



# SIZING

GUIDE

## MEN'S GARMENT SIZE

Sizes	XS	S	M	L	XL	2XL	3XL	4XL	5XL	6XL
NUMERIC SIZING	34	38	40	42	44	46	48	50	52	54
NECK/COLLAR	13.5-14"	14.5-15"	15.5-16"	16.5-17"	17.5-18"	18.5-19"	19.5-20"	20.5-21"	21.5-22"	22.5-23"
CHEST	32-34"	35-38"	39-41"	42-45"	46-49"	50-52"	53-56"	57-60"	61-64"	65-68"
WAIST	26-28"	29-31"	32-34"	35-37"	38-41"	42-44"	45-47"	48-50"	51-53"	54-56"
SLEEVE LGTH. Reg.	32.5-33"	33-33.5"	34-34.5"	35-35.5"	36-36.5"	37-37.5"	38-38.5"	38.5-39"	39-39.5"	39.5-40"
SLEEVE LGTH. Tall	32.5-33"	33-33.5"	34-34.5"	37-37.5"	38-38.5"	39-39.5"	40-40.5"	40.5-41"	41-41.5"	41.5-42"

## WOMEN'S GARMENT SIZE

Sizes	XS	S	M	L	XL	2XL	3XL	4XL
NUMERIC SIZING	2	4-6	8-10	12-14	16-18	20	22	24
CHEST	31-32"	33-35"	36-38"	39-42"	43-45"	46-49"	50-53"	54-57"
WAIST	23-24"	25-27"	28-30"	31-32"	33-35"	36-38"	39-41"	42-44"
HIP	33-34"	35-37"	38-40"	41-42"	43-45"	46-48"	49-51"	52-54"
SLEEVE LGTH.	29.5-30"	30.5-31"	31.5-32"	32.5-33"	33.5-34"	34.5-35"	35-35.5"	35.5-36"

## GILDAN® GARMENT SIZE

Sizes	XS	S	M	L	XL	2XL	3XL	4XL	5XL
MEN'S CHEST		34-36"	38-40"	42-44"	46-50"	50-52"	54-56"	58-60"	62-64"
WOMEN'S	0-2	4-6	8-10	12-14	18-20	20-22	24-26		

## How to measure

**CHEST:** Measure just under the arms, across fullest part of chest, around shoulder blades holding tape firm and level.

**WAIST:** Measure your natural waistline, keeping one finger between the tape and the waist.

**HIP:** Stand and measure around the fullest point of hips.

**SLEEVE LENGTH:** With arm relaxed at side and slightly bent, measure from centre back neck, over the shoulder, down to the outer wrist.

**INSEAM:** Stand and measure from centre crotch to bottom of ankle bone. (Please refer to specific style for garment inseam length.)

**UNISEX:** Men's medium is similar to ladies' large. Sleeve length will be about 1-1½" longer. Body of garment is not form fitting.

Unisex medium is equivalent to men's medium through chest and sleeve length.

**TALL SIZES:** Men's garments have added length in the body and sleeves. Short-sleeves are 1" longer, long-sleeves and body length are 2" longer.





Sizes	S			M			L			XL		2XL		3XL		4XL		5XL		6XL		
WAIST	28	29	30	31	32	33	34	35	36	38	40	42	44	46	48	50	52	54	56	58	60	
INSEAM REG.											33											
INSEAM TALL											34											

Sizes	S		M		L		XL		2XL		3XL		4XL		5XL		6XL	
CHEST	34	36	38	40	42	44	46	48	50	52	54	56	58	60	62	64	64	66
WAIST	31		35		39		43		47		51		55		59		63	
INSEAM REG.	5'8" - 6'																	
INSEAM TALL	6'1" - 6'3"																	

Sizes	S		M		L		XL		2XL		3XL		4XL		5XL	
CHEST	34	36	38	40	42	44	46	48	50	52	54	56	58	60	62	64
SLEEVE REG.	33½		34½		35½		36½		37½		38½		39½		40½	
SLEEVE TALL	34½		35½		36½		37½		38½		39½		40½		41½	

Sizes	S		M		L		XL		2XL		3XL		4XL		5XL	
CHEST	34	36	38	40	42	44	46	48	50	52	54	56	58	60	62	64
NECK	15	15½	16	16½	17	17½	18	18½	19	19½	20	20½	21	21½	22	22½
SLEEVE REG.	33¾		34⅜		35		35⅝		36¼		36⅞		37½		38⅞	
SLEEVE TALL	34¾		35⅜		36		36⅝		37¼		37⅞		38½		39⅞	

		XXS		XS		S		M		L		XL		2XL		3XL	
Sizes	Tolerance	0	2	4	6	6	8	10	12	14	16	18	20	22	24	24	26
CHEST	±1"	32	33	34	35	35	36	37	38½	40½	42½	44½	46½	48½	50½	52½	54½
WAIST	±1"	25	26	27	28	28	29	30	31½	33½	35½	37½	39½	41½	43½	45½	47½
HIPS	±1"	35	36	37	38	38	39	40	41½	43½	45½	47½	49½	51½	53½	55½	57½
Inseam																	
SHORT	±1"	28"															
REGULAR	±1"	30-32															
TALL	±1"	32-34															

Sizes	Tolerance	S		M		L		XL		2XL		3XL		4XL		5XL	
CHEST	±1"	34	36	38	40	42	44	46	48	50	52	54	56	58	60	62	64
SLEEVE (Reg.)	±1"	33½		34½		35½		36½		37½		38½		39½		40½	
SLEEVE (Tall)	±1"	34½		35½		36½		37½		38½		39½		40½		41½	

Sizes	S		M		L		XL		2XL		3XL		4XL		5XL		6XL	
NUMERICAL	36		38	40	42 44		46	48	50 52		54	56	58 60		62	64	66	
HEIGHT (Reg.)	5'4" - 5'7"																	
HEIGHT (Tall)	5'8" - 6'1"																	

## MEN'S GARMENT SIZE

Sizes	XXS	XS	S	M	L	XL	2XL	3XL	4XL	5XL	6XL	7XL
NECK	13.4	14.2	15	15.7	16.5	17.3	18.1	18.9	19.7	20.5	21.2	22
CHEST	34.3	36.2	38.2	40.2	42.1	44.1	46.1	48	50	52	54	56
WAIST	28	30	32	34	36	38	40	42	44	46	48	50

## MEN'S PANT SIZE

Sizes	XXS	XS	S	M	L	XL	2XL	3XL	4XL	5XL
WAIST	28"	30"	32"	34"	36"	38"	40"	42"	44"	46"
IN SEAM (Reg.)	31"	32"	32"	32"	32"	33"	33"	33"	33"	33"
IN SEAM (Stout)	-	-	-	-	-	-	-	32"	32"	32"

## WOMEN'S GARMENT SIZE

Sizes	XXS	XS	XS-S	S	M	L	L-XL	XL	2XL	3XL	4XL	5XL	-	-	-
US/CA	0	2	4	6	8	10	12	14	16	18	20	22	24	26	28
BUST	29.5-30.3	30.7-32.3	32.6-34.2	34.6-36.2	36.6-38.2	38.6-40.2	40.6-42.5	43-44.9	45.3-46.9	47.2-48.8	49.2-50.8	51.2-52	53-54.7	55.1-56.7	-
WAIST	22.4-23.2	23.6-25.2	25.6-27.2	27.5-29.1	29.5-31.1	31.5-33.1	33.5-35.4	35.8-37.8	38.1-39.8	40.2-41.7	42.1-43.7	44.1-45.7	46.1-47.6	48-49.6	50-51.6
HIP	33.1-33.9	34.2-35.8	36.2-37.8	38.1-39	40.1-41.7	42.1-43.7	44.1-46.1	46.5-48.4	48.8-50.4	50.7-52.4	52.7-54.3	54.7-56.3	56.7-58.3	58.7-60.2	60.2-62.2

## How to measure

### MEN'S

**NECK:** Measure around the middle of your neck at collar level, keeping the tape loose to make allowance for comfort.

**CHEST:** Measure under your arms and across shoulder blades, around the fullest part of your chest. Hold one finger between body and tape.

**WAIST:** Measure around your natural waistline while holding one finger between body and tape. Measure over shirt at position your pants would normally sit.

**IN SEAM:** Measure from the crotch seam to the bottom of the inside leg of a well-fitting pair of pants.

### WOMEN'S

**BUST:** Measure under your arms and across shoulder blades, around the fullest part of your bust. Hold one finger between body and tape.

