-To find your pants size, measure your waist and inseam, then choose the corresponding size.
-To find your denim bib size, choose the alpha size that matches your LAPCO shirt size.
-If you are in between sizes, choose the larger size.

WAIST: Place 0" mark of the tape measure in the center of your waist. Tape should wrap around the back to the front center of waist. Tape should be level and laid flat, held neither too tight, nor too loose. Do not suck in your stomach or you will get a false measurement. The point where the tape meets the 0 " mark is your waist measurement.

INSEAM: Use a pair of pants that fit you well, (they should not be too loose around the waist). Measure the inseam of the pants by positioning the tape's 0 " mark on the center seam of the crotch, down the inside leg seam, to the hem. The point where the tape meets the hem is the inseam length.


| BIB OVERALL SIZING |  |  |  |  |  |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| $\underset{\substack{\text { ALPPA } \\ \text { SZES }}}{ }$ | SMALL | MEDIUM | LARGE | XL | 2XL | 3XL | 4XL | 5XL | 6XL | 7XL |


| BIB OVERALL INSEAM LENGTHS |  | PANTS \& JEANS |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  |  | WAIST SIZES |  |  |  |  |  |
| You should order this length: |  | 28 | 29 | 30 | 31 | 32 | 33 |
| Recommended | Coverall Inseam | 34 | 35 | 36 | 38 | 40 | 42 |
| Length of Garment | Measurement | 44 | 46 | 48 | 50 | 52 | 54 |
| Short | 28 " |  |  |  |  |  |  |
| Regular | 30" | INSEAM LENGTHS |  |  |  |  |  |
| Tall | $32^{\prime \prime}$ | 28 | 29 | 30 | 31 | 32 | 33 |
| X-Tall | $34 "$ | 34 | 35 | 36 | 37 | 38 | 39 |

NOTE: When taking these measurements, use a cloth tape measure, not a metal one. Measurements should be taken over standard undergarments.

