



<b>Shirts</b> (Select size by neck for closed collar shirts, by chest for open collar shirts)											
	XS	S	M	L	XL	2XL	3XL	4XL	5XL	6XL	7XL
<b>Neck</b>	13–13.5	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	23–23.5
<b>Chest</b>	32	34	38	42	46	50	54	58	62	66	70
<b>Sleeve</b>	33	33.5	34	34.5	35	35.5	36	36.5	37	37.5	38

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.*