**WAIST:** Measure around your natural waistline while holding one finger between body and tape. This is the smallest part of your waist.

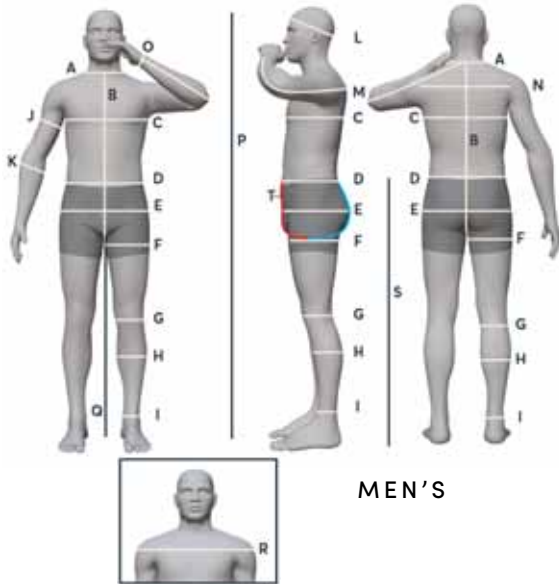
**HIP:** Measure around fullest part of your hips (about 20 - 24cm down from waist) while standing naturally.

**PANT AND SKIRT LENGTHS:** Pants and skirts will vary in length depending on the height of each individual and also their shape. All pants come with a hem allowance allowing for easy alterations.

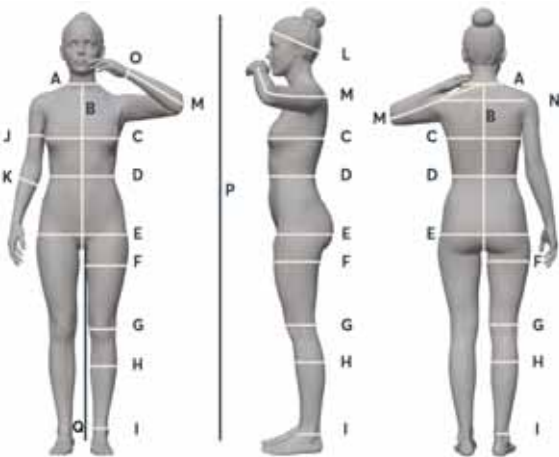


# MEN'S & LADIES SIZING

## SIZING GUIDELINES



MEN'S



LADIES

**A NECK** Measure around the base of your neck where a collared shirt would fit; or measure a collarband of a shirt that fits you well. Lay the collarband flat. Measure from the beginning of the buttonhole to the center of the button.

**B TRUNK** Measure from the base of the neck (front) down around the crotch and back up to the bottom of the collar. For coveralls only - see Diagram.

**C CHEST / BUST** Measure at the fullest part of your chest / bust. Hold the tape firmly, but not tightly. Be sure the tape is level and straight across your back. Stand naturally with your arms down by your side.

**D WAIST / MID SECTION** First, remove your belt. Then measure over shirt (not over pants) at the position you normally wear your pants. Hold the tape firmly, but not tightly. Note - For shirts and coveralls, measure the largest portion of the mid-section.

**E HIPS** Stand with your heels together. Measure around the fullest part of the hips. Hold the tape measure straight and level.

**F THIGH** Measure the circumference of the upper leg close to the crotch (approximately 1" below crotch).

**G KNEE** With the leg straight, measure the knee circumference over the knee cap and parallel to the floor.

**H CALF** Measure the circumference of the largest part of the lower leg approximately half way between the knee and ankle and parallel to the floor.

**I ANKLE** Measure the ankle circumference over the ankle bone and parallel to the floor.

**J UPPER ARM / BICEP** Measure the maximum circumference of the upper arm just below the underarm.

**K FOREARM** Measure the maximum circumference of the forearm at approximately 6" above the wrist.

**L CAP / HAT SIZE** Measure the circumference of the head at its widest diameter, approximately 1/8" above the ears.

**M SLEEVE** Bend the elbow as shown (see M). Start at the center back neck and measure across shoulder to the elbow and down to the wrist bone.

**N ACROSS SHOULDER** While standing with arms down, measure across the back from one shoulder joint to the other.

**O WRIST** Measure the wrist circumference over the wrist bone.

**P HEIGHT** Stand straight against a wall without your shoes. Make a mark level with the top of your head. Measure from this point down to the floor.

**Q INSEAM** Standing straight, measure the distance from the crotch to just below the ankle bone. Or - using similar style pants that fit you well; lay garment flat and with the front and back creases smooth. Measure the inside seam of one leg from the bottom of the hem to the crotch (see Qb).

**R OVERARM (Blazers)** With arms at the sides, measure around the broadest part of the shoulders and upper arms, keeping the tape level at all times. If overarm is more than 7" larger than the chest, go up one size.

**S OUTSEAM** Measure along the outside of the leg from the top of the waistband to the bottom of the hem or just below the ankle bone.

**Sa OUTSEAM ON GARMENT** On an existing garment: lay garment flat, measure along the outseam from the top of the band to the bottom hem.

**T FRONT & BACK RISES** Front: this is the distance from the center front at the top of the waistband to the intersection of the crotch seam. Back: this is the distance from the center back waistband to the intersection of the crotch seams.



## MEN'S & LADIES SIZING

**BRANDS:** Muskoka Trail, CX2, Heritage 54, Canada Genuine Sportswear

### ADULT / MEN'S GARMENT SIZE

	XS	S	M	L	XL	2XL	3XL	4XL	5XL
CHEST	33-35	36-38	39-41	42-44	45-47	48-50	51-53	54-56	57-59
WAIST	26-28	29-31	32-34	35-37	38-40	41-43	44-46	47-49	50-52

### WOMEN'S GARMENT SIZE

	XS	S	M	L	XL	2XL
CHEST	30-32	33-35	36-38	39-41	42-44	45-47
WAIST	24-25	26-27	28-30	31-31	33-35	36-38

**BRANDS:** 24/7

### ADULT / MEN'S GARMENT SIZE

	XS	S	M	L	XL	2XL	3XL	4XL	5XL
CHEST	29-32	33-36	37-40	41-44	45-48	49-52	53-56	57-60	61-64
WAIST	26-28	29-31	32-34	35-37	38-40	41-43	44-46	47-49	50-52

### WOMEN'S GARMENT SIZE

	XS	S	M	L	XL	2XL
CHEST	30-32	33-35	36-38	39-41	42-44	45-47
WAIST	24-25	26-27	28-30	31-31	33-35	36-38



## MEN'S SIZING

### COATS, PARKAS, JACKETS, SHIRTS, SWEATSHIRTS

Size	Chest	Waist	Hip (Seat)
S	34-36"	28-30"	34-36"
M	38-40"	32-34"	38-40"
L	42-44"	36-38"	42-44"
XL	46-48"	40-42"	46-48"
2XL	50-52"	44-46"	50-52"
3XL	54-56"	48-50"	54-56"
4XL	58-60"	52-54"	58-60"
5XL	62-64"	56-58"	62-64"
6XL	66-68"	60-62"	66-68"

**Chest:** Measure just under arms and across shoulder blades holding the tape firm and level. If your chest falls between sizes, order the next size up.

**Natural Waist:** Bend side to side and find the natural bend in your body; this is your natural waist. Note: It may not be the smallest point.

### PANTS

Recommended Size	Waist	Hip (Seat)
28	28	34
30	30	36
32	32	38
34	34	40
36	36	42
38	38	44
40	40	46
42	42	48
44	44	50
46	46	52
48	48	54
50	50	56
52	52	58
54	54	60

**Straight Fit:** Closer-to-the-body fit through the seat and thigh, enough room to move.

**Relaxed Fit:** Comfortable fit through the seat and thigh with more room to move.

**Loose Fit:** Generous fit through the seat and thigh with the most room to move.

### SHORTS

Size	Waist
28	28½
29	29½
30	30½
31	31½
32	32½
33	33½
34	34½
35	35½
36	36½
38	38½
40	40½
42	42½
44	44½
46	46½
48	48

### COVERALLS, OVERALLS

Recommended Size	Waist	Hip (Seat)
SMALL	28	34
	30	36
MEDIUM	32	38
	34	40
LARGE	36	42
	38	44
XLARGE	40	46
	42	48
2XLARGE	44	50
	46	52
3XLARGE	48	54
	50	56
4XLARGE	52	58
	54	60

**Chest:** Measure just under your arms and across your shoulder blades, holding the tape firm and level. If your chest falls between sizes, order the next size up.

