

Standard Sizing Chart

Women's Apparel

To order the correct alpha or numeric sizes please follow the chart. Order according to the largest measurement of Bust, Waist or Hip.

Alpha	XXS		XS		S		M		L		XL		2XL		3XL	
Size	2	4	6	8	10	12	14	16	18	20	22	24	26	28	30	
Bust	33	34	35	36	37	38.5	40	41.5	43.5	45.5	47.5	49.5	51.5	53.5	55.5	
Waist	24	25	26	27	28	29.5	31	32.5	34.5	36.5	38.5	40.5	42.5	44.5	46.5	
Hip	35	36	37	38	39	40.5	42	43.5	45.5	47.5	49.5	51.5	53.5	55.5	57.5	

HOW TO DETERMINE YOUR SIZE – LADIES

(Record your measurements, then choose your size from the Standard Sizing Chart)

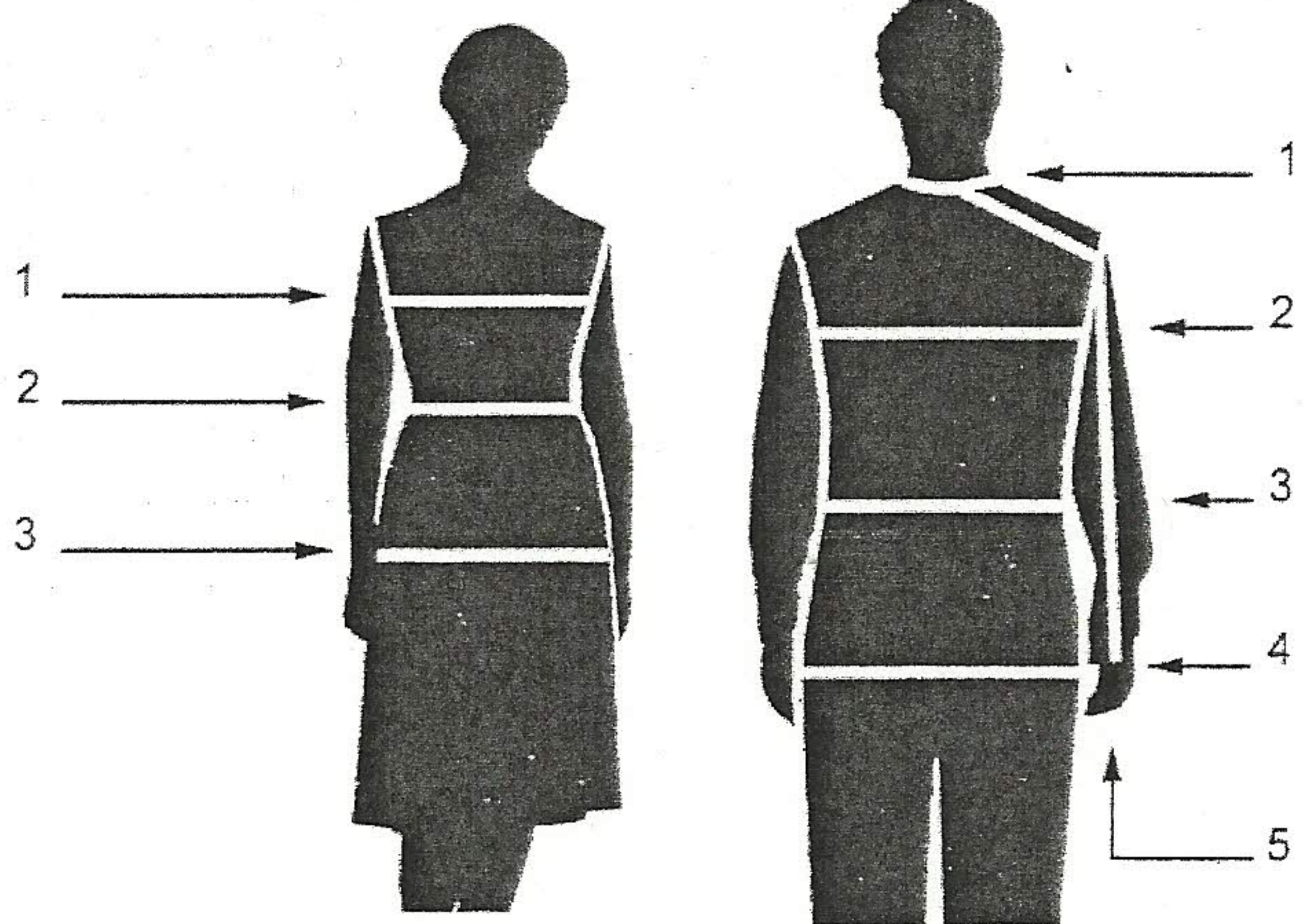
Name: _____
 Jacket Size: _____
 Pant Size: _____
 Skirt Size: _____
 Blouse Size: (Alpha sizing) _____

HOW TO DETERMINE YOUR SIZE - MEN

(Record your measurements, and then choose your size from the Standard Sizing Chart)

Name: _____
 Jacket Size: _____
 Pant Size: _____
 Shirt Size: _____

- 1. Bust** _____
Place tape over shoulder blades in back and across fullest part of bust. Do not pull tape too tight.
- 2. Waist** _____
Place tape measure around the smallest part of the body at the natural waistline just above the hip bones.
- 3. Hips/Seat** _____
Measure around fullest part of hips about 8" Below natural waistline. Hold tape firm but not tight.



- 1. Neck** _____
Neck: Be careful that tape measure is not tight enough to choke or loose enough to sag.
- 2. Chest** _____
Measure across fullest part of chest, under arms and across back.
- 3. Waist** _____
Measure at height you usually wear your pants. Pull tape as snug as you like your pants to feel. Do not measure over belt.*Even sizes only ie: 28,30,32,34,36 etc.*
- 4. Seat** _____
Measure at the fullest part of the seat. Do not measure too snug.
- 5. Sleeve** _____
*Measure from centre of label in collar to bottom of cuff of sleeve. Tape should go over shoulder.



Men's Apparel

To order the correct alpha, numeric or waist sizes please follow the chart. Please order according to the largest measurement of Chest, Waist or Hip.

Alpha	XS	S		M		L		XL		2XL	3XL	
Size-chest	34	36	38	40	42	44	46	48	50	52	54	56
Chest	34	36	38	40	42	44	46	48	50	52	54	56
Waist	28	30	32	34	36	38	40	42	44	46	48	50
Hip	35	37	39	41	43	45	47	49	51	53	55	57
Neck	13.5	14	14.5	15	15.5	16	16.5	17	17.5	18	18.5	19