



FIT GUIDE

FIT & BODY MEASUREMENTS

STEP 1: MEASURE YOUR BODY

CHEST

From a standing position, measure the circumference of your upper body at the fullest part of your chest, typically just under the arm pit.

SLEEVE

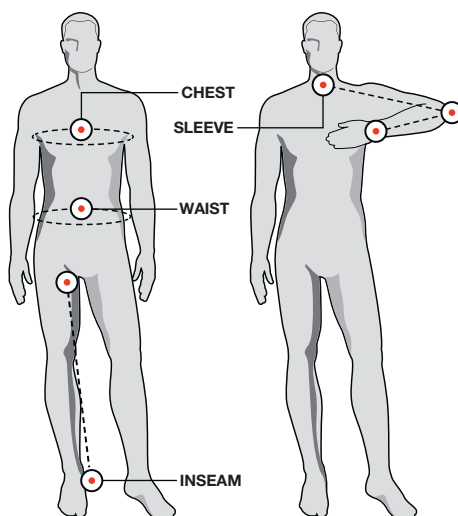
Bend your elbow as shown. Start at the center back of your neck and measure across the shoulder, around the elbow and to your wrist.

WAIST

Measure around your natural waist where your pants sit most comfortably. Alternatively, you can look at the tag in the pants you are wearing.

INSEAM

Remove your shoes and measure from your crotch to your ankle.



YOUR T-SHIRT SIZE

In most cases the t-shirt size you normally wear will directly correspond to the size Benchmark FR coverall, shirt or outerwear you choose.

CUSTOM SIZES & QUESTIONS

Please contact us directly if you need assistance in determining your size or need a custom sized garment. Please call 714.360.0663.

FREE TAILORS TAPE BENCHMARKFR.COM/FIT

Contact us and we will send you a free tailors tape!

714.360.0663 | SALES@BENCHMARKFR.COM

STEP 3: FIND YOUR SIZE

ALREADY WEARING ANOTHER FR BRAND?

We can help! If you are currently wearing another FR brand we can easily determine what Benchmark FR size will fit closest to your garment. Most FR brands vary in fit and sizing may not be consistent between brands. Problem Solved; just tell us what brand and size you are wearing and we can tell you the Benchmark FR size that corresponds directly to that brand. Please call 714.360.0663.

Men's Button Up Shirts [Work Fit]

Size	S	M	L	XL	2XL	3XL	4XL	5XL
Measured Chest, Inches	34 - 36	38 - 40	42 - 44	46 - 48	50 - 52	54 - 56	58 - 60	62 - 64
Shirt Chest Circumference, Inches	45	47	49	51 1/2	55	59	63	67
Shirt Sleeve Length, Inches	33 1/2	34 1/2	35	35 3/4	35 3/4	35 3/4	35 3/4	35 3/4
Shirt Back Length, Inches	29	30	31	31 1/2	32	33	33 1/2	33 3/4
Tall Shirt Sleeve Length, Inches			36 1/2	37 1/4	37 1/4			
Tall Shirt Back Length, Inches			32	32 1/2	33			

Men's 2nd Skin Shirt [Base Layer Fit]

Size	S	M	L	XL	2XL	3XL	4XL	5XL
Measured Chest, Inches	34 - 36	38 - 40	42 - 44	46 - 48	50 - 52	54 - 56	58 - 60	62 - 64
Shirt Chest Circumference, Inches	41 1/2	43 1/2	45 1/2	48	51 1/2	55 1/2	59 1/2	63 1/2
Shirt Sleeve Length, Inches	33 3/4	34 1/8	35 1/8	35 1/2	35 3/8	35 3/8	35 1/4	35 1/8
Shirt Back Length, Inches	28	29	30	31	31	31 3/4	31 3/4	32 1/2

Men's Henley & Polo Shirts [Work Fit]

Size	S	M	L	XL	2XL	3XL	4XL	5XL
Measured Chest, Inches	34 - 36	38 - 40	42 - 44	46 - 48	50 - 52	54 - 56	58 - 60	62 - 64
Shirt Chest Circumference, Inches	43 1/4	45 1/4	47 1/4	49 3/4	53 1/4	57 1/4	61 1/4	65 1/4
Shirt Sleeve Length, Inches	33 3/8	33 3/4	34 1/2	35 1/8	35 3/8	35 1/4	35 3/8	35 3/8
Shirt Back Length, Inches	28 1/4	29 1/4	30 1/4	31 1/4	31 1/4	32	32	32 3/4