**Waist:** Bend side to side and find the natural bend in your body; this is your natural waist. Note: It may not be the smallest point.

**Inseam:** Measure from your crotch down to the desired length on body. You can also measure pants that you currently own and like. Lay the garment flat, and measure on the front from the crotch point along the seam to the hem for the inseam length.





## WOMEN'S SIZING

### COATS, PARKAS, JACKETS, SHIRTS, SWEATSHIRTS

Size	Bust	Waist	Hip (Seat)
XS (0-2)	33"	27"	36"
S (4-6)	34-35"	28-29"	37-38"
M (8-10)	36-37"	30-31"	39-40"
L (12-14)	38½-40"	32½-34"	41½-43"
XL (16-18)	41½-43.5"	35¾-38"	44½-46½"
2XL (20)	45½-47½"	40¼-42½"	48½-50½"
1X PLUS (16-18)	44-46"	38¾-40¾"	46½-48½"
2X PLUS (20-22)	48-50"	42¾-44¾"	50½-52½"
3X PLUS (24-26)	52-54"	46¾-48¾"	54½-56½"

**Chest:** Measure just under arms and across shoulder blades holding the tape firm and level. If your chest falls between sizes, order the next size up.

**Natural Waist:** Bend side to side and find the natural bend in your body; this is your natural waist. Note: It may not be the smallest point.

**Hips:** Measure the fullest part of your hips, approximately 8" below the natural waist.

### PANTS

Size	Natural Waist	Hip (Seat)
XS (2)	27	36
S (4-6)	28-29	37-38
M (8-10)	30-31	39-40
L (12-14)	32½-34	41½-43
XL (16-18)	35¾-38	44½-46½
2XL (20)	40¼	48½
1X PLUS (16-18)	38¾-40¾	46½-48½
2X PLUS (20-22)	42¾-44¾	50½-52½
3X PLUS (24-26)	46¾-48¾	54½-56½

### Inseam Lengths

Note: If your inseam length falls between sizes, buy the longer size.

#### Inseam Measurement

Short	29-30
Regular	31-32
Tall	33-34

**Natural Waist:** Bend side to side and find the natural bend in your body; this is your natural waist. Note: It may not be the smallest point.

**Hip/Seat:** Measure the fullest point between your natural waist and crotch.

### SHORTS

Size	Natural Waist	Hip (Seat)
XS (0-2)	27	36
S (4-6)	28-29	37-38
M (8-10)	30-31	39-40
L (12-14)	32½-34	41½-43
XL (16-18)	35¾-35	44½-46½
2XL (20)	40¼	48½
1X PLUS (16-18)	38¾-40¾	46½-48½
2X PLUS (20-22)	42¾-44¾	50½-52½
3X PLUS (24-26)	46¾-48¾	54½-56½

**Natural Waist:** Bend side to side and find the natural bend in your body; this is your natural waist. Note: It may not be the smallest point.

**Hip/Seat:** Measure the fullest point between your natural waist and crotch.

### COVERALLS, OVERALLS

Size	Bust	Waist	Hip (Seat)
XS (0-2)	33"	27"	36"
S (4-6)	34-35"	28-29"	37-38"
M (8-10)	36-37"	30-31"	39-40"
L (12-14)	38½-40"	32½-34"	41½-43"
XL (16-18)	41½-43.5"	35¾-38"	44½-46½"
2XL (20)	45½-47½"	40¼-42½"	48½-50½"
1X PLUS (16-18)	44-46"	38¾-40¾"	46½-48½"
2X PLUS (20-22)	48-50"	42¾-44¾"	50½-52½"
3X PLUS (24-26)	52-54"	46¾-48¾"	54½-56½"

**Bust:** Measure the fullest part of your bust, keeping the measuring tape parallel to the floor. Note: It may not be the smallest point.

**Natural Waist:** Bend side to side and find the natural bend in your body; this is your natural waist. Note: It may not be the smallest point.

**Hips:** Measure the fullest part of your hips, approximately 8" below the natural waist.



### TOPS

Size	Neck	Chest	Sleeve
S	14-14.5"	34-36"	32.5-33"
M	15-15.5"	38-40"	33.5-34"
L	16-16.5"	42-44"	34.5-35"
LT	16-16.5"	42-44"	36.5-37"
XL	17-17.5"	46-48"	35.5-36"
XLT	17-17.5"	46-48"	37.5-38"
2XL	18-18.5"	50-52"	36.5-37"
2XLT	18-18.5"	50-52"	38.5-39"
3XL	19-19.5"	54-56"	37-37.5"
4XL	20-20.5"	58-60"	37.5-38"
5XL	21-21.5"	62-64"	38-38.5"

### BOTTOMS

Size	Waist	Hip	Inseam
S	28-30"	35-37"	30-34"
M	32-34"	39-41"	30-35"
L	36-38"	43-45"	30-36"
XL	40-42"	47-49"	30-37"
2XL	44-46"	50-53"	30-38"
3XL	48-50"	55-57"	30-39"

### COVERALLS & OUTERWEAR

Size	Chest	Waist	Hip
S	34-36"	28-30"	34-36"
M	38-40"	32-34"	38-40"
L	42-44"	36-38"	42-44"
XL	46-48"	40.5-43"	46-48"
2XL	50-52"	45.5-48"	50-52"
3XL	54-56"	51-54"	54-56"
4XL	58-60"	58-62"	58-60"
5XL	62-64"	64-68"	62-64"

### BIB OVERALLS

Size	Chest	Waist	Inseam
S	34-36"	28-30"	Reg 31"
M	38-40"	32-34"	Reg 31"
L	42-44"	36-38"	Reg 31"
XL	46-48"	40-42"	Reg 31"
2XL	50-52"	44-46"	Reg 31"
3XL	54-56"	48-50"	Reg 31"
4XL	58-60"	52-54"	Reg 31"
5XL	62-64"	56-58"	Reg 31"

### How to measure

**Neck:** Measure around the base of your neck, allowing enough space to fit a finger between the tape and your neck.

**Chest:** Measure under your arms around the fullest part of your chest.

**Sleeve:** Bend your elbow at 90 degrees and place your hand on your hip. Hold the tape at the centre back of your neck. Measure across your shoulder, down to your elbow, and down to your wrist. The total length is your sleeve length.

**Waist:** Measure around your natural waistline, keeping the tape comfortably loose.

**Hip:** Measure around the widest part of your hips.

**Inseam:** Using a pair of pants that fit you well, measure from the top of your inner leg to the bottom of the pant.



## MEN'S & LADIES SIZING

## MEN'S SIZING

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## WOMEN'S SIZING

Sizes	XS	S	M	L	XL	2XL	3XL
CHEST	33	34-35	36-37	38-40	41-44	45-48	49-52
WAIST	26	27-28	29-30	31-33	34-37	38-41	42-45
HIPS	36	37-38	39-40	41-43	44-47	48-51	52-55
SLEEVE LENGTH	30	30.5	31	31.5	32	32.5	33

## HIGH LINE™ PANT

(Find your current size and select the corresponding waist measurement)

[illegible]



## MEN'S & LADIES SIZING

### POINT GREY - SCALE H

#### MEN'S SIZING - Dress Shirts, Wovens & Vests

Alpha Sizes	S	M	L	XL	2XL	3XL	4XL
NECK	14½-14¾	15¼-15¾	16¼-16¾	17¼-17¾	18¼-18¾	19¼-19¾	20¼-20¾
CHEST	36	38-40	42-44	46-48	50-52	54-56	58-60
NATURAL WAIST	29½	32½-34½	36¾-39	41¼-43½	46-48½	50¾-53	55¼-57½
LONG SLEEVE LGTH. (Reg.)	R	R	R	R	R	R	
LONG SLEEVE LGTH. (Tall)		T	T	T	T	T	T
SHORT SLEEVE (R)	R	R	R	R	R	R	
SHORT SLEEVE (T)		T	T	T	T	T	T

(Talls have 2" longer body)

#### MEN'S SIZING - Blazers

Alpha Sizes	S	M	L	XL	2XL	3XL	4XL
Numeric Size	34 / 36	38 / 40	42 / 44	46 / 48	50 / 52	54 / 56	58 / 60

#### MEN'S SIZING - Pants & Shorts

Alpha Sizes	S	M	L	XL	2XL	3XL	4XL
NUMERIC SIZE	28 / 30	32 / 34	36 / 38	40 / 42	44 / 46	48 / 50	52 / 54
NATURAL WAIST	27½ / 29½	32½ / 34½	36¾ / 39	41¼ / 43½	46 / 48½	50¾ / 53	55¼ / 57½
LOW HIP	32½ / 34½	37½ / 39½	41¼ / 43	44½ / 46	47½ / 49	51 / 53	55 / 57

Men's pants will finish 26, 27, 28, 29, 30, 31, 32, 33, 34 hemmed. Talls will finish 35, 36 hemmed. Hemmed bottoms can be ordered in 1" increments only. Inseams 26, 27, 29, 31, 33 and 35 are nonreturnable.

