

Adult Shirt Sizes

	XS	S	M	L	XL	2XL	3XL	4XL	5XL	6XL
Regular/Tall Chest Measurement	30-32	34-36	38-40	42-44	46-48	50-52	54-55	57-58	60-61	63-64
Regular/Tall Neck Size (for woven shirts)	13½-14	14-14½	15-15½	16-16½	17-17½	17½-18	18-18½	18½-19	19-19½	19½-20
Regular Sleeve Measurement	30½-31½	32-33	34-35	35-36	36½-37½	37½-38½	38½-39½	39½-40½	40½-41½	41½-42½
Tall Sleeve Measurement	-	-	-	36½-37½	38-39	39-40	40-41	41-42	-	-

Unisex Pant Sizes

	XS	S	M	L	XL	2XL	3XL	4XL
Waist	24-26	28-30	32-34	36-38	40-42	44-46	48-50	52-54
Inseam	30	31	32	32	33	33½	34	34½

Ladies Sizes

Tops

	XS	S	M	L	XL	XXL	Plus 1X	Plus 2X
Size	4	6/8	10/12	14/16	18/20	20	18-20W	22-24W
Bust Measurement	32½-34	34½-35½	36½-38	39½-41	43-45	48	47-51	52-56

Bottoms

L210 Cheer Short, p.182	XS	S	M	L	XL	XXL	Plus 1X	Plus 2X
Waistband	20	22	24	26	28	30	32	36
Inseam	3	3	3	3	3	3	5	5

L252 Sweatpant, p.257	XS	S	M	L	XL	XXL	Plus 1X	Plus 2X
Waistband	30	33½	36	38½	41	43½	46	48½
Inseam	29½	30	31	31	31½	32	32½	33

L465Y* Yoga Pant, p.254	XS	S	M	L	XL	XXL	Plus 1X	Plus 2X
Elastic Waist	22	24	26	28	30	32	34	37

*Pant length is 33" with a running stitch 2" and 4" from bottom for easy shortening.

L505P Track Suit Pant, p.252	XS	S	M	L	XL	XXL	Plus 1X	Plus 2X
Waist Relaxed	29	30	32	35	38	40	42	44
Inseam	30	30½	31	31½	32	33	33	33

Youth Sizes

	XS	S	M	L	XL
Size	2-4	6-8	10-12	14-16	18-20



Adult Sizes

	XS	S	M	L	XL	2XL	3XL	4XL
Chest	30-32	34-36	38-40	42-44	46-48	50-52	54-55	57-58

Junior Ladies Sizes

Tops	S	M	L	XL	XXL	Plus 1X	Plus 2X
Size	3/5	7/9	11/13	15/17	17/19	21/23	25/27
Bust Measurement	28	30	32	34	36	41	46
Bottoms	S	M	L	XL	XXL	Plus 1X	Plus 2X
Waistband Relaxed	34	36	38	40	42	44	46
Inseam	31	32	32½	32½	32½	33	33½



Sizing for Infants' Apparel

	6M	12M	18M	24M
Approx. Age	3 - 6 M	6 - 12 M	12 - 18 M	18 - 24 M
Approx. Weight (lbs)	7 - 15	16 - 22	23 - 27	28 - 30
Approx. Length (inches)	17 - 24	25 - 28	29 - 31	32 - 34

Sizing for Toddlers' Apparel

	2T	3T	4T
Approx. Weight (lbs)	30 - 33	33 - 36	36 - 41
Approx. Height (inches)	32 - 36	36 - 39	39 - 42
Approx. Chest Size (inches)	24	25	27

How to Measure
for Ladies and
Plus Sizes:

Bust – Measure under
your arms,
at the fullest part
of your chest.

Relaxed Waist –
Measure around
your hips, keeping
the tape a bit loose.

Inseam –
Measure from
the crotch seam
to the bottom
of the pants.



How to Measure
for Men's and
Adult Sizes:

Neck – Measure at
the base of your neck.

Sleeve –
Measure length from
center back neck, over
point of shoulder to
the wrist.

Chest – Measure under
your arms, at the fullest
part of your chest.

Waist – Measure
around your waist at
height you normally
wear your pants.

Inseam –
Measure from the
crotch seam to the
bottom of the pants.

