

Core365 & Harriton

88192P – Core365™ Pinnacle Mens Performance Long Sleeve Pique Polo with Pocket

78192 – Core365™ Pinnacle Womens Performance Long Sleeve Pique Polo

88181P – Core365™ Origin Mens Performance Pique Polo with Pocket

78181 – Core365™ Origin Womens Performance Pique Polo

M425 – Harriton® Pilbloc™ V-Neck Mens Button-Down Cardigan Sweater

M425W – Harriton® Pilbloc™ V-Neck Womens Button-Down Cardigan Sweater

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.

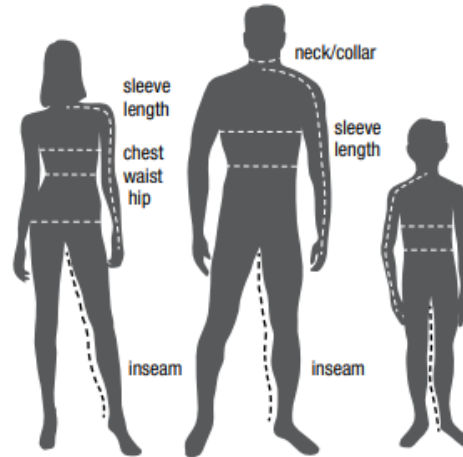
SLEEVE LENGTH: With arm relaxed at side and slightly bent, measure from centre back neck, over the shoulder, down to the outer wrist.

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 1-1½" longer. Body of garment is not form fitting. Unisex medium is equivalent to men's medium through chest and sleeve length.

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"
LADIES' GARMENT SIZE	XS	S	M	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"		
Hip	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"		
YOUTH GARMENT SIZE	XS (4-6)	S (8)	M (10-12)	L (14-16)	XL (18-20)					
Chest	24" - 25"	26" - 27"	28" - 30"	31" - 32"	33" - 34"					
Waist	21" - 22"	23" - 24"	25" - 26"	27" - 28"	29" - 30"					
Sleeve Length	24.5" - 25"	25" - 26.5"	26.5" - 28"	28" - 29.5"	29.5" - 31"					

Tough Duck

S157 – Tough Duck Cotton Duck Safety Parka

S372 – Tough Duck Safety Rain Jacket

S374 – Tough Duck Safety Rain Pant

S769 – Tough Duck Twill Blend Safety Overall

S787 – Tough Duck Cotton Duck Insulated Safety Coverall

S876 – Tough Duck Waterproof/Breathable Safety Overall

SB07 – Tough Duck Flex Insulated Womens Safety Bib Overall

SJ39 – Tough Duck Waterproof/Breathable Down-Fill Safety Parka

SJ41 – Tough Duck Flex Insulated Safety Womens Jacket

Men's Clothing Size Guide

How to Measure

Chest: Measure around the fullest part of your chest, just under your arms.

Waist: Wrap tape around your natural waistline, or where you actually wear your pants.

Inseam: Measure your length from the crotch to the bottom of the leg (without any shoes on).

Fit Guide

This chart is for jackets, parkas, pants, overalls and coveralls.

	32	36	40	44	48	52	54	56	60
	XS	S	M	L	XL	2XL	3XL	4XL	5XL
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"	21"-21.5"
Chest	32"-34"	35"-37"	38"-40"	42"-44"	46"-48"	49"-51"	52"-54"	55"-57"	58"-60"
Waist	26"-28"	29"-31"	32"-34"	36"-38"	40"-42"	43"-45"	46"-48"	49"-51"	52"-54"

WOMEN'S SIZING FOR TOUGH DUCK PRODUCTS – SEE NEXT PAGE.

Women's Clothing Size Guide

How to Measure

Chest: Measure around the fullest part of your chest, just under your arms.

Waist: Wrap tape around your natural waistline, or where you actually wear your pants.

Hip: Stand with your heels together and measure around the fullest part of your hips.

Fit Guide

This chart is for jackets, parkas, pants, overalls and coveralls.

