## BIG \& TALL SIZE GUIDES

- Please request assistance from another person when taking your measurements.
- Measure over light clothing as thicker clothing can increase measurements.
- Remove any items from your pockets before taking measurements.
- Measure with the tape measure flat against the body.
- Do not hold the tape measure too tightly.
- Please choose the correct size based on your largest measurement: Chest or Waist


## A. HEIGHT:

Height is measured bare foot from the top of the head to the floor.

## B. CHEST:

Measure chest circumference around fullest part, keeping the tape level under the arms and across the back.

## C. WAIST:

Measure around your waist at the widest point.

| Mens Height Chart |
| :---: |
| Big \& Tall |
| Height |
| $6^{\prime} 0^{\prime \prime}-6^{\prime} 4^{\prime \prime}$ |
| $182 \mathrm{~cm}-192 \mathrm{~cm}$ |



| Mens Big \& Tall Shirts |  |  |  |  |  |
| :--- | :---: | :---: | :---: | :---: | :---: |
|  | 2XL-BT | 3XL-BT | 4XL-BT | 5 XL-BT | 6XL-BT |
| Chest Inch | $48-52$ | $52-56$ | $56-60$ | $60-64$ | $64-68$ |
| Chest cm | $122-132$ | $132-142$ | $142-152$ | $152-162$ | $162-172$ |
| Waist Inch | $47-51$ | $51-55$ | $55-59$ | $59-63$ | $63-67$ |
| Waist cm | $119-129$ | $129-139$ | $139-149$ | $149-159$ | $159-169$ |

## DIFFERENCES BETWEEN REGULAR AND BIG \& TALL LENGTHS

Big \& Tall Body Lengths are 2" - 5 cm longer than regular sizes.
Big \& Tall Sleeve Lengths are 2" - 5 cm longer than regular sizes.

