



## FR PROGRAM SIZING CHARTS

Parka Sizing									
Alpha	XS	S	M	L	XL	XXL	3XL	4XL	5XL
Chest Max	34	36	40	44	48	50	52	54	56
Note: If waist is larger than chest size, use waist measurement as size									

Insulated Bib Sizing									
Alpha	XS	S	M	L	XL	XXL	3XL	4XL	5XL
Numeric	30-32	34-36	38-40	42-44	46-48	50-52	54-56	58-60	62-64
Chest Size	28.5-32	32.5-36	36.5-40	40.5-44	44.5-48	48.5-52	52.5-56	56.5-60	60.5-64
Waist Max	30.5	34.5	38.5	42.5	46.5	50.5	54.5	58.5	62.5
Note: Please order a Tall if height is between 5'11 - 6'3									

Coverall Sizing										
Size/Tag	34	36	38	40	42	44	46	48	50	52
Chest	30	32	34	36	38	40	42	44	46	48
Waist	22	24	26	28	30	32	34	36	38	40
Neck	12.5	13	13.5	14	14.5	15	15.5	16	16.5	17
Weight (lbs)	140	150	160	170	180	190	200	210	220	230
Size/Tag	54	56	58	60	62	64	66	68	70	
Chest	50	52	54	56	58	60	62	64	66	
Waist	42	44	46	48	50	52	54	56	58	
Neck	17.5	18	18.5	19	19.5	20	20.5	21	21.5	
Weight (lbs)	240	250	260	270	280	290	300	310	320	

Alpha-Numeric	
XS	32-34
S	36-38
M	40-42
L	44-46
XL	48-50
2XL	52-54
3XL	56-58
4XL	60-62
5XL	64-66

# HOW TO MEASURE

## SIZE & FIT GUIDE



### MEN

- 1 HEIGHT**  
Measure your height from the top of your head to the bottom of your feet (without any shoes on).
- 2 CHEST**  
Measure around the fullest part of your chest, just under your arms.
- 3 WAIST**  
Wrap tape around your natural waistline, or where you actually wear your pants.
- 4 INSEAM**  
Best taken from an existing pair of pants you like. Measure along inseam from the crotch seam to the hem.
- 5 SLEEVE LENGTH**  
With elbow bent, measure from the centre of the back of your neck around your elbow and to your wrist.

### WOMEN

- 1 HEIGHT**  
Measure your height from the top of your head to the bottom of your feet (without any shoes on).
- 2 CHEST**  
Measure around the fullest part of your chest, just under your arms.
- 3 WAIST**  
Wrap tape around your natural waistline, or where you actually wear your pants.
- 4 HIP**  
Stand with heels together and measure around the fullest part of your hips.
- 5 INSEAM**  
Best taken from an existing pair of pants you like. Measure along inseam from the crotch seam to the hem.
- 6 SLEEVE LENGTH**  
With elbow bent, measure from the centre of the back of your neck around your elbow and to your wrist.