

## HEIGHT

Measure your height from the top of your head to the bottom of your feet (without any shoes on).

## CHEST

Measure around the fullest part of your chest, just under your arms.

## WAIST

Wrap tape around your natural waistline, or where you actually wear your pants.

## INSEAM

Best taken from an existing pair of pants you like. Measure along inseam from the crotch seam to the hem.

## SLEEVE LENGTH

With elbow bent, measure from the center of the back of your neck around your elbow and to your wrist.

| MEN | JACKETS, PARKAS, PANTS,BIB OVERALLS, COVERALLS |  |  |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| NUMERIC | 36 | 40 | 44 | 48 | 52 | 54 | 56 | 60 |
| ALPHA | S | M | L | XL | 2XL | 3XL | 4XL | 5XL |
| NECK | 14'141/2" | $15^{\prime \prime}-15^{1 / 2 \prime}$ | $16^{\prime \prime}-16^{1 / 2} 2^{\prime \prime}$ | 17'1711/2" | 18'18181/2' | 19'-191/2" | $20^{\prime \prime}-201 / 2^{\prime \prime}$ | $21^{\prime \prime}-21^{1 / 2 \prime \prime}$ |
| CHEST | 35' $-37^{\prime \prime}$ | 38' - $40^{\prime \prime}$ | $42^{\prime \prime}-44^{\prime \prime}$ | $46^{\prime \prime}-48^{\prime \prime}$ | 49'1-51" | $52^{\prime \prime}-54^{\prime \prime}$ | $55^{\prime \prime}-57^{\prime \prime}$ | $58^{\prime \prime}-60^{\prime \prime}$ |
| WAIST | 29'1-31" | 32'1-34" | $36^{\prime \prime}-38^{\prime \prime}$ | 40'1-42' | $43^{\prime \prime}-45^{\prime \prime}$ | $46^{\prime \prime}-48^{\prime \prime}$ | 49'1 - 51' | $52^{\prime \prime}-54^{\prime \prime}$ |
| INSEAM(REG) | $32^{\prime \prime}$ | $32^{\prime \prime}$ | $32^{\prime \prime}$ | $32^{\prime \prime}$ | $32^{\prime \prime}$ | $32^{\prime \prime}$ | $32^{\prime \prime}$ | $32^{\prime \prime}$ |



## HEIGHT

Measure your height from the top of your head to the bottom of your feet (without any shoes on).

## CHEST

Measure around the fullest part of your chest, just under your arms.

## WAIST

Wrap tape around your natural waistline, or where you actually wear your pants.

## HIP



Stand with heels together and measure around the fullest part of your hips.

## INSEAM

Best taken from an existing pair of pants you like. Measure along inseam from the crotch seam to the hem.

## SLEEVE LENGTH

With elbow bent, measure from the center of the back of your neck around your elbow and to your wrist.

| WOMEN | JACKETS, PARKAS, BIB OVERALLS, COVERALLS |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| NUMERIC | $4 / 5$ | $6 / 8$ | $10 / 12$ | $14 / 16$ | $18 / 20$ | $22 / 24$ |
| ALPHA | XS | S | M | L | XL | 2 XL |
| CHEST | $33^{\prime \prime}-34^{\prime \prime}$ | $35^{\prime \prime}-36^{\prime \prime}$ | $37^{\prime \prime}-39^{\prime \prime}$ | $40^{\prime \prime}-42^{\prime \prime}$ | $43^{\prime \prime}-46^{\prime \prime}$ | $47^{\prime \prime}-50^{\prime \prime}$ |
| WAIST | $24^{\prime \prime}-25^{\prime \prime}$ | $26^{\prime \prime}-27^{\prime \prime}$ | $28^{\prime \prime}-30^{\prime \prime}$ | $31^{\prime \prime}-33^{\prime \prime}$ | $34^{\prime \prime}-37^{\prime \prime}$ | $38^{\prime \prime}-41^{\prime \prime}$ |
| HIP | $34^{\prime \prime}-35^{\prime \prime}$ | $36^{\prime \prime}-37^{\prime \prime}$ | $38^{\prime \prime}-40^{\prime \prime}$ | $41^{\prime \prime}-43^{\prime \prime}$ | $44^{\prime \prime}-47^{\prime \prime}$ | $48^{\prime \prime}-51^{\prime \prime}$ |
| INSEAM(REG) | $30^{\prime \prime}$ | $30^{\prime \prime}$ | $30^{\prime \prime}$ | $30^{\prime \prime}$ | $30^{\prime \prime}$ | $30^{\prime \prime}$ |

