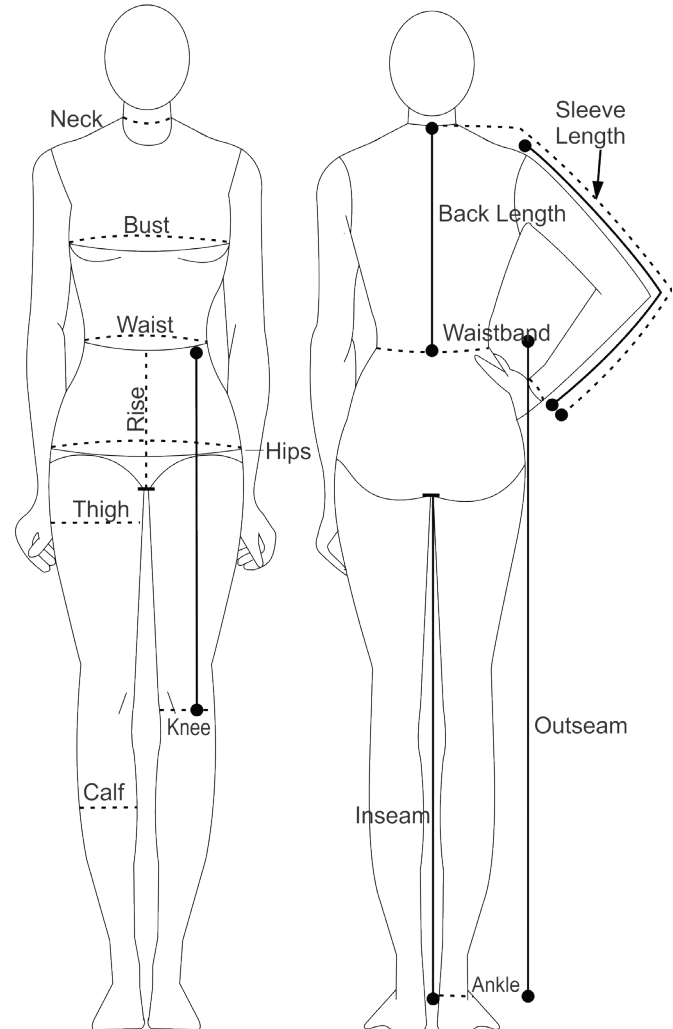


SIZE CHART

HOW TO MEASURE

- **Chest/Bust:** Measure around the fullest part of the chest/bust. Do not draw the tape too tightly.
- **Sleeve Length:** Measure from the center back of your neck, over the top of your shoulder and down to the point where your hand starts to widen at your wrist. The actual measurement of your arm only is measured from the top of the shoulder to the bottom of your wrist and is often used for casual shirt sizing.
- **Back Length:** Measure from the most prominent bone at base of neck to the natural waistline.
- **Cross Back:** Measure from shoulder to shoulder.
- **Upper Arm:** Measure around the widest section of the upper arm located above the elbow.
- **Waist:** Measure the circumference of your waist. Use the tape to circle your waist (sort of like a belt would) at your natural waistline, which is located above your belly button and below your rib cage. (If you bend to the side, the crease that forms is your natural waistline.) Don't suck in your stomach, or you'll get a false measurement. If you generally wear your clothes below your waist, take that measurement as well.
- **Hip:** Measure the circumference of your hips. Start at one hip and wrap the tape measure around your rear, around the other hip, and back to where you started. Make sure the tape is over the largest part of your buttocks.
- **Inseam:** This is the distance from the uppermost inner part of your thigh to the bottom of your ankle. You can measure your inseam in two ways.
 - › **With help:** While you're wearing a pair of pants, have a friend stretch the tape from your crotch to the bottom of your ankle.
 - › **Without help:** If you have a pair of pants that fit you perfectly (and they shouldn't be too loose around the waist), measure the inseam of the pants, again from the crotch to the hem.
- **Rise:** Rise is the distance from the middle of the crotch seam (right between your legs) to the top of the waistband. It usually ranges from 7" - 12".
- **Head Circumference:** For an accurate head measure, place a tape measure across the forehead and measure around the full circumference of the head. Keep the tape snug for accurate results.
- **NOTE:** ALL SIZES ARE DISPLAYED IN INCHES



WOMEN

SIZE	2	4/6	8/10	12/14	16/18	20/22	24/26	28/30
	XS	S	M	L	XL	2XL	3XL	4XL
Bust	32-34	35-36	37-38	39-41	42-44	45-47	48-51	52-55
Body Length (at back)	25¼	25⅞	26½	27⅞	27¾	28⅞	29	29⅞
Sleeve	33	33½	34	34⅝	35¼	35⅞	36¼	36⅝

MEN

SIZE	XS	S	M	L	XL	2XL	3XL	4XL
Chest	32-34	35-37	38-40	41-43	44-46	47-49	50-55	54-57
Body Length (at back)	27¾	28¾	29⅞	31	32⅞	33¼	33⅞	34½
Sleeve	34	35½	36¼	37	37¾	38½	39¼	40