

# Finding your perfect garment size is easy

## How to Measure

**CHEST:** Measure just under the arms, across fullest part of chest, around shoulder blades holding tape firm and level.

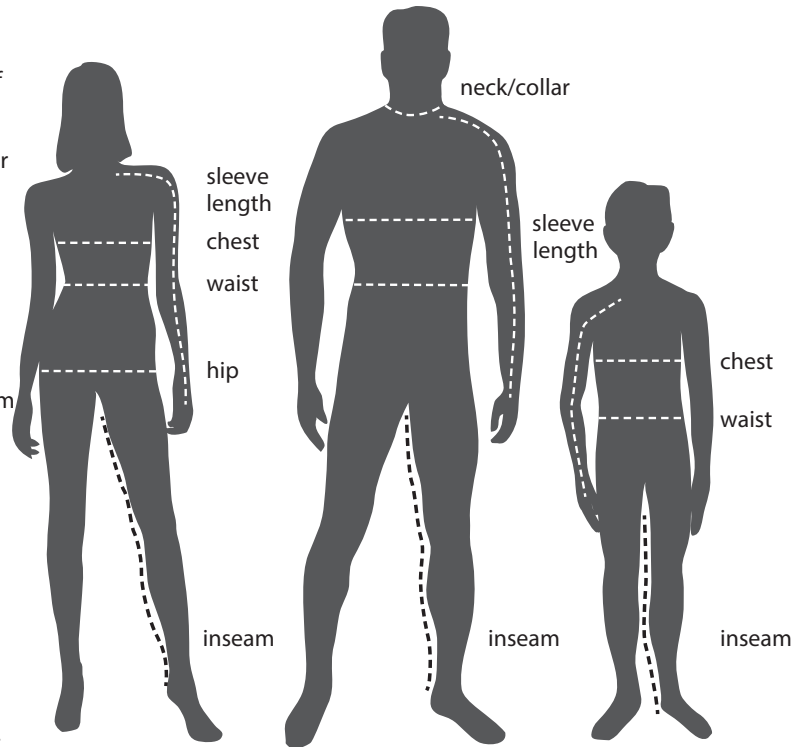
**WAIST:** Measure your natural waistline, keeping one finger between the tape and the waist.

**HIP:** Stand and measure around the fullest point of hips.

**SLEEVE LENGTH:** With arm relaxed at side and slightly bent, measure from centre back neck, over the shoulder, down to the outer wrist.

**INSEAM M:** Stand and measure from centre crotch to bottom of ankle bone. (Please refer to specific style for garment inseam length.)

**UNISE X:** Men's medium is similar to ladies' large. Sleeve length will be about 1-1½" longer. Body of garment is not form fitting. Unisex medium is equivalent to men's medium through chest and sleeve length.



## TALL SIZES:

Men's garments have added length in the body and sleeves. Short-sleeves are 1" longer, long-sleeves and body length are 2" longer.

MEN'S GARMENT SIZE	XS	S	M	L	XL	2XL	3XL	4XL	5XL	6XL
Neck/Collar Size	13.5" - 14"	14.5" - 15"	15.5" - 16"	16.5" - 17"	17.5" - 18"	18.5" - 19"	19.5" - 20"	20.5" - 21"	21.5" - 22"	22.5" - 23"
Chest	32" - 34"	35" - 38"	39" - 41"	42" - 45"	46" - 49"	50" - 52"	53" - 56"	57" - 60"	61" - 64"	65" - 68"
Waist	26" - 28"	29" - 31"	32" - 34"	35" - 37"	38" - 41"	42" - 44"	45" - 47"	48" - 50"	51" - 53"	54" - 56"
Sleeve Length (Regular)	32.5" - 33"	33" - 33.5"	34" - 34.5"	35" - 35.5"	36" - 36.5"	37" - 37.5"	38" - 38.5"	38.5" - 39"	39" - 39.5"	39.5" - 40"
Sleeve Length (Tall)	32.5" - 33"	33" - 33.5"	34" - 34.5"	37" - 37.5"	38" - 38.5"	39" - 39.5"	40" - 40.5"	40.5" - 41"	41" - 41.5"	41.5" - 42"
LADIES' GARMENT SIZE	XS	S	M	L	XL	2XL	3XL	4XL		
Equivalent Ladies' Sizes	2-4	6-8	10-12	14-16	18	20	22	24		
Chest	31" - 32"	33" - 35"	36" - 38"	39" - 42"	43" - 45"	46" - 49"	50" - 53"	54" - 57"		
Waist	23" - 24"	25" - 27"	28" - 30"	31" - 32"	33" - 35"	36" - 38"	39" - 41"	42" - 44"		
Hip	33" - 34"	35" - 37"	38" - 40"	41" - 42"	43" - 45"	46" - 48"	49" - 51"	52" - 54"		
Sleeve Length	29.5" - 30"	30.5" - 31"	31.5" - 32"	32.5" - 33"	33.5" - 34"	34.5" - 35"	35" - 35.5"	35.5" - 36"		
YOUTH GARMENT SIZE	S (8)	M (10-12)	L (14-16)	XL (18-20)						
Chest	26" - 27"	28" - 30"	31" - 32"	33" - 34"						
Waist	23" - 24"	25" - 26"	27" - 28"	29" - 30"						
Sleeve Length	25" - 26.5"	26.5" - 28"	28" - 29.5"	29.5" - 31"						