## MEN'S SIZES



| Men's Size |  |  |  |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Size | XS | S | $M$ | $L$ |  |  |  |  |
| Chest | $30-32$ | $34-36$ | $38-40$ | $42-44$ | $46-48$ | $50-52$ | $54-56$ | $58-60$ |
| Neck | $13-13.5$ | $14-14.5$ | $15-15.5$ | $16-16.5$ | $17-17.5$ | $18-18.5$ | $19-19.5$ | $20-20.5$ |
| Sleeve | $30.5-32$ | $32-33$ | $32-33$ | $34-35$ | $34-35$ | $36-37$ | $36-37$ | $36-37$ |

## WOMEN'S SIZES



| Women's Size |  |  |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Size | XS | S | $M$ | $L$ |  |  |  |
| Size | $0-2$ | $4-6$ | $8-10$ | $12-14$ | $16-18$ | $2 X L$ | $20-22$ |
| Bust | $33-34$ | $35-36$ | $37-38$ | $39-41$ | $42-44$ | $45-47$ | $24-26$ |
| Waist | $29.5-30.5$ | $31.5-32.5$ | $33.5-34.5$ | $35.5-37.5$ | $38.5-40.5$ | $41.5-43.5$ | $44.5-46$ |
| Hips | $35-36$ | $37-38$ | $39-40$ | $41-43$ | $44-46$ | $47-49$ | $50-5$ |

## MEASURING

Chest: Raise your arms slightly and measure around your body. Be sure to cross over your shoulder blades and the fullest part of your chest, keeping the tape parallel to the ground.
Neck: Measure around the middle of your neck (at the Adam's apple), keeping one finger between your neck and the tape measure for a comfortable fit.
Sleeve: Place your hand on your hip with your arm bent at a 90 degree angle. Measure from the middle of the back of your neck, across your shoulder and down your arm to your wrist.
Bust: With arms relaxed at your sides, measure the fullest part of the bust, keeping the tape parallel to the ground.
Waist: Measure around your waist where your pants usually fall. Keep one finger between the tape and waist.
Hips: Stand with your heels together and measure around the fullest part of your hips, keeping the tape parallel to the ground.

