

MEASURE FOR SHIRTS

HOW TO MEASURE YOURSELF

NECK - Measure around base of neck.

ARM LENGTH - Measure from center back at base of neck to top edge of shoulder then down to wrist bone.

CHEST - Measure around the widest part of your chest

WAIST - Measure around the smallest part of your waist located at your bellybutton.

MEN'S TOPS

SIZE (INCHES)	NECK	CHEST	ARM LENGTH	WAIST
XS	13-13½	30-32	32¼ - 32¾	24-26
S	14-14½	34-36	33 - 33½	28-30
M	15-15½	38-40	33¾ - 34¼	32-34
L	16-16½	42-44	34½ - 35	36-38
XL	17-17½	46-48	35¼ - 35¾	40-42
XXL	18-18½	50-52	36 - 36½	44-46
3XL	19-19½	54-56	36¾ - 37¼	48-50
4XL	20-20½	58-60	37½ - 38	52-54

REGULAR (5'8-6'½) TALL (6'1-6'3)

Tall sizes have 2" added to body length & 2" added to sleeve length

*Arm length refers to your actual arm length, not the garment's sleeve length

WOMEN'S TOPS

SIZE (INCHES)	CHEST	ARM LENGTH*	WAIST	HIP
XS	31½ - 32½	29½ - 29¾	24-25	34½ - 35½
S	33½ - 34½	30¼ - 30½	26-27	36½ - 37½
M	35½ - 36½	31 - 31¼	28-29	38½ - 39½
L	38 - 39½	31¾ - 32	30½-32	41 - 42½
XL	41-43	32½ - 32¾	33½ - 35½	44-46
XXL	45-47	33¼ - 33½	38-40	48-50

REGULAR (5'5-5'7) TALL (5'8-5'11)

*Arm length refers to your actual arm length, not the garment's sleeve length

