



UNIFORM PROGRAM SIZING CHARTS

IFR FR Avenger Coverall

SIZE/TAG	34	36	38	40	42	44	46	48	50	52	54	56	58	60	62
Chest	32	34	36	38	40	42	44	46	48	50	52	54	56	58	60
Waist	22	24	26	28	30	32	34	36	38	40	42	44	46	48	50
Neck	12.5	13	13.5	14	14.5	15	15.5	16	16.5	17	17.5	18	18.5	19	19.5
Weight	140	150	160	170	180	190	200	210	220	230	240	250	260	270	280

Regular (5'6" to 5'11") Talls (5'11" to 6'3") Tall sizes are longer than regular by 2" in the arms & legs and 1½" in the body of the garment.

IFR FR PARKA

Size/Tag	XS	S	M	L	XL	2XL	3XL	4XL	5XL
Chest	32-34	36-38	40-42	44-46	48-50	52-54	56-58	60-62	64-66
Waist	26-28	30-32	34-36	38-40	42-44	46-48	50-52	54-56	58-60
Neck	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
Weight (lbs)	120-140	145-160	165-180	185-200	205-220	225-240	245-260	265-280	285-300

Canadian Linen / IFR FR and Non FR Pant – Please note these do not have the ½ inch as previous pants. There the fit is snug.

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).

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

Women's IFR work pants

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

Canadian Linen FR Coverall and Non FR Coverall

Measurements (inches)	Size												
	38	40	42	44	46	48	50	52	54	56	58	60	
Chest (1" below armhole)	43 1/2	45 1/2	47 1/2	49 1/2	51 1/2	53 1/2	55 1/2	57 1/2	59 1/2	61 1/2	63 1/2	65 1/2	
Waist (center of band)	41 1/2	43 1/2	45 1/2	47 1/2	49 1/2	51 1/2	53 1/2	55 1/2	57 1/2	59 1/2	61 1/2	63 1/2	
Inseam (regular)	31 5/8	31 5/8	31 3/4	31 3/4	31 3/4	31 7/8	31 7/8	32	32 1/8	32 1/4	32 3/8	32 1/2	
Sleeve length (regular) from center back of	Tough Duck/Working - Parkas, Overalls, Rain Gear and Pants							37 1/2	38	38 1/2	39	39 1/2	40
Inseam (tall)	32 5/8	32 5/8	32 3/4	32 3/4	32 3/4	32 7/8	32 7/8	33	33 1/8	33 1/4	33 3/8	33 1/2	
Sleeve length back of neck	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"

Canadian Linen Button-Up Work Shirts- Long and short Sleeve

Size	S	M	L	XL	XXL	3XL	4XL	5XL
Neck	13½-14½	14½-15½	15½-16½	16½-17½	17½-18½	18½-19½	19½-20½	20½-21½
Chest	32½-36	36½-40	40½-44	44½-48	48½-52	52½-56	56½-60	60½-64
Max. Waist	35½	39½	44½	48½	52½	56½	60½	64½

Size	XS		S		M		L		XL		XXL		3XL		4XL		
	0	2	4	6	8	10	12	14	16	18	20	22	24	26	28	30	32
Bust	32-33	33-34	34-35	35-36	36-37	37-38	38-39½	39½-41	41-42½	42½-44½	44½-46½	46½-48½	48½-50½	50½-52½	52½-54½	54½-56½	56½-58½
Waist	25-26	26-27	27-28	28-29	29-30	30-31	31-32½	32½-34	34-35½	35½-37½	37½-39½	39½-41½	41½-43½	43½-45½	45½-47½	47½-49½	49½-51½
Hip	34½-35½	35½-36½	36½-37½	37½-38½	38½-39½	39½-40½	40½-42	42-43½	43½-45	45-47	47-49	49-51	51-53	53-55	55-57	57-59	59-61

IFR Full Zip Fleece

Size/Tag	S	M	L	XL	2XL	3XL	4XL
Chest	21	22.5	24	26	28	30	32
Neck	8.25	8.5	8.75	9.125	9.5	9.875	10.25

Polos

MEN'S GARMENT SIZE	XS	S	M	L	XL	XXL	3X	4X	5X	6X
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"	
Chest	32" - 35"	35" - 39"	39" - 42"	42" - 46"	46" - 49"	49" - 52"	52" - 56"	56" - 60"	60" - 64"	64" - 68"
Waist	26" - 30"	30" - 32"	32" - 35"	35" - 38"	38" - 41"	41" - 44"	44" - 47"	47" - 50"	50" - 53"	
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)				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	XXL	3X			
Equivalent Ladies' Sizes	2-4	6-8	10-12	14-16	18	20	22			
Chest	31" - 33"	33" - 36"	36" - 38"	38" - 42"	42" - 45"	45" - 49"	50" - 53"			
Waist	23" - 25"	25" - 28"	28" - 30"	30" - 32"	32" - 35"	35" - 38"	38" - 41"			
Hip	33" - 35"	35" - 38"	38" - 40"	40" - 42"	42" - 45"	45" - 48"	48" - 51"			

IFR Bib Overall

Size Chart - Overalls & Pants

Size	Waist	Garment Inseam
S	32 - 34	28
M	36 - 38	29
L	40 - 42	30
XL	44 - 46	31
2XL	48 - 50	32
3XL	52 - 54	32
4XL	56 - 58	32
5XL	60 - 62	33

WHAT SIZE AM I?

Here's How to Measure

WAIST MEASUREMENT:

Should be taken around the body at the height you normally wear your slacks. It is recommended to keep one finger between tape and body.

INSEAM MEASUREMENT:

Should be taken from the crotch to the top of your shoe.

Size/Tag	S	M	L	XL	2XL	3XL	4XL
Chest	36-38	40-42	44-46	48-50	52-54	56-58	60-62
Waist	30-32	34-36	38-40	42-44	46-48	50-52	54-56
Weight (lbs)	145-160	165-180	185-200	205-220	225-240	245-260	265-280

Tingley FR Rain Jacket

Size Chart - Jackets

Size	Chest Size	Garment Chest	Length	Sleeve
S	36 - 38	46	29	33
M	40 - 42	50	30	34
L	44 - 46	54	31	34½
XL	48 - 50	58	31	35
2XL	52 - 54	62	32	35½
3XL	56 - 58	66	32	36
4XL	60 - 62	70	32	36
5XL	64 - 66	74	33	38

WHAT SIZE AM I?

Here's How to Measure

SLEEVE MEASUREMENT:

Should be taken from your back at the center-base of your neck to the wrist.

CHEST MEASUREMENT:

Should be taken around the fullest part of your chest keeping the measuring tape under the arms.

Tingley FR Overall

Size Chart - Overalls & Pants

Size	Waist	Garment Inseam
S	32 - 34	28
M	36 - 38	29
L	40 - 42	30
XL	44 - 46	31
2XL	48 - 50	32
3XL	52 - 54	32
4XL	56 - 58	32
5XL	60 - 62	33

WHAT SIZE AM I?

Here's How to Measure

WAIST MEASUREMENT:

Should be taken around the body at the height you normally wear your slacks. It is recommended to keep one finger between tape and body.

INSEAM MEASUREMENT:

Should be taken from the crotch to the top of your shoe.

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.

