



**HEAD** | Measure circumference of head just above top of ears, and 1 inch (2.54 cm) above eyebrows.

**SLEEVE** | With your arm bent at the elbow and hand on your hip measure from the back of the neck to the elbow and finish at the wrist.

**CHEST** | Measure under arms around the fullest part of the chest. Be sure to keep tape level across back and comfortably loose.

**WAIST** | Measure around natural waist with a loose tape.

**HIP & SEAT** | Place the measuring tape around the body at the fullest part of the lower hip, feet together.

**INSEAM** | Without shoes, measure on inside of leg from groin to the floor.

## MEN'S SIZING GUIDE

*in inches*

### MEN'S TOPS

SIZE [U.S.]	SM	MD	LG	XL	2XL	3XL	4XL	5XL
<b>CHEST</b>	34-36	38-40	42-44	46-48	50-52	54-56	58-60	62-64
<b>WAIST</b>	31-33	35-37	38-41	43-45	47-49	51-53	55-57	59-61
<b>HIP</b>	34-36	38-40	42-44	46-48	50-52	54-56	58-60	62-64
<b>SLEEVE</b>	27-28	29-30	31-32	33-34	35-36	35-36	33-34	33-34
<b>INSEAM [SHORT]</b>	28	29	30	31	31	31	31	31
<b>INSEAM [REGULAR]</b>	30	31	32	33	33	33	33	33
<b>INSEAM [TALL]</b>	33	34	35	36	36	36	36	36

### MEN'S BOTTOMS

SIZE [U.S.]	28	30	32	34	36	38	40	42
<b>HIP</b>	36-37	38-39	40-41	42-43	44-45	46-47	48-49	50-51
<b>INSEAM [SHORT]</b>	29	30	30	30	30	30	31	31
<b>INSEAM [REGULAR]</b>	31	31	32	32	32	32	33	33
<b>INSEAM [TALL]</b>	34	34	35	35	35	35	36	36

# M And S Size Guide

**KJ Lindholm-Leary**



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