	XS	S	M	L	XL	2XL
Chest	33"-34"	35"-36"	37"-39"	40"-42"	43"-46"	47"-50"
Waist	24"-25"	26"-27"	28"-30"	31"-33"	34"-37"	38"-41"
Hip	34"-35"	36"-37"	38"-40"	41"-43"	44"-47"	48"-51"

Women's Fit Guide – Numeric Sized Pants

Size	0	2	4	6	8	10	12	14	16	18
Waist	28-29"	29-30"	30-31"	31-32"	32"-33"	33"-34"	34.5"-35.5"	36-37"	37.5-38.5"	39.5-40.5"
Hip	34-35"	35-36"	36-37"	37-38"	38-39"	39-40"	40.5-41.5"	42-43"	43.5-44.5"	45.5-46.5"

Women's Size Guide for Unisex Styles

The best way to determine what men's size will fit you best is to match your chest measurement to the men's on the chart below. It's important to note that the sleeve length and legs might be a bit longer and require you to have them shortened.

Fit Guide

	32	36	40	44	48
	XS	S	M	L	XL
Men's Chest	32"-34"	35"-37"	38"-40"	42"-44"	46"-48"
Men's Waist	26"-28"	29"-31"	32"-34"	36"-38"	40"-42"
Women's Chest	35"-36"	37"-39"	40"-42"	43"-46"	47"-50"
Women's Waist	26"-27"	28"-30"	31"-33"	34"-37"	38"-41"

MOBB**T7010 – MOBB Mentality The Alex Stretch Scrub Top**

T7010	Chest	Waist	Shoulder	Sleeve	Length
XS	40.0	38.6	16.6	8.6	27.9
S	41.6	40.0	17.3	8.6	28.6
M	44.0	43.3	18.0	9.0	28.9
L	48.0	47.3	18.9	9.3	29.3
XL	51.0	50.3	20.3	9.6	30.0
2XL	55.0	54.3	21.3	10.0	31.0
3XL	59.0	58.3	22.3	10.6	31.9

T8010 – MOBB Mentality The DeeDee Stretchy Soft Scrub Top

T8010	Chest	Waist	Sleeve	Shoulder	Center Back
XXS	35.0	32.3	14.2	29.0	50.1
XS	36.6	33.9	15.0	30.0	51.0
S	38.0	35.4	15.7	30.7	51.7
M	40.0	37.4	15.7	31.5	52.5
L	43.0	40.4	16.5	33.0	53.3
XL	46.0	43.3	17.0	34.6	54.9
2XL	49.0	46.3	17.7	36.3	56.5

MOBB**P7011 – MOBB Mentality The Adrian Stretch Jogger Scrub Pant**

P7011	WAIST	HIP	KNEE	INSEAM
XS	27.6	37.0	15.6	29.9
S	29.0	40.0	16.6	29.9
M	31.3	41.6	18.0	29.9
L	33.9	45.6	18.9	29.9
XL	36.3	48.9	20.9	30.0
2XL	40.9	52.6	22.9	30.0
3XL	45.6	56.6	24.3	30.0

P8011 – MOBB Mentality The Jennix Stretch Jogger Scrub Pant

P8011	WAIST	HIP	OUTSEAM	INSEAM
XXS	25.9	36.2	38.6	29.0
XS	27.6	38.0	38.8	29.0
S	29.0	39.4	39.0	29.0
M	31.0	41.3	39.2	29.0
L	34.1	44.3	39.6	29.0
XL	37.0	47.3	40.0	29.0
2XL	40.0	50.2	40.3	29.0

