

# SIZE CHART

How to measure your body for size



## BUST

Place tape measure up under arms and measure the fullest part of the chest, keeping tape parallel to the floor.

## WAIST

Tape measure should be straight around waist where pant waistband normally sits.

## HIP

Standing with heels together, with tape parallel to the floor, measure the fullest part.

## SLEEVE

With elbow bent, measure from the center of the back at the base of the neck, across the shoulder to the elbow and then down to the wrist.

## Ladies' Size

| SIZE    | NUMERIC SIZE | BUST      | WAIST     | HIP       |
|---------|--------------|-----------|-----------|-----------|
| X-Small | 2            | 34        | 26        | 36.5      |
| Small   | 4-6          | 35-36     | 27-28     | 37.5-38.5 |
| Medium  | 8-10         | 37-38     | 29-30     | 39.5-40.5 |
| Large   | 12-14        | 39.5-41   | 31.5-33   | 42-43.5   |
| XL      | 16-19        | 42.5-44.5 | 34.5-36.5 | 45-47     |
| 2XL     | 20           | 46        | 38        | 48.5      |
| 3XL     | 22           | 47.5      | 39.5      | 50        |
| 4XL     | 24           | 49        | 41        | 51.5      |

## Women's Plus Size

| SIZE | NUMERIC SIZE | BUST  | WAIST | HIP   |
|------|--------------|-------|-------|-------|
| 1X   | 14-16        | 45-47 | 39-41 | 46-48 |
| 2X   | 18-20        | 48-50 | 42-44 | 49-51 |
| 3X   | 22-24        | 51-53 | 45-47 | 52-54 |
| 4X   | 26-28        | 54-56 | 48-50 | 55-57 |
| 5X   | 30-32        | 57-59 | 51-53 | 58-60 |

These charts represent body measurements, not garment measurements.