Men's Sweatshirts [Work Fit]

Size	S	M	L	XL	2XL	3XL	4XL	5XL
Measured Chest, Inches	34 - 36	38 - 40	42 - 44	46 - 48	50 - 52	54 - 56	58 - 60	62 - 64
Sweatshirt Chest Circumference, Inches	44	46	48	50	54	58	62	64
Sweatshirt Sleeve Length, Inches	34 3/4	35 1/2	36 1/4	37	37	37	37	37
Sweatshirt Back Length, Inches	28	29	29 1/2	30	30 1/4	31 1/2	32 1/2	33

Men's Jackets [Outerwear Fit]

Size	S	M	L	XL	2XL	3XL	4XL	5XL
Measured Chest, Inches	34 - 36	38 - 40	42 - 44	46 - 48	50 - 52	54 - 56	58 - 60	62 - 64
Jacket Chest Circumference, Inches	48	50	52	54 3/4	58 1/2	62 1/2	66 1/2	70 1/2
Jacket Sleeve Length, Inches	33 1/4	33 1/2	35	35 3/4	35 7/8	35 7/8	36 3/8	36 3/8
*Jacket Back Length, Inches	28 1/4	28 1/4	28 3/4	28 3/4	29 1/4	29 1/4	29 3/4	29 3/4

*Shows Insulated Bomber Jacket (6008FR) Length. Add 2" for Insulated Parka (6015FR) Length.

STEP 2: COMPARE YOUR MEASUREMENTS TO SIZE CHART

EXAMPLE

BASE LAYER FIT

FIT TYPE: Refers to how each garment type fits the body. See Our Fit Defined.

SIZE: Shows the garment size range you can choose from.

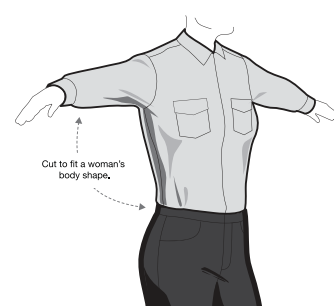
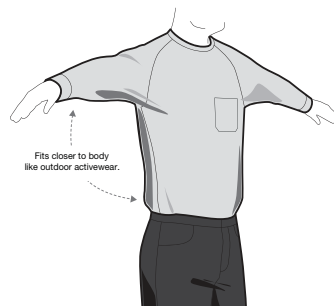
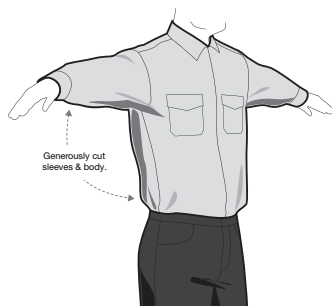
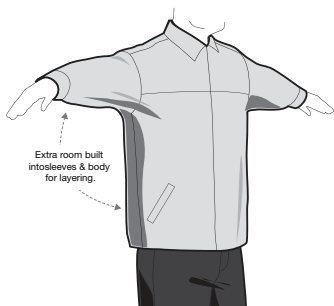
MEASURED CHEST: Use your own chest body measurements (from Step 1) to find the size range you fall under.

GARMENT MEASUREMENTS:

Detailed garment measurements are provided as extra reference points. Cross check your own body measurements with these measurements to make sure you have chosen the best garment size for you.

Size	S	M	L
Measured Chest, Inches	34 - 36	38 - 40	42 - 44
Shirt Chest Circumference, Inches	41 1/2	43 1/2	45 1/2
Shirt Sleeve Length, Inches	33 3/4	34 1/8	35 1/8
Shirt Back Length, Inches	28	29	30

OUR FIT DEFINED



OUTERWEAR FIT

Can be worn over a base layer, work shirt or combination of both and still provides room for movement.

WORK FIT

Designed to be worn over a base layer or t-shirt. Has extra room around arm pit and chest for ease of mobility. Extra body length ensures shirt stays tucked in.

BASE LAYER FIT

Fits like a comfortable t-shirt. Sits closer to the body but is not snug like athletic wear. Extra body length ensures shirt stays tucked in.

WOMEN'S CONTOUR FIT

Designed to be worn over a base layer or t-shirt. Body shape is contoured around bust, waist and hips to fit a woman's body.