Stormtech

SX-4 – Stormtech® Reactor Mens Fleece Shell

SX-4W – Stormtech® Reactor Womens Fleece Shell

TPX-3 – Stormtech® Vortex HD 3-in-1 Mens System Parka

TPX-3W – Stormtech® Vortex HD 3-in-1 Womens System Parka

MEN'S BODY MEASUREMENTS

SIZE		S	M	L	XL	2XL	3XL	4XL	5XL
CHEST	Imperial	35-38	38-41	41-44	44-47	47-50	50-53	53-56	56-59
	Metric	89-96.5	96.5-104	104-112	112-119.5	119.5-127	127-134.5	134.5-142	142-150
WAIST	Imperial	29-32	32-34.5	34.5-38.5	38.5-42.5	42.5-46.5	46.5-50.5	50.5-54.5	54.5-58.5
	Metric	73.5-81	81-87.5	87.5-98	98-108	108-118	118-128	128-138.5	138.5-148.5
HIPS	Imperial	34-37	37-40	40-43	43-45	45-47.5	47.5-50	50-52.5	52.5-55
	Metric	86-94	94-101.5	101.5-109	109-114	114-120.5	120.5-127	127-133	133-140
SLEEVE LENGTH	Imperial	33-35	33.5-35.5	34.5-36.5	35.5-37.5	36-38	36.5-38.5	36.75-38.75	37-39
	Metric	84-90	85-90	87.5-93	90-95.5	91.5-96.5	93-98	93.5-98.5	94-99
INSEAM	Imperial	31.5	31.5	32.5	32.5	33	33	33	33
	Metric	80	80	82.5	82.5	84	84	84	84

WOMEN'S BODY MEASUREMENTS

SIZE		XS	S	M	L	XL	2XL	3XL
CHEST	Imperial	31.5-33.5	33.5-35.5	35.5-38	38-41	41-44.5	44.5-48.5	48.5-52.5
	Metric	80-85	85-90	90-96.5	96.5-104	104-113	113-123	123-133.5
WAIST	Imperial	24.5-26.5	26.5-28.5	28.5-31	31-34	34-37.5	37.5-41.5	41.5-45.5
	Metric	62.5-67.5	67.5-72.5	72.5-79	79-86.5	86.5-95.5	95.5-105.5	105.5-115.5
HIPS	Imperial	34-36	36-38	38-40.5	40.5-43.5	43.5-47	47-51	51-55
	Metric	86.5-91.5	91.5-96.5	96.5-103	103-110.5	110.5-119.5	119.5-129.5	129.5-140
SLEEVE LENGTH	Imperial	30-30.5	31-31.5	32-32.5	33-33.5	33.5-34	34-34.5	34-34.5
	Metric	76.5-77.5	79-80	81.5-82.5	84-85	85-86.5	86.5-87.5	86.5-87.5
INSEAM	Imperial	30	31	32	32	32	32	32
	Metric	76	79	81	81	81	81	81

Bulwark, Canadian Linen & RedKap

- SE22** – Bulwark® FR Fleece Mens Jacket
- SE23** – Bulwark® FR Fleece Womens Jacket
- GOC004** – Canadian Linen Enhanced Vis Action Back Coverall
- GOC083** – Canadian Linen Hi-Vis UltraSoft® FR Deluxe Coverall
- GOC985** – Canadian Linen UltraSoft® FR Enhanced-Vis Womens Coverall
- GPC292** – Canadian Linen UltraSoft® FR Industrial Pant
- PT2A** – Red Kap® Performance Shop Pant
- PT3L** – Red Kap® Lightweight Womens Crew Pant
- PT60** – Red Kap® Elastic Insert Mens Work Pant
- PT89** – Red Kap® Industrial Cargo Pant for Women
- SY50** – Red Kap® Solid Ripstop Long Sleeve Mens Shirt
- SY60** – Red Kap® Solid Ripstop Short Sleeve Mens Shirt
- 2388** – Red Kap® Industrial Short Sleeve Womens Work Shirt
- 2389** – Red Kap® Industrial Long Sleeve Womens Work Shirt

