

Sizing and Measuring Guides

A	MEN'S LONG SLEEVE SHIRTS											
NECK	14.5	15	15.5	16	16.5	17	17.5	18	18.5	19	20	22
SLEEVE												
32
33
34
35
36/37

B	MEN'S ZIPPERED LONG SLEEVE SHIRTS (SPRUCE GREEN ONLY)											
NECK	14.5	15	15.5	16	16.5	17	17.5	18	18.5	19	20	22
SLEEVE												
32/33
34/35
36/37

C	MEN'S SHORT SLEEVE SHIRTS											
NECK	14.5	15	15.5	16	16.5	17	17.5	18	18.5	19	20	22

D	LONG SLEEVE SHIRTS											
NECK	14/14.5	15/15.5	16/16.5	17/17.5	18/18.5	20	22					
SLEEVE												
32/33					
34/35					
36/37					

E	LONG SLEEVE SHIRTS											
CHEST	34	36	38	40	42	44	46	48	50	52	54	56
SHORT
REGULAR
LONG

F	WOMEN'S SHIRTS											
BUST	28	30	32	34	36	38	40	42	44	46	48	50

G	SHIRTS											
CHEST	34	36	38	40	42	44	46	48	50	52	54	56

H	MEN'S TROUSERS																					
WAIST	28	29	30	31	32	33	34	35	36	37	38	40	42	44	46	48	50	52	54	56	58	
REGULAR

I	TROUSERS											
WAIST	26	28	30	32	34	36	38	40	42	44	46	
	

J	4-P OCKET TROUSERS																					
WAIST	26	28	29	30	31	32	33	34	35	36	37	38	40	42	44	48	50	52	54	56	58	
REGULAR
LONG

K	CARGO TROUSERS									
WAIST	28	30	32	34	36	38	40	42	44	46

L	WOMEN'S TROUSERS												
WAIST	2	4	6	8	10	12	14	16	18	20	22	24	26

M	BASIC DUTY SHIRTS AND TROUSERS							
	XS	S	M	L	XL	2XL	3XL	4XL
SHORT
REGULAR
LONG

N	SHIRT/JACKET											
CHEST	34	36	38	40	42	44	46	48	50	52	54	56
SHORT
REGULAR
LONG
XLONG

O	JACKETS											
CHEST	36	38	40	42	44	46	48	50	52	54	56	

P	JUMPSUITS											
CHEST	36	38	40	42	44	46	48	50	52	54	56	
REGULAR
LONG
WAIST	6	8	10	12	14	16	18	20	22	24	26	
WOMEN'S

Q	BLOUSECOATS											
CHEST	36	38	40	42	44	46	48	50	52	54	56	
SHORT
REGULAR
LONG

R	OUTERWEAR											
	XS	S	M	L	XL	2XL	3XL	4XL				
CHEST	30/32	34/36	38/40	42/44	46/48	50/52	54/56	58/60				
SHORT				
REGULAR				
LONG				

MI S C	ALPHA SIZING							
	XS	S	M	L	XL	2XL	3XL	4XL
NECK	13/13.5	14/14.5	15/15.5	16/16.5	17/17.5	18/18.5	20	22

*Non-stock sizes may be available. Contact customer service for details.

How to Measure using a cloth tape measure

NECK SIZE

Wrap the measuring tape around the neck where a shirt is usually buttoned, snug but not too tight (leave enough room to get one finger under tape)

ARM LENGTH

With the person's hand on their hip, measure from the center of the back neck, across shoulder and over the end of the elbow to the bend of the wrist. Blousecoats: measure from shoulder to the bend of the wrist

CHEST

1" below arm, measure around the chest, snug but not too tight

BUST

Measure under arms and across the shoulder blades at the fullest part of the bust

WAIST

Measure over shirt (not over trouser) at the height you wear your trousers; wrap measuring tape around waist, snug but not too tight (leave enough room to get two fingers under the tape)

HIP

Measure 5" down from waist measurement, around hips

SEAT

Measure snugly at the fullest part of the seat

INSEAM

Measure the inseam of an existing trouser that fits you well; measure from inside crotch to inside bottom edge

TORSO CIRCUMFERENCE

Measure from high point on shoulder around back, under crotch and up to starting point on shoulder