### POINT GREY - SCALE O

#### WOMEN'S SIZING - Shirts

Alpha Sizes	XXS		XS		S		M		L		XL		2XL		3XL	
BLAZERS (Reg. 5/8" & shorter)	00	0	2	4	6	8	10	12	14	16	18	20	22	24	26	28
BUST	31¼	32¼	33¼	34¼	35¼	36¼	37¼	38¾	40¼	41¼	43¾	45¾	47¾	49¾	51¾	53¾
NATURAL WAIST	24¾	25¾	26¾	27¾	28¾	29¾	30¾	32¼	34	35¾	38¼	40¾	43¼	45¾	48	50¼
HIGH HIP	30	31	32	33	34	35	36	37½	39½	41	43½	46	48½	51	53⅝	55¼
LOW HIP	33½	34½	35½	36½	37½	38½	39½	41	42½	44	46	48	50	52	54	56

#### WOMEN'S SIZING - Blazers

Alpha Sizes	XS		S		M		L		XL		2XL		3XL	
BLAZERS (Reg. 5/8" & shorter)	2	4	6	8	10	12	14	16	18	20	22	24	26	28
BUST	33¼	34¼	35¼	36¼	37¼	38¼	40¼	41¼	43¾	45¾	47¾	49¾	51¾	53¾
NATURAL WAIST	26¾	27¾	28¾	29¾	30¾	32¼	34	35¾	38¼	40¾	43¼	45¾	48	50¼
HIGH HIP	32	33	34	35	36	37½	39¼	41	43½	46	48½	51	53½	55¼
LOW HIP	35½	36½	37½	38½	39½	41	42½	44	46	48	50	52	54	56

#### WOMEN'S SIZING - Pants

Alpha Sizes	XXS		XS		S		M		L		XL		2XL		3XL	
NUMERIC SIZE	00	0	2	4	6	8	10	12	14	16	18	20	22	24	26	28
NATURAL WAIST	24¾	25¾	26¾	27¾	28¾	29¾	30¾	32¼	34	35¾	38¼	40¾	43¼	45¾	48	50¼
HIGH HIP	30	31	32	33	34	35	36	37½	39½	41	43½	46	48½	51	53⅝	55¼
LOW HIP	33½	34½	35½	36½	37½	38½	39½	41	42½	44	46	48	50	52	54	56

Ladies' pants will finish 25, 26, 27, 28, 29, 30, 31, 32, 33, 34, 35 hemmed. Hemmed bottoms can be ordered in 1" increments only. Inseams 25, 26, 27, 29, 31, 33 and 35 are nonreturnable.

Scale guides refer to body measurements. When using size scales, please refer to catalog product pages for the sizes offered in the style you are purchasing.





## MEN'S SIZING

### SCALE H

#### MEN'S SIZING - Dress Shirts, Wovens & Vests

Alpha Sizes	S	M	L	XL	2XL	3XL	4XL	5XL	6XL
NECK	14½-14¾	15¼-15¾	16¼-16¾	17¼-17¾	18¼-18¾	19¼-19¾	20¼-20¾	21¼-21¾	22¼-22¾
CHEST	36	38-40	42-44	46-48	50-52	54-56	58-60	62-64	66-68
NATURAL WAIST	29½	32½-34½	36¾-39	41¼-43½	46-48½	50¾-53	55¼-57½	59¾-62	64¼-66½
LONG SLEEVE LGTH. (Reg.)	R	R	R	R	R	R			
LONG SLEEVE LGTH. (Tall)		T	T	T	T	T	T	T	T
SHORT SLEEVE (R)	R	R	R	R	R	R			
SHORT SLEEVE (T)		T	T	T	T	T	T	T	T

(Talls have 2" longer body)

#### MEN'S SIZING - Outerwear Jackets

Alpha Sizes	S	M	L	XL	2XL	3XL	4XL	5XL	6XL
NECK	14-14½	15-15½	16-16½	17-17½	18-18½	19-19½	20-20½	21-21½	22-22½
CHEST	34-36	38-40	42-44	46-48	50-52	54-56	58-60	62-64	66-68
NATURAL WAIST	27½-29½	32½-34½	36¾-39	41¼-43½	46-48½	50¾-53	55¼-57½	59¾-62	64¼-66½
SLEEVE LGTH. (Reg.)	33	35	35	35	35	35			
SLEEVE LGTH. (Tall)			37T	37T	37T	37T	37T	37T	37T
LOW HIP	32½-34½	37½-39½	41¼-43	44½-46	47½-49	53-55	57-59	61-63	65-67

(Talls have 2" longer body)

#### MEN'S SIZING - Suit Coats & Blazers

Alpha Sizes	S		M		L		XL		2XL		3XL		4XL		5XL
NUMERIC SIZE	34	36	38	40	42	44	46	48	50	52	54	56	58	60	62
BLAZERS SHORT 5'3"-5'7"	34	36	38	40	42	44	46								
BLAZERS REGULAR 5'7"-6'0"	34	36	38	40	42	44	46	48	50	52	54	56	58	60	62
BLAZERS LONG 6'0" & Taller			38	40	42	44	46	48	50	52	54	56	58	60	62

#### MEN'S SIZING - Pants & Shorts

Alpha Sizes	S	M	L	XL	2XL	3XL	4XL	5XL	6XL
NUMERIC SIZE	28 / 30	32 / 34	36 / 38	40 / 42	44 / 46	48 / 50	52 / 54	56 / 58	60
NATURAL WAIST	27½/29½	32½/34½	36¾/39	41¼/43½	46/48½	50¾/53	55¼/57½	59¾/62	64¼
LOW HIP	32½/34½	37½/39½	41¼/43	44½/46	47½/49	51/53	55/57	59/61	63

Men's pants will finish 26, 27, 28, 29, 30, 31, 32, 33, 34 hemmed. Talls will finish 35, 36 hemmed.

Hemmed bottoms can be ordered in 1" increments only. Inseams 26, 27, 29, 31, 33 and 35 are nonreturnable.



## MEN'S SIZING

### SCALE C

#### MEN'S SIZING - Alpha Shirts

Alpha Sizes	XXS	XS	S	M	L	XL	2XL	3XL	4XL	5XL	6XL	7XL	8XL
NECK	12-12½	13-13½	14-14½	15-15½	16-16½	17-17½	18-18½	19-19½	20-21½	21-21½	22-22½	23-23½	24-24½
SLEEVE LGTH. 30-31	-	-	-	-									
SLEEVE LGTH. 32-33	-	-	-	-	-	-							
SLEEVE LGTH. 34-35				-	-	-	-	-	-T	-T	-T	-T	-T
SLEEVE LGTH. 36-37T					-T	-T	-T	-T	-T	-T	-T	-T	-
SHORT SLEEVE (Reg)		-	-	-	-	-	-	-					
SHORT SLEEVE (Tall)					-T	-T	-T	-T	-T	-T	-T	-T	-T

(T=Talls, Talls have 2" longer body)

### SCALE G

#### MEN'S SIZING - Blazers & Coats

SHORT 5'3"-5'7"	34	36	38	40	42	44	46								
REGULAR 5'7"-6'0"	34	36	38	40	42	44	46	48	50	52	54	56	58	60	62
LONG 6'0"-6'3"			38	40	42	44	46	48	50	52	54	56	58	60	62
X LONG 6'3" & Taller				40	42	44	46	48							

### SCALE I

#### MEN'S SIZING - Vests

Alpha Sizes	S	M	L	XL	2XL	3XL	4XL	5XL
CHEST	36-38	38-40	42-44	46-48	50-52	54-56	58-60	60-62



