

IHNSW Uniform Guide

PHA 29L: 'LADIES' Layer Softshell, in 3-layer, waterproof, breathable, polyester / elastane with microfleece lining, 325gsm



PHA 18: 'Ramo' Shoulder Contrast full zip 320gsm poly cotton brushed fleece shoulder with matching inner hood lining



PHA 12: Polo Shirt (Podium) - 160gsm pique knit moisture wicking fabric designed to help keep you cool and dry

