

## APPAREL SIZING GUIDE

### TOPS

	Small	Medium	Large	X-Large	2X-Large	3X-Large
Chest	34"- 36"	38"- 40"	42"- 44"	46"- 48"	50"- 52"	54"- 56"
Sleeve	32"- 33"	33"- 34"	34"- 35"	35"- 36"	36"- 37"	36"- 37"
Neck	14"-14.5"	15"-15.5"	16"-16.5"	17"-17.5"	18"-18.5"	19"-19.5"

### BOTTOMS

	Small		Medium		Large		X-Large		2X-Large		3X-Large	
Waist	28	30	32	34	36	38	40	42	44	46	48	50
Hip	34	36	38	40	42	44	46	48	50	52	54	56
Inseam:												
Short	30											
Regular	32											
Long	34-36											
Extra Long	to 39											

**Engineered - Fit™ Base Layer Garments** - see separate size chart for choice between a body-contoured Standard and Full Compression Fit.

**Fleece and Jackets** - refer to the above body measurements for sizing. But, note that the Grid Fleece samples will have a more form fit and other styles will have a more traditional looser fit.

## How to Measure

Measure your body. But, do not measure over shirts or pants that you have on.

- \* Please follow the illustration and the specific points of measurement instructions.
- \* Use a measuring tape instead of a ruler.

### HEAD (for headwear) -

Measure around the head with the measuring tape, above the brow ridges.

## TOPS

### NECK

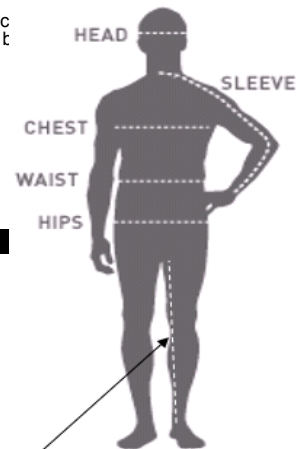
Measure your body around the base of the neck, allowing for a comfortable fit.

### CHEST

With arms relaxed at sides, measure around the fullest part of the chest and shoulder blades.

### SLEEVE LENGTH

With arm bent at 90 degrees, place hand on hip. Start at the center back neck and measure across the shoulder to the elbow, then down to the top of the cuff.



## BOTTOMS

### WAIST

Measure your natural waist at the height you would normally wear your pants.

### HIPS

With heels together, measure around the fullest part of the hips.

### INSEAM

Measure inside the leg from crotch seam down to the desired length, normally to the top of the ankle or top of the shoe.

INSEAM