## SIZING INSTRUCTIONS

Using a measuring tape, measure your body (not over clothing) and refer to these body charts to determine the best size. If you fall between sizes, we recommend ordering the larger size.

Men: Use your chest, arm length and neck measurements to determine the proper size for tops and outerwear; use your waist measurement (where you wear your pants) for bottoms and belts.

Women: Use your chest measurement to determine the proper size for tops and outerwear; use your waist (smallest point) and hip measurements for bottoms; use your waist measurement (where you wear your pants) for belts.

## HOWTOMEASIVR YOURBOOY

Chest: Measure under arms and around the fullest part of your chest with measuring tape parallel to the floor.

Waist: Measure around the natural part of your waist (Men - where you wear your pants / Women - the smallest part of your waist).

Neck: Measure around the base of your neck.
Hip: Stand with your feet together and measure around the fullest part of your hip with the measuring tape parallel to the floor.

Arm Length: Slightly bend elbow and measure from center back neck, over top of shoulder and down to wrist.

Inseam: Measure inside of leg from crotch to ankle or desired length.

MEN'S BODY MEASUREMENTS

| Alpha Size | XS |  | S |  | M |  | L |  | XL |  | 2XL |  | 3XL |  | 4XL |  | 5XL |  | 6XL |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Neck | 13 | $131 / 2$ | 14 | 141/2 | 15 | 151/2 | 16 | 161/2 | 17 | 171/2 | 18 | 181/2 | 19 | 191/2 | 20 | 201/2 | 21 | 211/2 | 22 | 221/2 |
| Chest | 30 | 32 | 34 | 36 | 38 | 40 | 42 | 44 | 46 | 48 | 50 | 52 | 54 | 56 | 58 | 60 | 62 | 64 | 66 | 68 |
| Arm Length* | $32^{1 / 4}$ | $32^{3 / 4}$ | 33 | $331 / 2$ | $33^{3 / 4}$ | $341 / 4$ | $341 / 2$ | 35 | $351 / 4$ | $353 / 4$ | 36 | $361 / 2$ | $363 / 4$ | $371 / 4$ | $371 / 2$ | 38 | $38^{1 / 4}$ | $383 / 4$ | 39 | $391 / 2$ |
| Waist | 24 | 26 | 28 | 30 | 32 | 34 | 36 | 38 | 40 | 42 | 44 | 46 | 48 | 50 | 52 | 54 | 56 | 58 | 60 | 62 |

Short $=5^{\prime} 3^{\prime \prime}-5^{\prime} 7^{\prime \prime \prime} 2^{\prime \prime}$, Regular $=5^{\prime} 8^{\prime \prime}-6^{\prime} 1_{2}^{\prime \prime \prime}$, Tall $=6^{\prime} 1^{\prime \prime}-6^{\prime} 3^{\prime \prime}$, Short sizes have $2^{\prime \prime}$ reduced from body and sleeve length. Tall sizes have $2^{\prime \prime}$ added to body and sleeve length.
*Arm length refers to your actual arm length, not the garment's sleeve length.

## WOMEN'S BODY MEASUREMENTS

WOMEN'S EXTENDED SIZES

| Alpha Size | X-Small |  | Small |  | Medium |  | Large |  | X-Large |  | 1X |  | 2X |  | 3 X |  | 4X |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Numeric Size | 0 | 2 | 4 | 6 | 8 | 10 | 12 | 14 | 16 | 18 | 16 | 18 | 20 | 22 | 24 | 26 | 28 | 30 |
| Chest | $321 / 2$ | $331 / 2$ | $341 / 2$ | $351 / 2$ | $361 / 2$ | $371 / 2$ | 39 | 401/2 | 421/2 | 441/2 | 43 | 45 | 47 | 49 | 51 | 53 | 55 | 57 |
| Arm Length* | 291/2 | 293/4 | $301 / 4$ | $301 / 2$ | 31 | $311 / 4$ | $313 / 4$ | 32 | $321 / 2$ | $323 / 4$ | $331 / 4$ | $331 / 2$ | $333 / 4$ | 34 | $341 / 4$ | $341 / 2$ | $343 / 4$ | 35 |
| Waist | 25 | 26 | 27 | 28 | 29 | 30 | 311/2 | 33 | 35 | 37 | 36 | 38 | 40 | 42 | 44 | 46 | 48 | 50 |
| Hip | $351 / 2$ | $361 / 2$ | $371 / 2$ | $381 / 2$ | 391/2 | 401/2 | 42 | 43112 | 451/2 | $4711 / 2$ | 45 | 47 | 49 | 51 | 53 | 55 | 57 | 59 |

