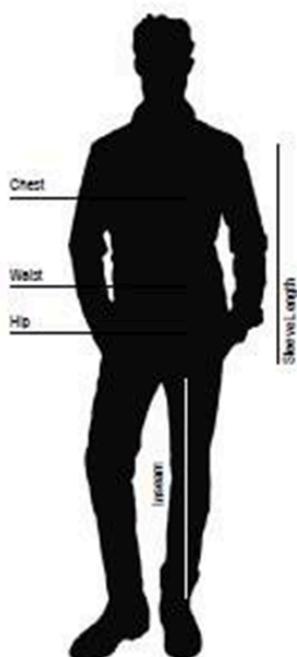


HOW TO MEASURE YOURSELF FOR A GREAT FIT

Hint: For the most accurate results, measure yourself in your undergarments.

- **Neck:** Measure around the base of your neck, inserting your forefinger between the tape and your neck to allow ease in fit.
- **Chest:** Measure around the fullest part of your chest, keeping tape firmly under your armpits and around your shoulder blades.
- **Waist:** Measure around your waist, slightly below your natural waist, where you normally wear your pants. Insert your forefinger between the tape and your body to allow ease in fit.
- **Sleeve Length:** Bend your arm slightly. Measure from center back neck, across your shoulder, down to your elbow, down to your wrist.
- **Hip:** Measure around the fullest part of your hips, inserting your forefinger between the tape and your hip to allow ease in fit.
- **Inseam:** Measure a similar pant that fits you well. Measure along the inseam, from the crotch seam to the bottom of the hem.



SIZE CONVERSION CHART

Numbers have been rounded to the nearest size. There may be slight variations between items of the same size.

Men's Tops	X-Small	Small	Medium	Large	X-Large	2X-Large	3X-Large
CHEST							
Inches	33-35	36-38	39-41	42-44	46-47	48-50	51-53
Centimetres	84-89	91-97	99-104	107-112	114-119	122-127	130-135

Men's Tops	X-Small	Small	Medium	Large	X-Large	2X-Large	3X-Large
NECK							
Inches	13-13.5	14-14.5	15-15.5	16-16.5	17-17.5	18-18.5	19-19.5
Centimetres	33-35	36-37	38-39	41-42	43-44	45-47	48-50

Men's Bottoms	X-Small	Small	Medium	Large	X-Large	2X-Large	3X-Large
WAIST							
Inches	28-29	30-31	32-34	36-38	40-42	44-46	47-48
Centimetres	71-74	76-79	81-86	91-97	102-107	112-117	119-122