

Reg Size	Men's Chest	Waist		Women's Chest	Dress
XS	inch (cm)			32-33 (81.5-84cm)	2-4
S	37-39 (94-99)	34 (86)		34-35 (86-89cm)	6-8
M	40-42 (101-106)	35-36 (89-91)		36-38 (91-96cm)	10-12
L	43-45 (109-114)	37-39 (94-99)		39-40 (99-102cm)	14-16
XL	46-49 (117-124)	40-42 (101-107)		41-43 (104-106cm)	18-20
XXL	50-53 (127-135)	43-47 (109-119)		44-46 (110-116cm)	22-24
XXXL	53-57 (135-145)	48-50 (122-127)			

IF YOU USE YOUR T-SHIRT SIZE, YOU SHOULD BE RIGHT ON

Measuring Tips

Here are some tips to help you order the correct size. If you don't have a measuring tape, use a piece of string and hold it alongside a ruler.

Chest

Lift your arms slightly and measure around your body, crossing over the fullest part of your chest.

Waist

Measure the outside of your clothing at the waist.

Sleeve

Place your hand on your hip with your arm bent at 90 degrees. Measure from the middle of the back of your neck, across the shoulder, and down your arm to the wrist.