## LADIES SIZING

### SCALE O

#### LADIES SIZING - Dress Shirts, Sweaters, Wovens, Vests, Suit Coats & Blazers

Alpha Sizes	XXS		XS		S		M		L		XL		2XL		3XL		4XL	
BLAZERS Reg. 5'8" & shorter	00	0	2	4	6	8	10	12	14	16	18	20	22	24	26	28	30	32
BLAZERS Tall 5'8" & taller			4T		6T		8T		10T		12T		14T		16T		18T	
BUST	31¼	32¼	33¼	34¼	35¼	36¼	37¼	38¾	40¼	41¾	43¾	45¾	47¾	49¾	51¾	53¾	55¾	57¾
NATURAL WAIST	24¾	25¾	26¾	27¾	28¾	29¾	30¾	32¼	34	35¾	38¼	40¾	43¼	45¾	48	50¼	52½	54¾
HIGH HIP	30	31	32	33	34	35	36	37½	39¼	41	43½	46	48½	51	53½	55¼	57¾	59½
LOW HIP	33½	34½	35½	36½	37½	38½	39½	41	42½	44	46	48	50	52	54	56	58	60

#### LADIES SIZING - Outerwear Jackets

Alpha Sizes	XS		S		M		L		XL		2XL		3XL		4XL	
NUMERIC SIZE	0-4		6-8		10-12		14-16		18-20		22-24		26-28		30-32	
BUST	33¼-34¼		35¼-36¼		37¼-38¾		40¼-41¾		43¾-45¾		47¾-49¾		51¾-53¾		55¾-57¾	
NATURAL WAIST	26¾-27¾		28¾-29¾		30¾-32¼		34-35¾		38¼-40¾		43¼-45¾		48-50¼		52½-54¾	
HIGH HIP	32-33		34-35		36-37½		39¼-41		43½-46		48½-51		53½-55¼		57¾-59½	
LOW HIP	35½-36½		37½-38½		39½-41		42½-44		46-48		50-52		54-56		58-60	

#### LADIES SIZING - Pants, Shorts & Skirts

Alpha Sizes	XXS		XS		S		M		L		XL		2XL		3XL		4XL	
NUMERIC SIZE	00	0	2	4	6	8	10	12	14	16	18	20	22	24	26	28	30	32
NATURAL WAIST	24¾	25¾	26¾	27¾	28¾	29¾	30¾	32¼	34	35¾	38¼	40¾	43¼	45¾	48	50¼	52½	54¾
HIGH HIP	30	31	32	33	34	35	36	37½	39¼	41	43½	46	48½	51	53½	55¼	57¾	59½
LOW HIP	33½	34½	35½	36½	37½	38½	39½	41	42½	44	46	48	50	52	54	56	58	60

Ladies pants will finish 25,26,27,28,29,30,31,32,33,34,35 hemmed. Hemmed bottoms can be ordered in 1" increments only.

Inseams 25,26,27,29,31,33 and 35 are nonreturnable.

### SCALE K

#### LADIES SIZING - Alpha Shirts & Vests

Alpha Sizes	XXS		XS		S		M		L		XL		2XL		3XL		4XL	
NUMERIC SIZE	0-2		4-6		8-10		12-14		16-18		20-22		24-26		28-30		32	
BUST	33		34-35		36-37		38½-40		41½-43½		45½-47		49-51		53-54		55-56	

### SCALE J

#### LADIES SIZING - Alpha Shirts & Vests

Alpha Sizes	XXS		XS		S		M		L		XL		2XL		3XL	
NUMERIC SIZE	0		2-4		6-8		10-12		14-16		18-20		22-24		26-28	
BUST	32		33-34		35-36		37-38½		40-41½		43½-45½		47-49		51-53	





## LADIES & UNISEX SIZING

### SCALE M & N

#### LADIES SIZING - Pants, Shorts & Skirts

Sizes	00	0	2	4	6	8	10	12	14	16	18	18W	20W	22W	24W	26W	28W
WAIST	24	25	26	27	28	29	30	31½	33	34½	36½	41	43	45	47	49	51
HIPS	32	34	36	37	38	39	40	41½	43	44½	46½	49	51	53	55	57	59

Ladies' pants will finish 25, 26, 27, 28, 29, 30, 31, 32, 33, 34, 35 hemmed. Hemmed bottoms can be ordered in 1" increments only.

Inseams 25, 26, 27, 29, 31, 33 and 35 are nonreturnable.

### SCALE S

#### LADIES SIZING - Blazers & Coats

REG. (5'8" and shorter)	00	0	2	4	6	8	10	12	14	16	18	20	22	24	26	28
TALL (5'8" and taller)				4T	6T	8T	10T	12T	14T	16T	18T					
BUST	31	32	33	34	35	36	37	38½	40	41½	43½	45½	47	49	51	53
WAIST	24	25	26	27	28	29	30	31½	33	34½	36½	38½	41	43	45	47
HIPS	33	34	36	37	38	39	40	41½	43	44½	46½	48½	49	51	53	55

### SCALE X

#### LADIES SIZING - Housekeeping Tunics & Pants

Alpha Sizes	XXS	XS	S	M	L	XL	2XL	3XL
NUMERIC SIZE	0-2	4-6	6-10	12-14	16-18	20-22	24-26	28-30
BUST	32-33	34-35	36-37	38½-40	41½-43½	45½-47	49-51	53-54
WAIST	24-26	27-28	29-30	31½-33	34½-36½	38½-41	43-45	47-51
HIP	34-36	37-38	39-40	41½-43	44½-46½	48½-49	51-53	55-59

### SCALE V

#### UNISEX SIZING - Sweaters, Wovens, Outerwear Jackets & Pants

Alpha Sizes	XXS	XS	S	M	L	XL	2XL	3XL	4XL	5XL	6XL
NECK	13	14	14-14½	15-15½	16-16½	17-17½	18-18½	19-19½	20-20½	21-21½	22-22½
SLEEVE LGTH.Reg(R)	31	31	33	35	35	35	35	35	35	35	
SLEEVE LGTH.Tall(T)					37T	37T	37T	37T			
CHEST	33	34	34-36	38-40	42-44	46-48	50-52	54-56	58-60	62-64	66-68
NATURAL WAIST	26¾	27¾	27½-29½	32½-34½	36¾-39	41¼-43½	46-48½	50¾-53	55¼-57½	59¾-62	64¼-66½
LOW HIP	22½-24½	27½-29½	32½-34½	37½-39½	41¼-43	44½-46	47½-49	51-53	55-57	59-61	63-65

T=Talls; Talls have 2" longer body. For ladies, size down one size; For men, order usual size.

### SCALE AC

#### UNISEX SIZING - Baggy Chef Pants

Alpha Sizes	XS	S	M	L	XL	2XL	3XL	4XL	5XL	6XL
WAIST	24-26	28-30	32-34	36-38	40-42	44-46	48-50	52-54	56-58	60-62
INSEAM	32	33	33	34	34	34	34	34	34	34
HIP	32-36	36-40	42-44	46-48	50-52	54-56	58-60	62-64	66-68	70-72

## MEN'S SHIRT / POLO

Sizes	XS	S	M	L	XL	2XL	3XL	4XL
CHEST	17	19	21	23	25	27	29	31
SHORT SLEEVE	9¼	9½	9¾	10	10½	11	11½	12
LONG SLEEVE	25¼	25½	25¾	26	26½	27	27½	28

## MEN'S SWEATER

Sizes	XS	S	M	L	XL	2XL	3XL	4XL
CHEST	18½	19	20½	22	24	26	28	30
LONG SLEEVE	24¾	25	25½	26	26½	27	27½	28

## MEN'S JACKET

Sizes	XS	S	M	L	XL	2XL	3XL	4XL
CHEST	22	23	24	25	26½	27¼	28¾	29½
LONG SLEEVE	25¼	26	26¾	27½	28¼	29	29¾	30½

## WOMEN'S SHIRT / POLO

Sizes	XS	S	M	L	XL	2XL	3XL	4XL
CHEST	18	19	20	21½	23	24½	26½	-
SHORT SLEEVE	6½	6¾	7	7¼	7½	7¾	8	-
LONG SLEEVE	24½	24¾	25	25¼	25½	25¾	26	-

## WOMEN'S SWEATER

Sizes	XS	S	M	L	XL	2XL	3XL	4XL
CHEST	18	19	20	21	23½	25	27	-
LONG SLEEVE	24½	24¾	25	25¼	25½	25¾	26	-

## WOMEN'S JACKET

Sizes	XS	S	M	L	XL	2XL	3XL	4XL
CHEST	19	20	21	22	23	24	25	-
LONG SLEEVE	23¼	24¼	25	25¾	26½	27¼	28	-



# MEN'S & LADIES SIZING

## MEN'S PANTS

Sizes	28	30	32	34	36	38	40	42	44	46	48	50	52	54	56	58
WAIST	28-31	31-33	33-35	35-37	37-39	39-42	42-44	44-46	46-48	48-50	50-53	53-55	55-57	57-59	59-61	61-63