Regular = $5^{\prime} 5^{\prime \prime}-5^{\prime} 7^{\prime \prime}$, Tall $=5^{\prime} 8^{\prime \prime}-5^{\prime} 11^{\prime \prime}$, Tall sizes have $2^{\prime \prime}$ added to body length and $1^{1 / 2 \prime \prime}$ added to sleeve length.
*Arm length refers to your actual arm length, not the garment's sleeve length.

Regular $=5^{\prime} 5^{\prime \prime}-5^{\prime} 7^{\prime \prime}$, Tall = $5^{\prime} 8^{\prime \prime}-5^{\prime} 11^{\prime \prime}$, Tall sizes have $2^{\prime \prime}$ added to body and leeve length.

## MEN'S FOOTWEAR SIZE CONVERSIONS

| US Size | 4 | 5 | 6 | 61/2 | 7 | 71/2 | 8 | $81 / 2$ | 9 | 91/2 | 10 | 101/2 | 11 | 111/2 | 12 | 13 | 14 | 15 |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| UK Size | 3 | 4 | 5 | $51 / 2$ | 6 | $61 / 2$ | 7 | 7112 | 8 | $81 / 2$ | 9 | $91 / 2$ | 10 | 101/2 | 11 | 12 | 13 | 14 |
| EU Size | 37 | 37112 | $381 / 2$ | 39 | 40 | $401 / 2$ | 41 | 42 | $42^{1 / 2}$ | 43 | 44 | 441/2 | 45 | $451 / 2$ | 46 | $47^{1 / 2}$ | $481 / 2$ | 49112 |

Wide available in US Sizes 7-12, 13

## WOMEN'S FOOTWEAR SIZE CONVERSIONS

| US Size | $\mathbf{5}$ | $\mathbf{6}$ | $\mathbf{6 1 / 2}$ | $\mathbf{7}$ | $\mathbf{7 1 / 2}$ | $\mathbf{8}$ | $\mathbf{8 1 / 2}$ | $\mathbf{9}$ | $\mathbf{9} 1 / 2$ | $\mathbf{1 0}$ |
| :--- | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| UK Size | 4 | $41 / 2$ | 5 | $51 / 2$ | 6 | $61 / 2$ | 7 | $71 / 2$ | 8 | $81 / 2$ |
| EU Size | 37 | $371 / 2$ | 38 | $381 / 2$ | 39 | 40 | $401 / 2$ | 41 | 42 | $42^{1 / 2}$ |


| ELDNE 5TTME |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: |
| Unisex Size | S | M | L | XL | 2XL |
| Men's | 78 mm | 90 mm | 103 mm | 114 mm | 127 mm |

Measure across the palm of your hand from where your thumb and index meet.

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## HAT SIZING

| Hat Size | Measurement | A-Flex | One Size |
| :---: | :---: | :---: | :---: |
| 7 | $22^{\prime \prime} / 55.8 \mathrm{~cm}$ |  | - |
| $71 / 8$ | $223 / 8^{\prime \prime} / 56.8 \mathrm{~cm}$ |  |  |
| $71 / 4$ | $223 / 4^{\prime \prime} / 57.7 \mathrm{~cm}$ |  | - |
| $73 / 8$ | $231 / 8^{\prime \prime} / 58.7 \mathrm{~cm}$ |  | - |
| $71 / 2$ | $231 / 2^{\prime \prime} / 59.6 \mathrm{~cm}$ | - |  |
| $75 / 8$ | $237 / 8^{\prime \prime} / 60.6 \mathrm{~cm}$ | - |  |
| $73 / 4$ | $241 / 4^{\prime \prime} / 61.5 \mathrm{~cm}$ | - |  |
| $77 / 8$ | $245 / 8^{\prime \prime} / 62.5 \mathrm{~cm}$ | - | - |

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