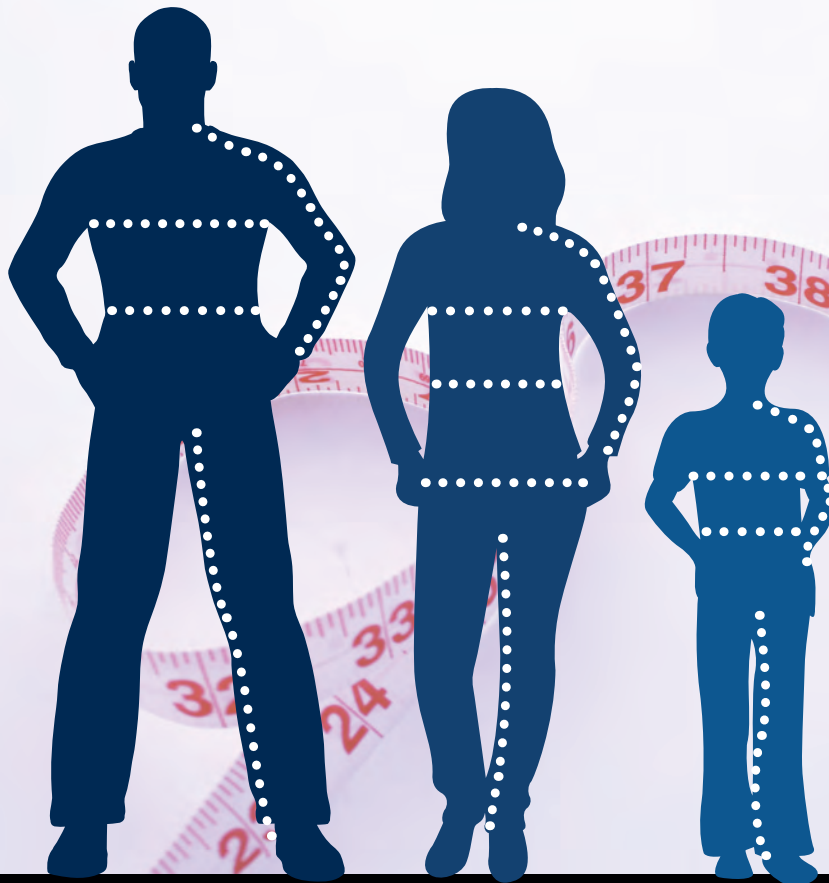


# MEASURING TIPS TO ASSURE THE BEST FIT



**SLEEVE:** With arm bent and hand on hip, place tape measure at the base (Center Back/CB) of your neck and follow along the top shoulder and arm to the wrist.

**BUST/CHEST:** With arms at sides, place tape measure under your arms and run it around the fullest part of the chest and across the shoulder blades.

**WAIST:** Find the natural crease of your waist by bending to one side. Run tape measure around your natural waistline, keeping one finger between the tape and your body for a comfortable fit.

**HIPS:** With feet together, run tape measure around the fullest part of your hips/seat, about 7 to 8 inches below your waistline.

**INSEAM:** For full-length pants, run tape measure along the inside of your leg, from just below the crotch, to about 1 inch below the ankle.

## MEN'S GENERAL SIZING GUIDE

	XS	S	M	L	XL	2XL	3XL	4XL	5XL	6XL
<b>Chest</b>	30"- 32"	34"- 36"	38"- 40"	42"- 44"	46"- 48"	50"- 52"	54"- 55"	56"- 57"	58"- 61"	61"- 64"
<b>Waist</b>	26"- 29"	29"- 32"	32"- 35"	35"- 38"	38"- 41"	41"- 44"	44"- 47"	47"- 50"	50"- 53"	53"- 56"
<b>Sleeve Length-CB</b>	31"- 32"	32"- 33.5"	34"- 35"	35"- 36"	36"- 37"	37"- 38"	38"- 39"	38.5"- 39"	39"- 39.5"	39.5"- 40"

## LADIES' GENERAL SIZING GUIDE

	XS	S	M	L	XL	2XL	3XL	4XL
<b>Numeric Size</b>	2	4-6	8-10	12-14	16	18-20	22	24
<b>Bust</b>	32"- 34"	35"- 36"	37"- 38"	39"- 41"	42"- 44"	45"- 47"	48"- 51"	52"- 55"
<b>Waist</b>	24"- 25"	26"- 27"	28"- 30"	30"- 32"	33"- 35"	36"- 38"	40"- 42"	42"- 44"
<b>Hip</b>	33"- 35"	35"- 37"	37"- 39"	39"- 41"	42"- 44"	45"- 47"	48"- 50"	50"- 52"
<b>Sleeve Length-CB</b>	30"- 30.5"	30.5"- 31"	31.5"- 32"	32.5"- 33"	33.5"- 34"	34"- 34.5"	34.5"- 35"	34.5"- 35

## YOUTH GENERAL SIZING GUIDE

	S	M	L	XL
<b>Numeric Size</b>	6-8	10-12	14-16	18-20
<b>Chest</b>	26"- 28"	28"- 30"	30"- 32"	32"- 35"
<b>Waist</b>	23"- 24.5"	24.5"- 25.5"	25.5"- 27"	27"- 29"
<b>Sleeve Length-CB</b>	25"- 26"	26"- 27.5"	27.5"- 29"	29.5"- 31"

**Please note:** This information is intended for use as a general guideline. Sizing and fit may vary somewhat by brand. All measurements are in inches.