



Pants																								
	XXS		XS		S		M		L		XL		2XL		3XL		4XL		5XL		6XL		7XL	
Size	24	26	28	30	32	34	36	38	40	42	44	46	48	50	52	54	56	58	60	62	64	66		
Waist	24	26	28	30	32	34	36	38	40	42	44	46	48	50	52	54	56	58	60	62	64	66		
Hip	30	32	34	36	38	40	42	44	46	48	50	52	54	56	58	60	62	64	66	68	70	72		
Inseam	30.5		31		31.5		32		32.5		33		33.5		34		34.5		35		35.5			
All measurements in inches.																								

***Body Measurements (not garment measurements)**

Measurement Directions:

- Neck: Measure around the base of your neck; round up to the next half-inch.
- Chest: Measure around your chest, under the arms, and across the shoulder blades, over a shirt if stomach is larger than chest; choose the larger size.
- Waist: Measure around your waist at the level you normally wear your pants, over a shirt.
- Hip: Standing with feet together, measure around the widest part of your hips, parallel to the floor.
- Inseam: Measure a good-fitting pair of pants along the inseam, from crotch seam to bottom edge of cuff.
- Sleeve: Bend arm and place fist on hip. Measure from centre back of your neck, across shoulder, and down arm to elbow and then to your wrist. This is your sleeve length.

For working garments, measure liberally to find your size, as you need freedom of movement.