Unisex Sizing Chart for Shirts and Tops																				
Alpha Sizing	XS		S		M		L		XL		2XL		3XL		4XL		5XL		6XL	
Male (Chest)	30	32	34	36	38	40	42	44	46	48	50	52	54	56	58	60	62	64	66	68
Female (Size)	2	4	6	8	10	12	14	16	18	20	22	24	26	28	30	32	34	36	38	40
Unisex sizes are based on male sizes with a fit appropriate for both male and female. Match your size with the equivalent unisex size shown on the chart above.																				
Men's Body Measurements for Shirts, Pants & Shorts																				
Alpha Sizing	XS		S		M		L		XL		2XL		3XL		4XL		5XL		6XL	
Neck Size	13	13½	14	14½	15	15½	16	16½	17	17½	18	18½	19	19½	20	20½	21	21½	22	22½
Chest	30	32	34	36	38	40	42	44	46	48	50	52	54	56	58	60	62	64	66	68
Waist	24	26	28	30	32	34	36	38	40	42	44	46	48	50	52	54	56	58	60	62
Hips	30	32	34	36	38	40	42	44	46	48	50	52	54	56	58	60	62	64	66	68
Ladies Body Measurements for Shirts, Pants & Shorts																				
Alpha Sizing	XS		S		M		L		XL		2XL		3XL							
Numeric Sizing	2	4	6	8	10	12	14	16	18	20	22	24	26	28						
Chest / Bust	33¼	34¼	35¼	36¼	37¼	38¼	40¼	41¼	43¼	45¼	47¼	49¼	51¼	53¼						
Waist (Natural)	25¼	26¼	27¼	28¼	29¼	30¼	32¼	33¼	35¼	37¼	39¼	41¼	43¼	45¼						
Hips	36¼	37¼	38¼	39¼	40¼	41¼	43¼	44¼	46¼	48¼	50¼	52¼	54¼	56¼						
Unisex Sizing Chart for Coveralls																				
Size	38	40	42	44	46	48	50	52	54	56	58	60								
Chest (1" below armhole)	43.5"	45.5"	47.5"	49.5"	51.5"	53.5"	55.5"	57.5"	59.5"	61.5"	63.5"	65.5"								
Waist (centre of band)	41.5"	43.5"	45.5"	47.5"	49.5"	51.5"	53.5"	55.5"	57.5"	59.5"	61.5"	63.5"								
*Regular sizes are based on a height of 5'7" - 5'11". Tall sizes work for individuals 6' - 6'3"																				

IFR Workwear

UP611 – IFR UltraSoft® Cargo Pant - 9 oz

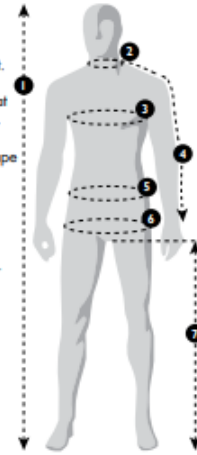
UP671 – IFR UltraSoft® Cargo Pant for Women - 7 oz

US215 – IFR UltraSoft® Hi-Vis Class 1 Insulated Parka

US225 – IFR UltraSoft® Hi-Vis Class 1 Insulated Bib Pant - 9 oz

Sizing Guidelines

- 1. Height** Stand straight against a wall without your shoes. Measure from the top of your head to the bottom of your feet.
- 2. Neck** Measure around the base of your neck where a collared shirt would fit, or measure a collarband on a shirt that fits you well. Lay the collarband flat. Measure from the beginning of the button hole to the centre of the button.
- 3. Chest** Measure well under your arms, across your shoulder blades and over the fullest part of your chest. Hold the tape firmly, but not tightly. Be sure the tape is level and straight across your back. Stand naturally.
- 4. Sleeve** Bend elbow slightly. Start at the centre, back of the neck and measure across the shoulder to the elbow and down to the wrist.
- 5. Waist** First, remove your belt. Then, measure over shirt (not over pants) at the position you normally wear your pants. Hold the tape firmly, but not tightly.
- 6. Hips** Stand with your heels together. Measure around the fullest part of your hips, holding the tape measure level.
- 7. Inseam** Use similar style pants that fit you well. Lay them flat, with the front and back creases smooth. Measure along the inside seam of one leg from the bottom of the hem to the crotch.



