



Women's Sizing Chart

SIZE CHART

	XXS	XS	S	M	L	XL	XXL	2XL	3XL
Size	00	0-2	4-6	8-10	12-14	16	18	20-22	24
Chest	32	33-34	35-36	37-38.5	40-41.5	43.5	45.5	47-49.5	51.5
Waist	24	25-26	27-28	29-30.5	32-33.5	35	39	40.5-43	45
Hip	34	35-36	37-38	39-40.5	42-43.5	45	48.5	50-52.5	54.5

WAIST

Measure around your natural waistline, keeping the tape comfortably loose.

HIP

Measure around the fullest part of your body at the top of your leg.

CHEST

Wrap the tape measure around the circumference of your chest at the widest point. Stand in a relaxed posture and breathe out

Men's Sizing Chart

SIZE CHART

	XS	S	M	L	XL	XXL
Neck	13.5-14	14-14.5	15-15.5	16-16.5	17-17.5	18-18.5
Chest	36-38	38-40	40-42	42-44	44-46	46-48
Sleeve	32.5	33.5	34.5	35.5	36.5	37.5
Waist	28-30	30-32	32-34	36-38	40-42	42-44

BIG & TALL

	1X	2X	3X	4X	5X	6X
Neck	16.75-17.5	17.75-18.5	18.75-19.5	19.75-20.5	20.75-21.5	21.75-22.5
Chest	47.5-49.5	51.5-53.5	55.5-57.5	59.5-61.5	63.5-65.5	67.5-69.5
Sleeve	35-37	36-38	37-39	38-40	39-41	40-42
Waist	44.5-46.5	48.5-50.5	52.5-54.5	56.5-58.5	60.5-62.5	64.5-66.5

NECK

Wrap the tape measure around the middle of your neck, over the Adam's apple, keeping it a bit loose for comfort..

WAIST

Measure around your natural waistline, keeping the tape comfortably loose.

CHEST

Wrap the tape measure around the circumference of your chest at the widest point. Stand in a relaxed posture and breathe out.

SLEEVE

With forearm parallel to chest, measure from back center of neck around the elbow to the wrist bone.