## 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.

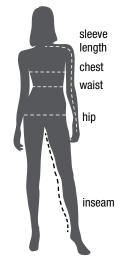
**WAIST:** Measure your natural waistline, keeping one finger between the tape and the waist.

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:** Men's medium is similar to ladies' large. Sleeve length will be about  $1-1\frac{1}{2}$ " longer. Body of garment is not form fitting. Unisex medium is equivalent to men's medium through chest and sleeve length.



| LADIES' GARMENT SIZE        | XS          | S           | М           | L           | XL          | 2XL         | 3XL         | 4XL         |
|-----------------------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|
| Numeric Sizing (USA/Canada) | 2           | 4-6         | 8-10        | 12-14       | 16-18       | 20          | 22          | 24          |
| Numeric Sizing (European)   | 32          | 34-36       | 38-40       | 42-44       | 46-48       | 50          | 52          | 54          |
| 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"   |
| Нір                         | 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" |