COVERALL SIZING

Size/Tag	34	36	38	40	42	44	46	48	50	52	54	56	58	60	62	66	70	
	XS		S		M		L		XL		2XL		3XL		4XL		5XL	6XL
Chest	30	32	34	36	38	40	42	44	46	48	50	52	54	56	58	62	66	
Waist	24	26	28	30	32	34	36	38	40	42	44	46	48	50	52	56	60	
Regular Size	5'7" - 5'11"																	
Tall Size	6' - 6'3"																	

*For special inseam length, hemming can be requested

INSULATED SIZING - JACKETS/ PARKAS

Size/Tag	XS	S	M	L	XL	2XL	3XL	4XL	5XL
Chest	30-32	34-36	38-40	42-44	46-48	50-52	54-56	58	62
Waist	24-26	28-30	32-34	36-38	40-42	44-46	48-50	52	56
Sleeve Length	31.5-32	32.5-33	33.5-34	34.5-35	35.5-36	36.5-37	37.5-38	38.5	39.5

*Sleeve length for tall is 1-1/2" longer than regular sizes, Tall availability per product page

WOMEN'S PANT SIZING

Size/Tag	26	28	29	30	31	32	34	36	38
Waist	30	32	33	34	35	36	38	40	42

*35" unhemmed length

OUTERWEAR SIZING - BIB PANTS

Size/Tag	S	M	L	XL	2XL	3XL	4XL	5XL
Chest	34-36	38-40	42-44	46-48	50-52	54-56	58	62
Waist	28-30	32-34	36-38	40-42	44-46	48-50	52	56
Regular Size	5'7" - 5'11"							
Tall Size	6' - 6'3"							

*For special inseam length, hemming can be requested

WOMEN'S TOPS / JACKETS / BASEWEAR

Size/Tag	XS	S	M	L	XL	2XL	3XL
Bust	31-33	34-36	37-39	40-42	43-45	46-48	49-52
Waist	25-27	28-30	31-33	34-36	37-39	40-42	43-46
Hip	34-36	37-39	40-42	43-45	46-48	49-51	52-55

SHIRT SIZING

Size/Tag	S	M	L	XL	2XL	3XL	4XL
Chest	34-36	38-40	42-44	46-48	50-52	54-56	58
Neck	14.5-15	15.5-16	16.5-17	17.5-18	18.5-19	19.5-20	20.5
Sleeve Length	32.5-33	33.5-34	34.5-35	35.5-36	36.5-37	37.5-38	38.5

*Sleeve length for tall is 1-1/2" longer than regular sizes, Tall availability per product page

WORK PANT SIZING

Size/Tag	28	30	32	34	36	38	40	42	44	46	48	50
Waist	28	30	32	34	36	38	40	42	44	46	48	50

*See pant product pages for inseam specifications

SUMMER & FLEECE JACKET SIZING

Size/Tag	S	M	L	XL	2XL	3XL	4XL
Chest	34-36	38-40	42-44	46-48	50-52	54-56	58
Neck	14.5-15	15.5-16	16.5-17	17.5-18	18.5-19	19.5-20	20.5
Sleeve Length	32.5-33	33.5-34	34.5-35	35.5-36	36.5-37	37.5-38	38.5

*Sleeve length for tall is 1-1/2" longer than regular sizes, Tall availability per product page

BASEWEAR MEN

Size/Tag	S	M	L	XL	2XL	3XL
Chest	34-36	38-40	42-44	46-48	50-52	54-56
Waist	28-30	32-34	36-38	40-42	44-46	48-50
Sleeve Length	32.5-33	33.5-34	34.5-35	35.5-36	36.5-37	37.5-38

2-PIECE COVERALL WOMEN'S & MEN'S SIZING

Size/Tag	34	36	38	40	42	44	46	48	50	54	58
Chest	30	32	34	36	38	40	42	44	46	50	54
Waist	24	26	28	30	32	34	36	38	40	44	48
Sleeve Length	31.5	32	32.5	33	33.5	34	34.5	35	35.5	36.5	37.5
Regular size	5'5" - 5'7"										
Tall Size	5'8" - 6'1"										

*2 piece coverall tops were designed to fit women or men. Most men will fit a tall jacket size and regular pant size.

DISCLAIMER

These charts are recommendations only. Fit may vary depending on comfort level of the consumer and whether or not product is being worn over different layers of clothing. For best results, measure over your undergarments and use a flexible measuring tape.