are someone with a broad chest and who stands with their shoulders open, then The Operate in Darkness is a great design for you, it will draw attention to your good posture and accentuate your chest

If you are someone who stands with your shoulders slightly rounded then the Fire Hands design is better. A design on the front would wrinkle as it's not laying on your chest, whereas the Fire Hand design will lay well on your back, define any muscles there and because of its shape the design makes your back look more narrow and slender. (not sure the last sentence is necessary)

### **UK Sizing:**

These T-Shirts come in a medium large & extra large. They are a good length so you won't need to order a larger size just so you get a good length.

The fitting below is for a fit that isn't too baggy it defines muscles but still hangs with a bit of room.

<b>Size:</b>	<b>Fitting Suggestions:</b>
<b>A medium</b>	<b>Would be good for someone with a chest size of 38 - 40</b>
<b>A large</b>	<b>Would be good for someone with a chest size of 40 - 42</b>
<b>An extra large</b>	<b>Would be good for someone with a chest size of 42 - 44</b>

## Unisex Hoodies- Operate in Darkness & Fire Hands



These Hoodies look great on anyone. They are lightweight hoodies so they fit to your shape. They aren't bulking, are nice and long and look great thrown on with a pair of jeans as all the designs are printed in blue.

To find the best design for you, whether male or female.  
([link these to the male and female design recommendations for there size & Shape](#))

### Uk Sizing:

They come in sizes of Large & Extra Large, These hoodies looks best when they're baggy!

Size:	Fitting Suggestions:
Girls, a large	a size 10 up to a size 18 look great in a large.
Girls, an extra large	a size 18 to 22 would suit an extra large.
Boys, a large	from a chest size 40 Up to a size 42 look great in a large.
Boys, an extra large	Boys from a chest size 42 to 44 Would suite an extra large.

## Female T-Shirts – YOUSEEBONES / ISEEANARMY



These T-Shirts wear really well as they are a good length. They have a slight stretch to them making them very comfortable. A great fitting Black T-shirt goes with everything and suites everyone, “well done” 24-7prayer!

Our Classic UC**BONES**  
clothing line has been  
redesigned!!!

We kept the bold colour,  
great quality and a bible  
verse that means so much to  
so many.



The YOUSEEBONES T-Shirt has the YOUSBONES design in white red and grey on the front left shoulder and the ISEEANARMY also in white red and grey, on the back of the T-shirt on the right shoulder. This T-shirt looks great on ladies of all chest sizes as it draws attention away from the chest area and It has a plain front, which is very flattering and a little [www.24-7prayer.com](http://www.24-7prayer.com) graphic at the bottom, elongating your figure.

### UK Sizing:

These T-shirts come in small, medium & large and have a slight stretch to them.

Size:	Fitting Suggestions
<b>A small</b>	<b>Would fit youngsters of 10 to an adult of a size 10</b>
<b>A medium</b>	<b>Would fit an adult size 12 to 14</b> (If however your quite thin with a larger chest & want a tight T-shirt do order a Small)
<b>A large</b>	<b>Would fit an adult size 14 to 16</b> (If you prefer a bagger look and you're a size 14 then this will fit however if you're a 16 and above and want it baggy then the Male Smalls look really good & they have slightly longer sleeves.)

## Male T-Shirts – YOUSEEBONES / ISEEANARMY



These T-Shirts wear really well and as they are a good length. they have a slight stretch to them making them very comfortable. A great fitting Black T-shirt goes with everything and suites everyone, “well done” 24-7prayer!

Our Classic UCBONES clothing line has been redesigned!!!

We kept the bold colour, great quality and a bible verse that means so much to so many.

The YOUSEEBONES T-Shirt has the YOUSBONES design in white red and grey on the front left shoulder and the ISEEANARMY also in white red and grey, on the back of the T-shirt on the right shoulder. This T-shirt looks great on guys as the design sits well on there chest, having the design at the top also makes there shoulders look broad. It has a plain front, with and a little [www.24-7prayer.com](http://www.24-7prayer.com) graphic in light grey that runs along the bottom.

UK Sizing:

These T-Shirts come in a medium large & extra large. They are a good length so you won't need to order a larger size just so you get a good length.

The fitting below is for a fit that isn't to baggy it defines muscles but still hangs with a bit of room.

The fitting below is for a fit that isn't to baggy it defines muscles but still hangs with a bit of room.

<b>Size:</b>	<b>Fitting Suggestions:</b>
A medium	Would be good for someone with a chest size of 38 - 40
A large	Would be good for someone with a chest size of 40 - 42
An extra large	Would be good for someone with a chest size of 42 - 44

## Unisex Hoodies – YOUSEEBONES / ISEEANARMY



These unisex hoodies are so warm and snugly they look great on and wash really well. They are a heavy duty hoodie with a large hood. A great fitting black hoodie goes with everything and suites everyone, “well done” 24-7prayer!

Our Classic UCBONES clothing line has been redesigned!!!

We kept the bold colour, great quality and a bible verse that means so much to so many.



The YOUSEEBONES hoodie has the YOUSBONES design in White red and grey on the front left shoulder and the ISEEANARMY also in white red and grey, on the back of the hoodie on the kidney area on the right. This hoodie looks great on ladies of all chest sizes as it draws attention away from the chest area and It has a plain front, witch is very flattering and a little [www.24-7prayer.com](http://www.24-7prayer.com) graphic at the bottom elongating there figure. For guys it looks great, as the design sits well on there chest making them look broad. The ISEEANARMY design on the back can be easily seen and looks up to date in its new location.

**UK Sizing:**

These hoodies come in a small, medium, large & extra large. They are a good length so you won't need to order a larger size just so you get a good length.

Size:	Fitting Suggestions:
A small	Would fit youngsters of 10 to an adult of a size 12 (if you like hoodies fitted)
A medium	Would fit a female of a size 12 to 14. would be good for Guys with a chest size of 38 - 40
A large	Would fit a female of size 14 to 18 would be good for someone with a chest size of 40 - 42
An extra large	Would fit a female of a size 18+ would be good for someone with a chest size of 42 - 44