

Sizing – Clothing sizes vary by manufacturer and by product style, however the charts below should give you some guidance when selecting which size will fit you best.

### Women's Clothing

Dimensions in this chart are body dimensions not garment dimensions.

		S	M	L	XL
		4-6	8-10	12-14	16-18
Bust	inches	34-35	36-37	38½-40	42-44
	cm	86-90	91-95	98-102	104-110
Waist	inches	27-28	29-30	31½-33	35-37
	cm	68-72	74-78	80-84	89-94
Hip	inches	37-38	39-40	41½-43	45-47
	cm	92-98	100-106	108-110	114-119

### Unisex Clothing

Based on men's measurements. Women should use the chart above. Sleeve lengths and garments lengths are averages for actual garments.

		S	M	L	XL	XXL
		8-10	12-14	16-18	20-22	
Bust	inches	36-37	38-40	42-44	46-49	
	cm	91-95	98-102	104-112	116-124	
Length of Garment	inches	27½	28	29	30	
	cm	70	72	73½	76	
Sleeve Length	inches	30	32	34	35	
	cm	76	81	86½	89	
Waist	inches	30	32	34	36	38
	cm	76	81	86½	91½	96½
Hip	inches	40½	42½	45	46	47½
	cm	103	108	114	116	120½
Pant Length	inches	32	32	32	34	34
	cm	81	81	81	86½	86½

### T-shirts

Dimensions in this chart are garment dimensions. You should consider buying sizes 3 to 4 inches wider than your actual chest measurement.

		Youth Sizes			Adult (unisex) Sizes				
		S	M	L	S	M	L	XL	XXL
		5-6	8-10	12-14					
Chest	inches	30	34	38	38	40	44	49	54
	cm	76	86	96	96	102	112	124	137
Length	inches	17	19	21	21	25	28	30	31
	cm	43	48	53	53	63	71	76	79