

Finding your perfect garment size is easy

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.

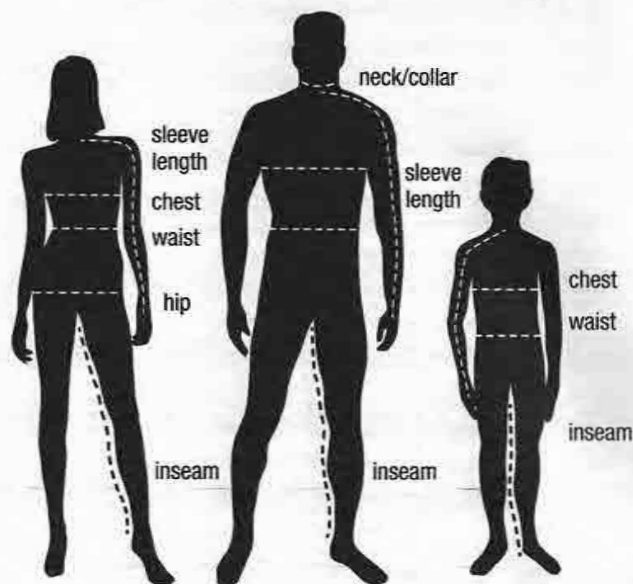
SLEEVE LENGTH: With arm relaxed at side and slightly bent, measure from center back neck, over the shoulder, down to the outer wrist.

INSEAM: Stand and measure from center 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.



Cotton T-Shirts and Sweatshirt Size chart:

MEN'S GARMENT SIZE	XS	S	M	L	XL	2XL	3XL	4XL	5XL	6XL
Neck/Collar Size	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 Length (Regular)	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 Length (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"
LADIES' GARMENT SIZE	XS	S	M	L	XL	2XL	3XL	4XL		
Equivalent Ladies' Sizes	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 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"		
YOUTH GARMENT SIZE	S (6)	M (10-12)	L (14-16)	XL (18-20)						
Chest	26" - 27"	28" - 30"	31" - 32"	33" - 34"						
Waist	23" - 24"	25" - 26"	27" - 28"	29" - 30"						
Sleeve Length	25" - 26.5"	26.5" - 28"	28" - 29.5"	29.5" - 31"						

Mens Poly UPF 40 Long Sleeve

	S	M	L	XL	2XL	3XL	4XL	5XL	6XL	-
BODY WIDTH	20	21.50	23.50	25.50	27	29	31	33	35	-
FULL BODY LENGTH	29	30	31	32	33	34	34.50	35	35.50	-
NECK CIRCUMFERENCE	18.50	19.50	20.50	21.50	22.50	23.50	24.50	25.50	26.50	-
SLEEVE LENGTH	34	35	36	37	38	39	39.50	40	40.50	-

Ladies Poly UPF 40 Long Sleeve

	S	M	L	XL	2XL	3XL	-	-	-	-
BODY WIDTH	18	19.50	21.50	23	25	27	-	-	-	-
FULL BODY LENGTH	25	26	27	28	29	29.50	-	-	-	-
NECK CIRCUMFERENCE	20.50	21	21.50	22	22.50	23	-	-	-	-
SLEEVE LENGTH	31.50	32.50	33.50	34.50	35.50	36	-	-	-	-

Mens Poly UPF 40 Short Sleeve

Poly UPF 40 shirt size chart: Meant to be tight fitting to add Wicking

Product Specifications: inches

	XS	S	M	L	XL	2XL	3XL	4XL
BODY WIDTH	18.5	20	21.5	23	24.5	26	27.5	29
FULL BODY LENGTH	27	28	29	30	31	31.5	32.5	33.5
NECK CIRCUMFERENCE	18.625	19.25	19.875	20.5	21.125	21.75	22.375	23
SLEEVE LENGTH	17.625	18.5	19.375	20.25	21.125	22	22.875	23.75
Size Chart	XS	S	M	L	XL	2XL	3XL	4XL
CHEST	32-34	35-38	39-41	42-45	46-49	50-52	53-56	57-60

Ladies Poly UPF 40 Short Sleeve

	XS	S	M	L	XL	2XL	3XL	-	-	-
BODY WIDTH	17.75	18.75	19.75	20.75	21.75	23.75	25.75	-	-	-
FULL BODY LENGTH	24	25	26	27	28	29	30.5	-	-	-
NECK CIRCUMFERENCE	20.25	20.875	21.5	22.125	22.75	23.375	24	-	-	-
SLEEVE LENGTH	14.875	15.375	15.875	16.375	16.875	17.625	17.875	-	-	-

Size Chart

	XS	S	M	L	XL	2XL	3XL	-	-	-
CHEST	31-32	33-35	36-38	39-42	43-45	46-49	50-53	-	-	-

Youth Poly UPF 40 Short Sleeve

	S	M	L	XL	-	-	-	-	-
BODY WIDTH	16	17	18	19	-	-	-	-	-
FULL BODY LENGTH	22.5	23.5	24.75	25.75	-	-	-	-	-
NECK CIRCUMFERENCE	16.375	17	18.5	19.5	-	-	-	-	-
SLEEVE LENGTH	14.25	15	15.75	16.5	-	-	-	-	-

Size Chart

	S	M	L	XL	-	-	-	-	-
CHEST	26-27	28-30	31-32	33-34	-	-	-	-	-