

All measurements listed in inches

SIZE	NECK	CHEST	SLEEVE	WAIST
XXS	12-12½	29-30	30½-31	24-25
XS	13-13½	30-32	31½-32	31-33
S	14-14½	34-36	32½-33	29-31
M	15-15½	38-40	33½-34	32-35
L	16-16½	42-44	34½-35	36-40
XL	17-17½	46-48	35½-36	41-45
XXL	18-18½	50-52	35½-36	46-49
MT	15-15½	38-40	35½-36	32-35
LT	16-16½	42-44	36½-37	36-40
XLT	17-17½	46-48	36½-37	41-45
2XT	18-18½	50-52	37½-38	46-49
3XT	19-19½	54-56	37½-38	50-52
1X	17-17½	49-51	34½-35	41-45
2X	18-18½	53-55	34½-35	46-49
3X	19-19½	57-59	35½-36	50-52
4X	20-20½	61-63	35½-36	53-55
5X	21-21½	64-66	36½-37	56-58
6X	22-22½	67-69	36½-37	58-60

 **TIPS:** If you don't have a measuring tape, use a piece of string and hold it alongside a ruler. For the best fit, we recommend you measure without clothing on.

1 NECK

Find a shirt with a collar that fits well. Unbutton the shirt and lay it flat button side up. Measure from the center of the collar button to the far end of the buttonhole.

To measure neck instead of a shirt, place tape measure around neck with two fingers inside tape measure for comfortable fit.

2 SLEEVE

With arm relaxed at side and slightly bent, measure from the center of the back of your neck down the outside of the arm to the wrist.

3 CHEST

Measure around your upper body just under arms, across shoulder blades while holding tape measure firm and level.

4 WAIST

Measure around your waist at the narrowest point.