## MEN'S PANTS

Sizes	1	3	5	7	9	11	13	15	17	19	21	23
WAIST	24-26	26-28	28-30	30-32	32-34	34-36	36-38	38-40	40-42	42-44	44-46	48-50
HIP	32-34	34-36	36-38	38-40	40-42	42-44	44-46	46-48	48-50	50-52	52-54	54-56

## SHIRTS / SHOP COATS / COVERALLS

Sizes	S	M	L	XL	2XL	3XL	4XL	5XL
CHEST	30-36	37-40	41-44	45-48	49-52	53-56	57-60	61-64
NECK	14-14¾	15-15¾	16-16¾	17-17¾	18-18¾	19-19¾	20-20¾	21-21¾
SHIRT SLEEVE (Reg.)	29¼	30¼	31½	32½	33¼	34¾	36	37
SHIRT SLEEVE (Tall)	31¼	32¼	33½	34½	35¾	36¾	38	39

## LADIES SHIRTS

Sizes	XS	S	M	L	XL	2XL
CHEST	29½-32½	32½-35½	35½-38½	38½-41½	41½-45	45½-49½

Many Fersten Worldwide products have unisex appeal so we've sized them to better fit both sexes.  
Refer to the size scale above when buying one style for both men and women.





# MEN'S & LADIES SIZING

## MEN'S BODY MEASUREMENTS

Sizes	XS	S	M	L	XL	2XL	3XL	4XL	5XL	6XL
CHEST	34.5	36	37.5-39	41-42.5	44-45.5	47-48.5	50-51.5	53-54.5	56-57.5	58-60
WAIST	30	31	33-34	36-38	39-41	42-44	45-47	48-50	51-53	54-56
HIP	37	38.5	40-41.5	43-45	46-48	49.5-51	52.5-54	55.5-57	58.5-60	61.5-63
INSIDE LEG	30.5	31.5	32	33	34	35	35	35	35	35

## MEN'S PANTS (TRADESMEN PANTS)

(INCHES)

WAIST	28	30	30	30	32	32	32	32	34	34	34	34	36	36	36	36	38	38	38	38	40	40	40	42	44	44
INSIDE LEG	30	30	32	34	30	32	34	36	30	32	34	36	30	32	34	36	30	32	34	36	30	32	34	32	30	32

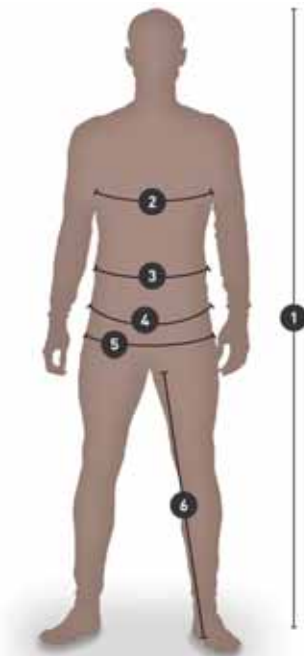
## WOMEN'S BODY MEASUREMENTS

Sizes	XS	S	M	L	XL	2XL	3XL
HEIGHT (in.)	63	64.5	66	67.5	69.5	71	72.5
CHEST	33	34.5	36	39.5	42.5	45.5	48.5
WAIST	27	28.5	30	33	36	39	42.5
HIP	36	38	39.5	42.5	45.5	48.5	52
INSIDE LEG	30	30.5	31.5	32.5	33	34	34.5

## WOMEN'S PANTS

Sizes	4	6	8	10	12	14	16	18
WAIST (in.)	26	28	30	31	33	34	36	38
INSIDE LEG (in.)	37	38.5	40	41.75	43	44.75	46.5	48

\*All pant waist sizes come in 30" or 32" inseam for women.



## HOW TO MEASURE

1. BODY HEIGHT
2. CHEST
3. WAIST (at belly-button height)
4. WAISTBAND (where your pants' waistband is placed)
5. HIP
6. INSEAM



## MEN'S & LADIES SIZING

### COVERALL SIZING

Sizes	34	36	38	40	42	44	46	48	50	52	54	56	58	60	62	66	70
	XS		S		M		L		XL		2XL		3XL		4XL	5XL	6XL
CHEST	30	32	34	36	38	40	42	44	46	48	50	52	54	56	58	62	66
WAIST	24	26	28	30	32	34	36	38	40	42	44	46	48	50	52	56	60
REG. SIZE							5'7" - 5'11"										
TALL SIZE							6' - 6'3"										

\*For special inseam length, hemming can be requested.

### INSULATED SIZING - JACKETS/PARKAS

Sizes	XS	S	M	L	XL	2XL	3XL	4XL	5XL
CHEST	30-32	34-36	38-40	42-44	46-48	50-52	54-56	58	62
WAIST	24-26	28-30	32-34	36-38	40-42	44-46	48-50	52	56
SLEEVE LGTH.	31.5-32	32.5-33	33.5-34	34.5-35	35.5-36	36.5-37	37.5-38	38.5	39.5

\*Sleeve length for tall is 1-1/2" longer than regular sizes, Tall availability per product page.

### OUTERWEAR SIZING - BIB PANTS

Sizes	S	M	L	XL	2XL	3XL	4XL	5XL
CHEST	34-36	38-40	42-44	46-48	50-52	54-56	58	62
WAIST	28-30	32-34	36-38	40-42	44-46	48-50	52	56
REG. SIZE			5'7" - 5'11"					
TALL SIZE			6' - 6'3"					

\*For special inseam length, hemming can be requested.

### WORK PANT SIZING

Sizes	28	30	32	34	36	38	40	42	44	46	48	50
WAIST	28	30	32	34	36	38	40	42	44	46	48	50

\*See pant product for inseam specifications.

### SHIRT SIZING, SUMMER & FLEECE JACKET SIZING

Sizes	S	M	L	XL	2XL	3XL	4XL
CHEST	34-36	38-40	42-44	46-48	50-52	54-56	58
NECK	14.5-15	15.5-16	16.5-17	17.5-18	18.5-19	19.5-20	20.5
SLEEVE LGTH.	32.5-33	33.5-34	34.5-35	35.5-36	36.5-37	37.5-38	38.5

\*Sleeve length for tall is 1-1/2" longer than regular sizes, Tall availability per product page.

### SHIRT SIZING, SUMMER & FLEECE JACKET SIZING

Sizes	34	36	38	40	42	44	46	48	50	54	58
CHEST	30	32	34	36	38	40	42	44	46	50	54
WAIST	24	26	28	30	32	34	36	38	40	44	48
SLEEVE LGTH.	31.5	32	32.5	33	33.5	34	34.5	35	35.5	36.5	37.5
REG. SIZE					5'7" - 5'11"						
TALL SIZE					6' - 6'3"						

\*2 piece coverall tops were designed to fit women or men. Most men will fit a tall jacket size and regular pant size..

## MEN'S BASEWEAR

Sizes	S	M	L	XL	2XL	3XL
CHEST	34-36	38-40	42-44	46-48	50-52	54-56
WAIST	28-30	32-34	36-38	40-42	44-46	48-50
SLEEVE LGTH.	32.5-33	33.5-34	34.5-35	35.5-36	36.5-37	37.5-38

## WOMEN'S PANTS

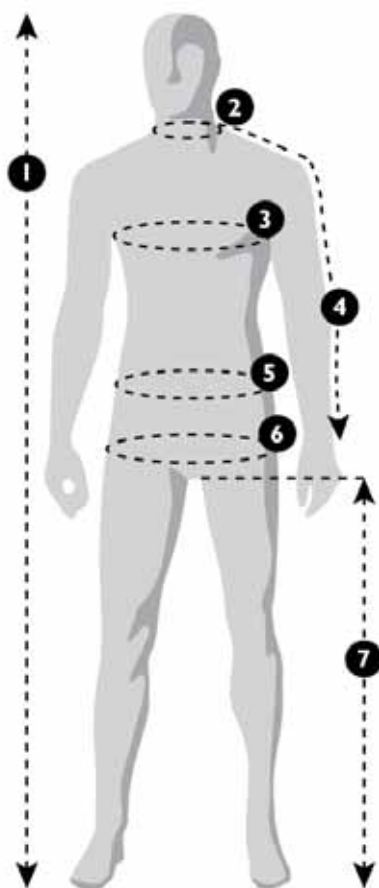
Sizes	26	28	29	30	31	32	34	36	38
WAIST	30	32	33	34	35	36	38	40	42

\*35" unhemmed length.

