

Reg	Men's		Women's		
Size	Chest	Waist		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 above the belt.

Men's Liner Tall Size is 2 inches (50mm) Longer Body, 1.5 inch (35mm) Longer Sleeves.

Tall Sizes are not offered in all Liners.