

HOW TO MEASURE – FEMALE:

Blazers / Dresses / Tunics / Blouses: Order size according to the largest of your bust, waist or hip measurements. Skirts and Slacks: Order size according to larger of hip or waist measurements. All measurements are based on an average height of 5'4" – 5'7", unless otherwise noted.

MISSES' SIZING

	2XS		XS		S		M		L		XL		2XL		3XL		4XL		5XL		6XL	
	0	2	4	6	8	10	12	14	16	18	20	22	24	26	28	30	32	34	36	38	40	42
Bust	32	33	34	35	36	37	38 ½	40	41 ½	43 ½	45 ½	48 ½	50 ½	52 ½	54 ½	56 ½	58 ½	60 ½	62 ½	64 ½	66 ½	68 ½
Waist	25	26	27	28	29	30	31 ½	33	34 ½	36 ½	38 ½	41 ½	43 ½	45 ½	47 ½	49 ½	51 ½	53 ½	55 ½	57 ½	59 ½	61 ½
Hips	35	36	37	38	39	40	41 ½	43	44 ½	46 ½	48 ½	51 ½	53 ½	55 ½	57 ½	59 ½	61 ½	63 ½	65 ½	67 ½	69 ½	71 ½

NEW MISSES' RETAIL SIZING

	2XS		XS		S		M		L		XL	
	00	0	2	4	6	8	10	12	14	16	18	
Bust	31	32	33	34	35	36	37	38 ½	40	41 ½	43 ½	
Waist	24	25	26	27	28	29	30	31 ½	33	34 ½	36 ½	
Hips	34	35	36	37	38	39	40	41 ½	43	44 ½	46 ½	

PETITE SIZING

	0P	2P	4P	6P	8P	10P	12P	14P	16P
Bust	32	33	34	35	36	37	38 ½	40	41 ½
Waist	25	26	27	28	29	30	31 ½	33	34 ½
Hips	35	36	37	38	39	40	41 ½	43	44 ½

WOMEN'S SIZING

	1XW		2XW		3XW		4XW		5XW	
	16W	18W	20W	22W	24W	26W	28W	30W	32W	
Bust	45	47	49	51	53	55	57	59	61	
Waist	38	40	42	44	46	48	50	52	54	
Hips	48	50	52	54	56	58	60	62	64	

MISSES' RENTAL SIZING

	XS		S		M		L		XL		2XL		3XL	
	-	4	6	8	10	12	14	16	18	20	22	24	26	28
Bust	28	29	30	32	34	36	38	40	42	44	46	48	50	52
Waist	-	24	25	26	27	28 ½	30	30 ½	33	35 ½	37 ½	39 ½	41 ½	43 ½

MISSES' SCRUB SIZING

	XS		S		M		L		XL	
	0	2	4	6	8	10	12	14	16	18
Bust	32	33	34	35	36	37	38 ½	40	41 ½	43 ½
Waist	25	26	27	28	29	30	31 ½	33	34 ½	36 ½
Hips	35	36	37	38	39	40	41 ½	43	44 ½	46 ½

WOMEN'S SCRUB SIZING

	1XW		2XW		3XW		4XW		5XW	
	16W	18W	20W	22W	24W	26W	28W	30W	32W	
Bust	45	47	49	51	53	55	57	59	61	
Waist	38	40	42	44	46	48	50	52	54	
Hips	48	50	52	54	56	58	60	62	64	

HOW TO MEASURE – MALE:

Coats / Blazers: Give regular coat size or chest measurement. If your size falls in between, order the larger size. Shirts: Give actual neck size. Pants: Give regular waist and inseam measurements. All measurements are based on an average height of 5'8" – 6'0"

MEN'S SIZING

Alpha Size	XS		S		M		L		XL		2XL		3XL		4XL		5XL		6XL	
Chest	30	32	34	36	38	40	42	44	46	48	50	52	54	56	58	60	62	64	66	68
Neck	13	13 ½	14	14 ½	15	15 ½	16	16 ½	17	17 ½	18	18 ½	19	19 ½	20	20 ½	21	21 ½	22	22 ½
Waist	24	26	28	30	32	34	36	38	40	42	44	46	48	50	52	54	56	58	60	62
Hips	30	32	34	36	38	40	42	44	46	48	50	52	54	56	58	60	62	64	66	68

Unisex are based on Men's with a fit appropriate for both Men and Women.

UNISEX SIZING

Alpha Size	XXS	XS	S	M	L	XL	2XL	3XL	4XL	5XL	6XL
Chest/Bust	31 – 32	33 – 34	35 – 37	38 – 40	42 – 44	46 – 48	50 – 52	54 – 56	58 – 60	62 – 64	66 – 68

HAT SIZING

Place tape measure at the middle of the forehead, slightly above the ears, and measure the circumference of the head, keeping tape measure parallel to floor around entire head. Tape measure should be kept snug, but not tight. Measuring 2 or 3 times for accuracy is recommended.

Alpha Size	XS	S	M	L	XL	2XL
Numeric Size	6 ½ – 6 ⅝	6 ¾ – 6 ⅞	7 – 7 ⅛	7 ¼ – 7 ⅜	7 ½ – 7 ⅝	7 ¾ – 7 ⅞
Inches	20 ⅜ – 20 ¾	21 ⅛ – 21 ½	21 ⅞ – 22 ¼	22 ⅝ – 23	23 ⅜ – 23 ¾	24 ⅞ – 24 ½

BELT SIZING

To ensure a proper fit, add two inches to your waist measurement when selecting a size. Your belt should fit comfortably when worn using the center hole. Or, using an existing belt that fits well, measure from the center hole to where the buckle connects to the strap. (Do not measure from end to end.)