

# SIZE CHART

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## NECK

Measure around your neck at the point where a shirt collar band encircles the neck.

## CHEST

Place tape measure up under arms and measure the fullest part of the chest, keeping tape parallel to the floor.

## WAIST

Tape measure should be straight around waist where pant waistband normally sits.

## SLEEVE

With elbow bent, measure from the centre of the back at the base of the neck, across the shoulder to the elbow and then down to the wrist.

## BUST

Place tape measure up under arms and measure the fullest part of the chest, keeping tape parallel to the floor.

## HIP

Standing with heels together, with tape parallel to the floor, measure the fullest part.

## MEN'S REGULAR SIZE

SIZE	NECK	CHEST	WAIST	SLEEVE LENGTH
Small	15.5-16	36-38	31-32	32.5-33
Medium	16.5-17	39-41	33-35	33-33.5
Large	17-17.5	42-44	36-38	33.5-34
XL	18-18.5	45-48	39-43	34-34.5
XXL	18.5-19	49-52	44-48	34.5-35

## LADIES' REGULAR SIZE

SIZE	NUMERIC SIZE	BUST	WAIST	HIP
X-Small	2	34	26	36.5
Small	4-6	35-36	27-28	37.5-38.5
Medium	8-10	37-38	29-30	39.5-40.5
Large	12-14	39.5-41	31.5-33	42-43.5
X-Large	16-18	42.5-44.5	34.5-36.5	45-47
XXL	20	46	38	48.5

## YOUTH SIZE

SIZE	NUMERIC SIZE	CHEST	WAIST
X-Small	4	25-26	24-25
Small	6-8	26-28	26-28
Medium	10-12	28-30	28-30
Large	14-16	30-32	30-32
X-Large	18-20	32-34	32-34

*\*PLEASE NOTE: These charts represent body measurements, not garment measurements.*