## **SHIRTS SIZING**

To find your shirt size, use your neck and sleeve measurements. If you are in between sizes, choose the larger size.

**NECK:** Place 0" mark of the tape measure in the center of your neck. Tape should wrap

around the neck, under the chin resting comfortably at your collar line, back to the center front of neck. Tape should be laid flat, held neither too

tight, nor too loose. The point where the tape meets the 0" mark, (in the center front of

the neck), is your measurement.

sleeve length, start at the center of the back below the back of the neck, and measure the distance to the shoulder seam. Next, measure the distance from shoulder seam to bottom of cuff. Finally, add these two numbers to get your sleeve length.



## **ALPHA TO NUMERIC SIZING**

## **SLEEVE LENGTH MEASUREMENTS**

		SLEEVE LEINOTH MEASUREMENTS			
ALPHA SIZE	NECK SIZE	SHORT	MEDIUM/ REGULAR	LONG	EXTRA LONG
SMALL	14.5	31	32	33	34
	15	32	33	34	35
MEDIUM	15.5	32	33	34	35
	16	33	34	35	36
LARGE	16.5	33	34	35	36
	17	34	35	36	37
XL	17.5	34	35	36	37
	18	34	35	36	37
2XL	19	35	36	37	38
3XL	20	35	36	37	38
4XL	22	36	37	38	39
5XL	23	36	37	38	39
6XL	24	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.