

## How to measure

**CHEST:** Measure at the fullest part of the chest, just under your arms.

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

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

### Men's Size Chart

	Neck	Chest	Waist
2X-Small	12 - 12.5	29 - 31	24 - 25
X-Small	13 - 13.5	32 - 34	26 - 28
Small	14 - 14.5	35 - 37	29 - 31
Medium	15 - 15.5	38 - 40	32 - 34
Large	16 - 16.5	42 - 44	36 - 38
X-Large	17 - 17.5	46 - 48	40 - 42
2X-Large	18 - 18.5	49 - 51	43 - 45
3X-Large	19 - 19.5	52 - 54	46 - 48
4X- Large	20 - 20.5	55 - 57	49 - 51
5X-Large	21 - 21.5	58 - 60	52 - 54
6X-Large	22 - 22.5	61 - 63	55 - 57
7X-Large	23 - 23.5	64 - 66	58 - 60

### Women's Size Chart

	Chest	Waist	Hip
X-Small	33 - 34	24 - 25	34 - 35
Small	35 - 36	26 - 27	36 - 37
Medium	37 - 39	28 - 30	38 - 40
Large	40 - 42	31 - 33	41 - 43
X-Large	43 - 46	34 - 37	44 - 47
2X-Large	47 - 50	38 - 41	48 - 51

