## INSULATED CLOTHING SIZING

Jackets-Coveralls-Bib Overalls



- To find your jacket size, measure your chest.
- For insulated coverall sizing, use chest and inseam measurements. If your waist size is larger than your chest size, use your waist measurement to choose your size.
- To find your size in our insulated bib overall, use your waist and inseam measurements.

CHEST: Place 0" mark of the tape measure in the center of vour chest. Tape should wrap around the broadest part of the chest, under the arms and resting across the shoulder blades, back to the center of chest. Tape should be level and laid flat, held neither too tight, nor too loose. The point where the tape meets the 0" mark, (in the center front of the chest), is your 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.

If you are between measurements, choose the larger size.

ALPHA TO NUMERIC SIZING										
ALPHA SIZES	SMALL	MEDIUM	LARGE	XL	2XL	3XL	4XL	5XL	6XL	7XL
CHEST/WAIST MEASUREMENT	30" - 32"	34" - 36"	38" - 40"	42" - 44"	46" - 48"	50" - 52"	54" - 56"	58" - 60"	62" - 64"	66" - 68"

\*waist measurements are for the natural waist NOT pants size

WAIST: Place 0" mark of the tape measure in the center of your **natural 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.

Sizes are based on actual body measurements.

INSEAM LENGTHS						
Length of Garment	Coverall Inseam Measurement					
Regular	30"					
Tall	32"					

**NOTE:** When taking these measurements, use a cloth tape measure, not a metal one.



Helpful Hint: If you plan to wear clothing, in addition to undergarments, beneath your insulateds, choose a larger size to accomodate the extra garments.