

# FINDING YOUR PERFECT GARMENT SIZE IS EASY

## HOW TO MEASURE:

**IMPORTANT:** For the most accuracy, follow the measuring instructions. See diagram at right.

**CHEST:** Measure just under the arms, across fullest part of chest, around shoulder blades holding tape firm and level.

**WAIST:** Measure around your natural waistline, keeping one finger between the tape and the waist.

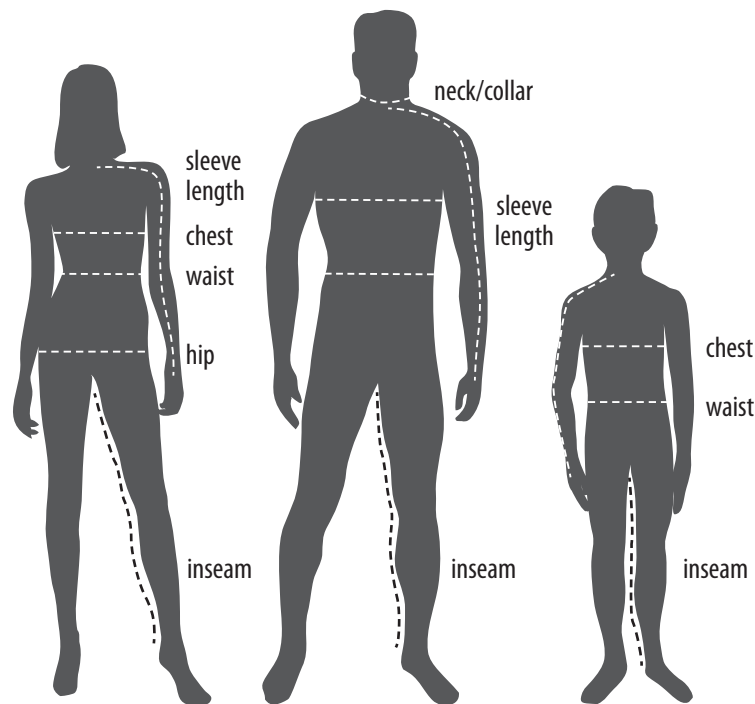
**HIP:** In standing position, measure around the fullest point of hips.

**SLEEVE LENGTH:** With arm relaxed at side and slightly bent, measure from centre back neck, over the shoulder, down to the outer wrist.

**INSEAM:** In standing position, measure from centre crotch to bottom of ankle bone. (Please refer to specific style for garment inseam length.)

## SPECIAL SIZING:

**TALL:** Men's shirts are constructed with added length in the body and sleeves. Short sleeves are 1" longer, long sleeves and body length are 2" longer.



MEN'S GARMENT SIZE	XS	S	M	L	XL	XXL	3X	4X	5X
<b>To fit Body Measurements Regular/Tall:</b>									
• Neck/Collar Size	13.5" - 14"	14.5" - 15"	15.5" - 16"	16.5" - 17"	17.5" - 18"	18.5" - 19"	19.5" - 20"	20.5" - 21"	21.5" - 22"
• Chest	33" - 36"	37" - 40"	40" - 43"	43" - 46"	46" - 49"	49" - 52"	52" - 55"	55" - 58"	58" - 61"
• Waist	26" - 29"	29" - 32"	32" - 35"	35" - 38"	38" - 41"	41" - 44"	44" - 47"	47" - 50"	50" - 53"
• Sleeve Length (Regular)	32.5" - 33"	33" - 33.5"	34" - 34.5"	35" - 35.5"	36" - 36.5"	37" - 37.5"	38" - 38.5"	38.5" - 39"	39" - 39.5"
• Sleeve Length (Tall)				37" - 37.5"	38" - 38.5"	39" - 39.5"	40" - 40.5"	40.5" - 41"	41" - 41.5"
LADIES' GARMENT SIZE	XS	S	M	L	XL	XXL	3X		
Equivalent Ladies' Sizes	2-4	6-8	10-12	14-16	18	20	22		
<b>To fit Body Measurements:</b>									
• Chest	32" - 34"	34" - 36"	36" - 38"	38" - 41"	41" - 44"	44" - 47"	47" - 50"		
• Waist	23" - 25"	25" - 27"	27" - 29"	29" - 32"	32" - 35"	35" - 38"	38" - 41"		
• Hip	33" - 35"	35" - 37"	37" - 39"	39" - 42"	42" - 45"	45" - 48"	48" - 51"		
• Sleeve Length	30" - 30.5"	30.5" - 31"	31.5" - 32"	32.5" - 33"	33.5" - 34"	34.5" - 35"	35" - 35.5"		
YOUTH GARMENT SIZE	S (6-8)	M (8-10)	L (10-12)	XL (12-14)					
<b>To fit Body Measurements:</b>									
• Chest	26" - 28"	28" - 30"	30" - 32"	32" - 34"					
• Waist	23" - 24"	25" - 26"	27" - 28"	29" - 30"					
• Sleeve Length	25" - 26.5"	26.5" - 28"	28" - 29.5"	29.5" - 31"					



### WHAT IS A MODERN FIT?

Garments with this icon feature a sleek, modern, athletic inspired shape. The body and sleeves are cut slightly trimmer and the armholes are built slightly higher. Use the above size chart to find your corresponding size for all our garments. By picking your appropriate size, you can expect a trimmer fit from North End Sport® products.



modern fit  
traditional fit

