

# 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)

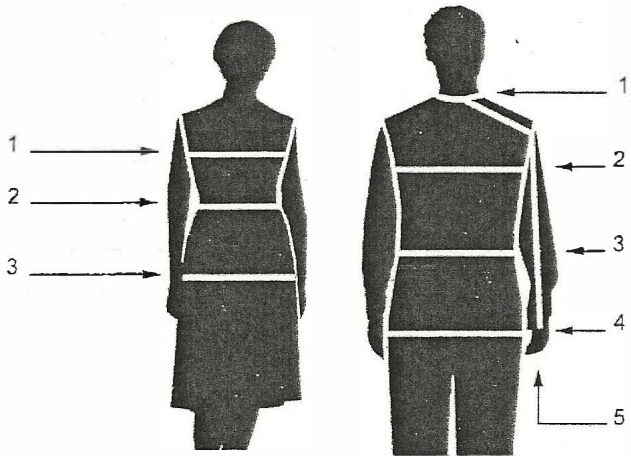
Name: \_\_\_\_\_  
 Jacket Size: \_\_\_\_\_  
 Pant Size: \_\_\_\_\_  
 Skirt Size: \_\_\_\_\_  
 Blouse Size: (Alpha sizing) \_\_\_\_\_

## HOW TO DETERMINE YOUR SIZE - MEN

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

Name: \_\_\_\_\_  
 Jacket Size: \_\_\_\_\_  
 Pant Size: \_\_\_\_\_  
 Shirt Size: \_\_\_\_\_

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



- Neck** \_\_\_\_\_  
Neck: Be careful that tape measure is not tight enough to choke or loose enough to sag.
- Chest** \_\_\_\_\_  
Measure across fullest part of chest, under arms and across back.
- 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.\*
- Seat** \_\_\_\_\_  
Measure at the fullest part of the seat. Do not measure too snug.
- 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		