

# 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.

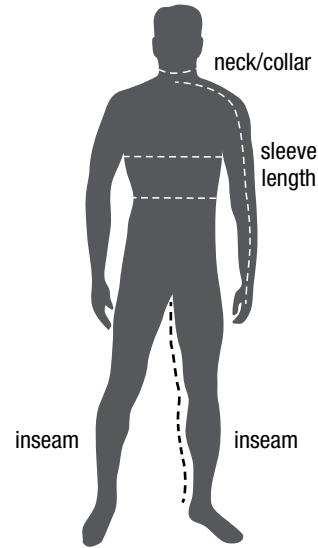
**SLEEVE LENGTH:** With arm relaxed at side and slightly bent, measure from centre back neck, over the shoulder, down to the outer wrist.

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

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

### 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         |
|-----------------------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|
| Numeric Sizing (USA/Canada) | 34          | 38          | 40          | 42          | 44          | 46          | 48          | 50          | 52          | 54          |
| Numeric Sizing (European)   | 44          | 48          | 50          | 52          | 54          | 56          | 58          | 60          | 62          | 64          |
| 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" |