## WOMEN'S TOPS / JACKETS / BASEWEAR

Sizes	XS	S	M	L	XL	2XL	3XL
BUST	31-33	34-36	37-39	40-42	43-45	46-48	49-52
WAIST	25-27	28-30	31-33	34-36	37-39	40-42	43-46
HIP	34-36	37-39	40-42	43-45	46-48	49-51	52-55

\*Sleeve length for tall is 1-1/2" longer than regular sizes, Tall availability per product page.



## Sizing Guidelines

- 1. HEIGHT** Stand straight against a wall without your shoes.  
Measure from the top of your head to the bottom of your feet.
- 2. NECK** Measure around the base of your neck where a collared shirt would fit, or measure a collarband on a shirt that fits you well.  
Lay the collarband flat. Measure from the beginning of the button hole to the centre of the button.
- 3. CHEST** Measure well under your arms, across your shoulder blades and over the fullest part of your chest. Hold the tape firmly, but not tightly.  
Be sure the tape is level and straight across your back. Stand naturally.
- 4. SLEEVE** Bend elbow slightly. Start at the centre, back of the neck and measure across the shoulder to the elbow and down to the wrist.
- 5. WAIST** First, remove your belt. Then, measure over shirt (not over pants) at the position you normally wear your pants. Hold the tape firmly, but not tightly.
- 6. HIPS** Stand with your heels together. Measure around the fullest part of your hips, holding the tape measure level.
- 7. INSEAM** Use similar style pants that fit you well. Lay them flat, with the front and back creases smooth. Measure along the inside seam of one leg from the bottom of the hem to the crotch.



## MEN'S SIZING

Sizes	XS	S	M	L	XL	2XL	3XL	4XL
CHEST	30-32	34-36	38-40	42-44	46-48	50-52	54-56	58-60
NECK	13-13½	14-14½	15-15½	16-16½	17-17½	18-18½	19-19½	20-20½
SLEEVE	30½-32	32-33	32-33	34-35	34-35	36-37	36-37	36-37

## WOMEN'S SIZING

Alpha Sizes	XS	S	M	L	XL	2XL	3XL
NUMERIC SIZES	0-2	4-6	8-10	12-14	16-18	20-22	24-26
BUST	33-34	35-36	37-38	39-41	42-44	45-47	48-50
WAIST	29½-30½	31½-32½	33½-34½	35½-37½	38½-40½	41½-43½	44½-46½
HIPS	35-36	37-38	39-40	41-43	44-46	47-49	50-52

## Sizing Guidelines

- CHEST:** Raise your arms slightly and measure around your body. Be sure to cross over your shoulder blades and the fullest part of your chest, keeping the tape parallel to the ground.
- NECK:** Measure around the middle of your neck (at the Adam's apple), keeping one finger between your neck and the tape measure for a comfortable fit.
- SLEEVE:** Place your hand on your hip with your arm bent at a 90 degree angle. Measure from the middle of the back of your neck, across your shoulder and down your arm, to your wrist.
- BUST:** With arms relaxed at your sides, measure the fullest part of the bust, keeping the tape parallel to the ground.
- WAIST:** Measure around your waist where your pants usually fall. Keep one finger between the tape and waist.
- HIPS:** Stand with your heels together and measure around the fullest part of your hips, keeping the tape parallel to the ground.

# NASCO MEN'S SIZING

## JACKET / COAT SIZING

SIZE	FITS CHEST SIZE	ACTUAL CHEST SIZE	SLEEVE LENGTH	JACKET LENGTH
XXS	28-30"	38"	32"	29"
XS	32-34"	42"	32.5"	29"
SMALL	36-38"	46"	33"	29"
MEDIUM	40-42"	50"	33.5"	29"
LARGE	44-46"	54"	34"	29"
X LARGE	48-50"	58"	34.5"	29"
XX LARGE	52-54"	62"	35"	29"
XXX LARGE	56-58"	66"	35.5"	29"
XXXX LARGE	60-62"	70"	36"	29"
XXXXX LARGE	64-66"	74"	36.5"	29"

## BIB TROUSER / WAIST PANT SIZING

SIZE	FITS WAIST SIZE	ACTUAL OVERALL WAIST	INSEAM LENGTH
XXS	24-26"	34"	29"
XS	28-30"	38"	29"
Small	32-34"	42"	29"
Medium	36-38"	46"	29"
Large	40-42"	50"	29"
X Large	44-46"	54"	29"
XX Large	48-50"	58"	29"
XXX Large	52-54"	62"	29"
XXXXL	56-58"	66"	29"
XXXXXL	60-62"	70"	29"



## MEN'S & LADIES SIZING

### JACKETS, COVERALLS, OVERALLS (*Talls in coveralls are 2 inches longer in the torso and 1 inch longer in the sleeves and legs*)

	XXS		XS		S		M		L		XL		2XL		3XL		4XL		5XL		6XL		7XL	
SIZE	30	32	34	36	38	40	42	44	46	48	50	52	54	56	58	60	62	64	66	68	70	72		
CHEST	30	32	34	36	38	40	42	44	46	48	50	52	54	56	58	60	62	64	66	68	70	72		
WAIST	25	26	28	30	32	34	36	38	40	42	44	46	48	50	52	54	56	58	60	62	64	66		
ARMS	32		33		34		35		36		37		38		39		40		41		42			
HIP	30	32	34	36	38	40	42	44	46	48	50	52	54	56	58	60	62	64	66	68	70	72		

### PANTS (*Overalls are sized based on chest measurements*)

	XXS	XS	S		M		L		XL		2XL		3XL		4XL		5XL		6XL		7XL	
SIZE	24	26	28	30	32	34	36	38	40	42	44	46	48	50	52	54	56	58	60	62	64	66
WAIST	24	26	28	30	32	34	36	38	40	42	44	46	48	50	52	54	56	58	60	62	64	66
HIP	30	32	34	36	38	40	42	44	46	48	50	52	54	56	58	60	62	64	66	68	70	72
INSEAM	30.5		31		31.5		32		32.5		33		33.5		34		34.5		35		35.5	

### SHIRTS (*Select size by neck for closed collar shirts, by chest for open collar shirts*)

	XS	S	M	L	XL	2XL	3XL	4XL	5XL	6XL	7XL
NECK	13-13.5	14-14.5	15-15.5	16-16.5	17-17.5	18-18.5	19-19.5	20-20.5	21-21.5	22-22.5	23-23.5
CHEST	32	34	38	42	46	50	54	58	62	66	70
SLEEVE	33	33.5	34	34.5	35	35.5	36	36.5	37	37.5	38

### WOMEN'S GARMENT SIZING

	XS	S	M	L	XL	2XL	3XL
CHEST	32	34	36	39	42	45	47
WAIST	24	26	28	31	34	37	39
ARMS	29	30	31	32	33	34	35
HIP	35	37	39	42	45	48	50
INSEAM	27	28	29	30	31	32	32

All measurements are in inches.

## MEN'S BODY MEASUREMENTS

SIZE	XS	S	M	L	XL	2XL	3XL	4XL	5XL	6XL
CHEST	32-35	35-38	38-41	41-44	44-47	47-50	50-53	53-56	56-59	59-64
WAIST	26-29	29-32	32-34.5	34.5-38.5	38.5-42.5	42.5-46.5	46.5-50.5	50.5-54.5	54.5-58.5	58.5-62.5
HIPS	31-34	34-37	37-40	40-43	43-45	45-47.5	47.5-50	50-52.5	52.5-55	55-57.5
SLEEVE LENGTH	32-33	33-35	33.5-35.5	34.5-36.5	35.5-37.5	36-38	36.5-38.5	36.75-38.75	37-39	37-39
INSEAM	30.5	31.5	31.5	32.5	32.5	33	33	33	33	33

## LADIES BODY MEASUREMENTS

SIZE	XS	S	M	L	XL	2XL	3XL
CHEST	31.5-33.5	33.5-35.5	35.5-38	38-41	41-44.5	44.5-48.5	48.5-52.5
WAIST	24.5-26.5	26.5-28.5	28.5-31	31-34	34-37.5	37.5-41.5	41.5-45.5
HIPS	34-36	36-38	38-40.5	40.5-43.5	43.5-47	47-51	51-55
SLEEVE LENGTH	30-30.5	31-31.5	32-32.5	33-33.5	33.5-34	34-34.5	34-34.5
INSEAM	30	31	32	32	32	32	32

**CHEST / BUST** – Measure total circumference of your chest at the fullest part , just under armpit.

**WAIST** – Measure total circumference at the narrowest point around waistline.

**HIP** – Measure total circumference at the widest part of your body below the waistline.

**SLEEVE LENGTH** – With your elbow slightly bent, measure from the base of the neck, across your shoulder, to elbow and finish at wrist bone.



