

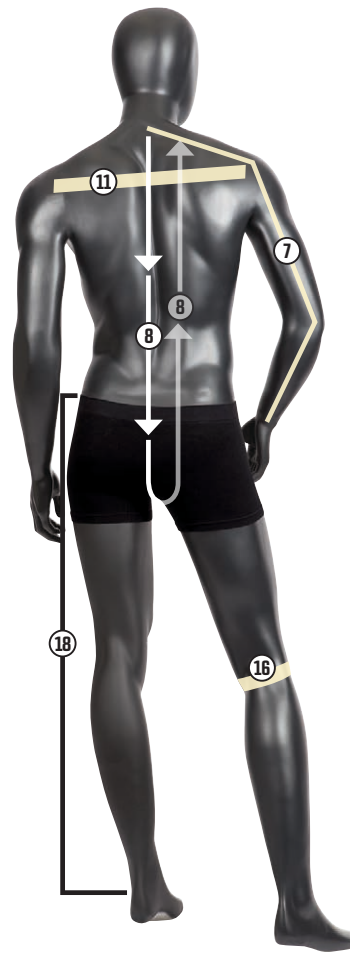
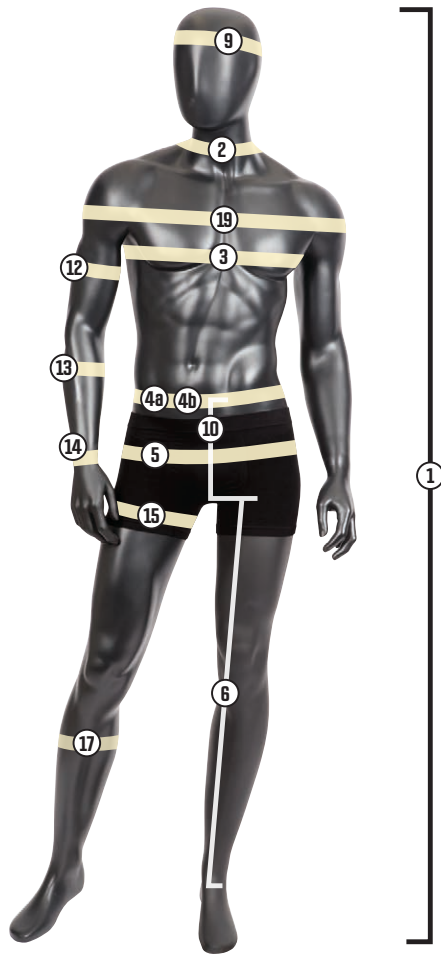
# measuring charts for men

## Men's Jackets

Alpha Size	XS		S		M		L		XL		XXL		3XL		4XL		5XL		6XL		7XL		8XL	
Chest Size	32	34	36	38	40	42	44	46	48	50	52	54	56	58	60	62	64	66	68	70	72	74	76	78
Chest Max.	32"	34"	36"	38"	40"	42"	44"	46"	48"	50"	52"	54"	56"	58"	60"	62"	64"	66"	68"	70"	72"	74"	76"	78"

NOTE: If waist size is larger than chest size, use waist measurement as size. HEIGHT: Short: 5'3" - 5'7" Regular: 5'7" - 5'11" Long: 5'11" - 6'3" XLong: 6'3" - 6'7"

# measuring guidelines



## ① 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.

## ② NECK

Measure around the base of the neck where a collared shirt would fit, or measure a collar band on a shirt that fits you well.

## ③ CHEST / BUST

Measure 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.

## ④a WAIST / MID-SECTION

First, remove your belt. Then, measure over shirt (not over pants) at 1/2" to 1" below the navel. Hold the tape firmly but not tightly. If pants are worn under a protruding abdomen, measure where pants are typically worn. Note: For women, please refer to the hip measurement as the key point of measure for fitting pants.

## ④b WAIST / MID-SECTION

For shirts and covering garments such as coveralls - measure midsection over clothing around the fullest part of the abdomen. Note: Include both "A" and "B" measurements if ordering multiple garments.

## ⑤ HIPS

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

## ⑥ 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 with front and back creases and smooth. Measure along the inside seam of one leg from the bottom of the hem to the crotch.

## ⑦ SLEEVE

Bend the elbow slightly. Start at the center back of the neck and measure across the shoulder to the elbow and down to the wrist bone.

## ⑧ TRUNK

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

## ⑨ CAP / HAT SIZE

Measure the circumference of the head at it's widest diameter, approximately 1/8" above the ears.