Men's Pants & Jeans [Work Fit]

Size	W30	W32	W34	W36	W38	W40	W42	W44	W46	W48
Measured Waist, Inches	30 - 31 1/2	32 - 33 1/2	34 - 35 1/2	36 - 37 1/2	38 - 39 1/2	40 - 41 1/2	42 - 43 1/2	44 - 45 1/2	46 - 47 1/2	48 - 49 1/2
Pant Waist Circumference, Inches	31 1/2	33 1/2	35 1/2	37 1/2	39 1/2	41 1/2	43 1/2	45 1/2	47 1/2	49 1/2
Pant Low Hip Circumference, Inches	41	43	45	47	49	51	53 1/2	55	57	59

Inseam Length All pants are hemmed to length. Specify inseam length or X-Short (28"), Short (30"), Regular (32"), Long (34"), X-Long (36").

Men's Coveralls [Coverall Fit]

Size	S	M	L	XL	2XL	3XL	4XL	5XL	6XL*	7XL*
Measured Chest, Inches	34 - 36	38 - 40	42 - 44	46 - 48	50 - 52	54 - 56	58 - 60	62 - 64	66 - 68	70 - 72
Coverall Chest Circumference, Inches	48	50	52	54	56	58	60	62	64	65.5
Coverall Waist Circumference, Inches	38	41	43	44	45	47	50	54	57	59
Coverall Sleeve Length, Inches	34 1/2	35 5/8	36 1/4	36 1/2	36 3/4	37 5/8	37 3/4	37 3/4	40	40
Coverall Torso Length, Neck to Crotch	30	31	32	33	33	34	34	35	36	37

Inseam Length Specify inseam length or X-Short (28"), Short (30"), Regular (32"), Long (34"), X-Long (36").

* Size 6XL and 7XL available in Navy and Light Gray.

Women's Button Up Shirts [Women's Contour Fit]

Size	XS	S	M	L	XL	2XL	3XL
Measured Chest, Inches	32 - 33	34 - 35	36 - 37	38 - 39	40 - 41	42 - 43	44 - 45
Shirt Chest Circumference, Inches	38 1/2	40	42	44	46	47 1/2	48 1/2
Shirt Hip Circumference	39	40 1/2	42 1/2	44 1/2	46 1/2	48 1/2	50
Shirt Sleeve Length, Inches	30 1/2	31 1/4	32 1/2	32 3/4	34	34 3/4	35
Shirt Back Length, Inches	26 3/4	27 3/4	27 3/4	28 3/4	29	29 3/4	30 1/4

Women's Pants & Jeans [Women's Contour Fit]

Size	W2	W4	W6	W8	W10	W12	W14	W16	W18
Measured Waist, Inches	29 - 30	30.5 - 31	31.5 - 32	32.5 - 33	33.5 - 34	34.5 - 35.5	36 - 37	37.5 - 38.5	39 - 40
Pant Waist Circumference, Inches	30	31	32	33	34	35 1/2	37	38 1/2	40
Pant Low Hip Circumference	38 1/2	39 1/2	40 1/2	41 1/2	42 1/2	44	45 1/2	47	48 1/2

Inseam Length All pants are hemmed to length. Specify inseam length or X-Short (28"), Short (30"), Regular (32"), Long (34"), X-Long (36").

Coverall Fit

Size	XS	S	M	L	XL	2XL	3XL
Measured Chest, Inches	32 - 33	34 - 35	36 - 37	38 - 39	40 - 41	42 - 43	44 - 45
Coverall Chest Circumference, Inches	40	42	44	46	49	52	55
Coverall Waist Circumference, Inches	33 1/2	35 1/2	37 1/2	39	41	43 1/2	46
Coverall Sleeve Length, Inches	31 3/4	32 1/2	32 3/4	33	33 1/2	34	34
Coverall Torso Length, Neck to Crotch	28	29	29 1/4	30	31 1/2	32	33 1/2

Inseam Length Specify inseam length or X-Short (28"), Short (30"), Regular (32"), Long (34"), X-Long (36").

CUSTOM SIZES

If you have a need for custom fitting FR we can help make code compliant and custom clothing to fit.

The easiest way to make your custom size is for you to send us a "like" garment which we measure, create a custom pattern and then manufacture your custom fit FR. By a "like" garment we mean if you want a button up shirt send us your favorite non-FR button up shirt. Within a week we will send back your garment after taking its specifications. A few weeks later three sets of your soon to be favorite FR clothing will arrive at your door!