# TEXX CANADA

by T&T International Trading Co.

## MEN'S & LADIES SIZING

### MEN'S SIZING

SIZES	XS	S	M	L	XL	2XL	3XL	4XL	5XL
CHEST (in.)	33 - 35	36 - 38	39 - 41	42 - 44	45 - 48	49 - 52	53 - 56	57 - 60	61 - 64
SLEEVE LGTH.(in.)	32 - 32½	33 - 33½	34 - 34½	35 - 35½	36 - 36½	36½ - 37	37 - 37½	37½ - 38	41 - 41½
COLLAR (in.)	14	14½ - 15	15 - 16	16 - 16½	16½ - 17½	17½ - 18	18½ - 19	19½ - 20	20½ - 21

### WOMEN'S SIZING

SIZES	XS	S	M	L	XL	2XL
CHEST (in.)	30 - 32	33 - 35	36 - 38	39 - 41	42 - 44	45 - 47



## MEN'S & LADIES SIZING

### MEN'S JACKETS, SHIRTS, OVERALLS, COVERALLS

SIZE	XXS	XS	S	M	L	XL	2XL	3XL	4XL	5XL	6XL	7XL
NECK	12½"-13"	13¼"-13¾"	14"-14½"	15"-15½"	16"-16½"	17"-17½"	18"-18½"	19"-19½"	20"-20½"	21"-21½"	22"-22½"	22¾"-23¼"
CHEST	33"-35"	34"-36"	35"-37"	38"-40"	42"-44"	46"-48"	49"-51"	52"-54"	55"-57"	58"-60"	61"-63"	64"-66"
WAIST	23"-25"	26"-28"	29"-31"	32"-34"	36"-38"	40"-42"	43"-45"	46"-48"	49"-51"	52"-54"	55"-57"	58"-60"

### MEN'S PANTS

SIZE	28	30	32	34	36	38	40	42	44	46	48	50	52
WAIST	28"-29"	30"-31"	32"-33"	34"-35"	36"-37"	38"-39"	40"-41"	42"-43"	44"-45"	46"-47"	48"-49"	50"-51"	52"-53"
HIP	34"-35"	36"-38"	39"-40"	41"-42"	43"-44"	45"-46"	47"-48"	49"-50"	51"-52"	53"-54"	55"-56"	57"-58"	59"-60"

### LADIES JACKETS, SHIRTS, OVERALLS, COVERALLS

SIZE	XS	S	M	L	XL	2XL
CHEST	33"-34"	35"-36"	37"-39"	40"-42"	43"-46"	47"-50"
WAIST	28"-29"	30"-31"	33"-34"	36"-37"	39"-40"	42"-43"

### LADIES JACKETS, SHIRTS, OVERALLS, COVERALLS

SIZE	0	2	4	6	8	10	12	14	16	18
WAIST	28"-29"	29"-30"	30"-31"	31"-32"	32"-33"	33"-34"	34.5"-35.5"	36"-37"	37.5"-38.5"	39.5"-40.5"
HIP	33"-34"	34"-35"	36"-37"	37"-38"	38"-39"	39.5"-40.5"	41"-42"	42.5"-43.5"	44"-45"	45.5"-46.5"

### MEN'S / UNISEX TOPS & JACKETS

SIZE	XS	S	M	L	XL	2XL	3XL	4XL	5XL
NECK	13-13.5	14-14.5	15-15.5	16-16.5	17-17.5	17.5-18	18.5-19	19.5-20	20.5-21
CHEST	33-35	35-38	39-41	42-44	45-48	49-52	53-56	57-60	61-64
SLEEVE LENGTH	32	33-33.5	34-34.5	35-35.5	36-36.5	37-37.5	38-38.5	38.5-39	39-39.5
SLEEVE LGTH. (T)	-	-	-	37-37.5	38-38.5	39-39.5	40-40.5	40.5-41	41-41.5

### MEN'S BOTTOMS

SIZE	XS	S	M	L	XL	2XL	3XL	4XL	5XL
WAIST	28-29	30-31	32-33	34-35	36-37	38-39	40-41	42-43	44-45
HIP	34-36	36-38	38-40	40-42	42-44	44-46	46-48	48-50	50-52
INSEAM	31.5	31.5	31.5	31.5	31.5	31.5	31.5		

### LADIES TOPS / JACKETS

SIZE	XS	S	M	L	XL	2XL	3XL
SIZING REF.	2-4	6-8	10-12	14-16	18	20	22+
CHEST	30-32	33-35	36-38	39-41	42-44	45-47	48-50
SLEEVE LENGTH	29.5-30	30.5-31	31-31.5	32-32.5	32.5-33	33-33.5	33.5-34

### LADIES BOTTOMS

SIZE	XS	S	M	L	XL	2XL	3XL
SIZING REF.	2-4	6-8	10-12	14-16	18	20	22+
WAIST	24-26	26.5-28.5	29-30	31.5-33.5	34-36	36.5-38.5	39-40.5
HIP	33-35	35.5-37.5	38-40	40.5-42	43-45	45.5-47.5	48-50
INSEAM	31	31	31	31	31	31	31



# ADULT SIZING

## ADULT BODY MEASUREMENTS

MEN'S Sizes	XXS	XS	S	M	L	XL	2XL	3XL	4XL
CHEST	31"	34"	37"	40"	43"	47"	51"	55"	58"
WAIST	24"	27"	30"	33"	36"	39"	42"	45"	48"
HIPS	31"	34"	37"	40"	43"	46"	49"	52"	55"
ARMS	31"	32"	33"	34"	35"	36"	37"	38"	39"
INSEAM	30"	30"	31"	31"	32"	32"	33"	33"	34"
NECK	13.5"	14"	14.5"	15.5"	16"	17"	17.5"	18"	18.5"

WOMEN'S Sizes	XS	S	M	L	XL	2XL
CHEST	32"	34"	36"	39"	42"	45"
WAIST	24"	26"	28"	31"	34"	37"
HIPS	35"	37"	39"	42"	45"	48"
ARMS	29"	30"	31"	32"	33"	34"
INSEAM	27"	28"	29"	30"	31"	32"

## COVERALLS / OVERALLS

### VIKING® Men's & Women's Body Measurement

Sizes	XS	S	M	L	XL	2XL	3XL	4XL
CHEST	32-34"	36-38"	40"	42-44"	46"	48-50"	52-54"	56-58"
WAIST	26-28"	29-31"	34"	35-37"	40"	42-44"	46-48"	50-52"
NECK	14-14½"	15"	15½"	16-16½"	17-17½"	18-18½"	19-19½"	20½"
WEIGHT (lbs)	115	140	160	185	205	240	280	320
OUTSLEEVE LENGTH	31	32	33	34	35	36¼	37½"	38¾"
TALL SIZE	NA	NA	NA	LT	XLT	2XLT	3XLT	NA

Tall sizes are longer in front, back, insam and sleeves.

### VIKING® FIREWALL FR® UNISEX OUTERWEAR: Parka, Fleece, & Bib Overalls

Sizes	S		M		L		XL	2XL		3XL
CHEST	34"	36"	38"	40"	42"	44:	46"	48"	50"	52"/54"
OUTSLEEVE LENGTH	32¼"	33"	34"		35"		36"	37¼"		38¼"

### VIKING® FIREWALL FR® Unisex Pants & Shirts

Sizes	S		M		L		XL	2XL		3XL
CHEST	34"	36"	38"	40"	42"	44:	46"	48"	50"	52"/54"
NECK	14"	14½"	15"	15½"	16"	16½"	17-17½"	18"	18½"	19-19½"
OUTSLEEVE LENGTH	32¼"	33"	34"		35"		36"	37¼"		38¼"
WAIST (Pants)	28"	30"	32"	34"	36"	38"	40"	42"	44"	46"/48"
WEIGHT (lbs)	115	130	145	160	175	190	205	220	240	260/280





## ADULT SIZING

### ADULT

SIZING	S	M	L	XL	2XL	3XL	4XL	5XL	6XL
CHEST	36"	38"-40"	42"-44"	46"	48"-50"	52"-54"	56"-58"	60"	62"

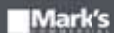


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