



LADIES' GARMENT SIZE	XS	S	M	L	XL	2XL	3XL	4XL
<b>Numeric Sizing (USA/Canada)</b>	<b>2</b>	<b>4-6</b>	<b>8-10</b>	<b>12-14</b>	<b>16-18</b>	<b>20</b>	<b>22</b>	<b>24</b>
<b>Numeric Sizing (European)</b>	<b>32</b>	<b>34-36</b>	<b>38-40</b>	<b>42-44</b>	<b>46-48</b>	<b>50</b>	<b>52</b>	<b>54</b>
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 Length	29.5" - 30"	30.5" - 31"	31.5" - 32"	32.5" - 33"	33.5" - 34"	34.5" - 35"	35" - 35.5"	35.5" - 36"

## 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.

