



## Sizing Instructions

Using measuring tape, measure your body (not over clothing) and refer to diagram as a guide. If you fall between sizes, order the smaller size for a tighter fit or the larger size for a looser fit.

**Men:** Utilize your chest, arm length, and neck measurements to determine the proper size for tops, outerwear, or jumpsuits; utilize your waist measurement (where you wear your pants) for bottoms.

**Women:** Utilize your chest measurement to determine the proper size for tops, outerwear, or jumpsuits; utilize your waist (smallest part) and hip measurements for bottoms; utilize your waist measurement (where you wear your pants) for belts.

## Men's Body Measurements

| Alpha Size  | XS        | S       | M         | L       | XL        | 2XL       | 3XL     | 4XL       | 5XL       | 6XL       |
|-------------|-----------|---------|-----------|---------|-----------|-----------|---------|-----------|-----------|-----------|
| Neck        | 13-13 ½   | 14-14 ½ | 15-15 ½   | 16-16 ½ | 17-17 ½   | 18-18 ½   | 19-19 ½ | 20-20 ½   | 21-21 ½   | 22-22 ½   |
| Chest       | 30-32     | 34-36   | 38-40     | 42-44   | 46-48     | 50-52     | 54-56   | 58-60     | 62-64     | 66-68     |
| Arm Length* | 32 ¼-32 ¾ | 33-33 ½ | 33 ¾-34 ¼ | 34 ½-35 | 35 ¾-36 ¼ | 36 ¾-37 ¼ | 37 ½-38 | 38 ¾-39 ¼ | 39 ¾-40 ¼ | 40 ¾-41 ¼ |
| Waist       | 24-26     | 28-30   | 32-34     | 36-38   | 40-42     | 44-46     | 48-50   | 52-54     | 56-58     | 60-62     |

Short = 5'3"-5'7", Regular = 5'8"-6'6", Tall = 6'1"-6'3", Tall sizes have 2" added to body and sleeve length. \*Arm length refers to your actual arm length, not the garment's sleeve length.

## Women's Body Measurements

| Alpha Size   | X-Small | Small | Medium | Large | X-Large |
|--------------|---------|-------|--------|-------|---------|
| Numeric Size | 2       | 4     | 6      | 8     | 10      |
| Chest        | 32 ½    | 33 ½  | 34 ½   | 35 ½  | 36 ½    |
| Arm Length*  | 29 ¾    | 30 ¾  | 31 ¾   | 32 ¾  | 33 ¾    |
| Waist        | 25      | 26    | 27     | 28    | 29      |
| Hip          | 35 ½    | 36 ½  | 37 ½   | 38 ½  | 39 ½    |

Regular = 5'5"-5'7", Tall = 5'8"-5'11", Tall sizes have 2" added to body length and 1 ½" added to sleeve length.

\*Arm length refers to your actual arm length, not the garment's sleeve length.

## Men's Footwear Sizing

| US Size | 5    | 6    | 6 ½ | 7  | 7 ½  | 8  | 8 ½ | 9    | 9 ½ | 10 | 10 ½ | 11 | 11 ½ | 12 | 13   | 14   | 15   |
|---------|------|------|-----|----|------|----|-----|------|-----|----|------|----|------|----|------|------|------|
| UK Size | 4    | 5    | 5 ½ | 6  | 6 ½  | 7  | 7 ½ | 8    | 8 ½ | 9  | 9 ½  | 10 | 10 ½ | 11 | 12   | 13   | 14   |
| EU Size | 37 ½ | 38 ½ | 39  | 40 | 40 ½ | 41 | 42  | 42 ½ | 43  | 44 | 44 ½ | 45 | 45 ½ | 46 | 47 ½ | 48 ½ | 49 ½ |

Wide available in US Sizes 7-12, 13

## Women's Footwear Sizing

| US Size | 5  | 6    | 6 ½ | 7    | 7 ½ | 8   | 8 ½  | 9   | 9 ½ | 10   |
|---------|----|------|-----|------|-----|-----|------|-----|-----|------|
| UK Size | 4  | 4 ½  | 5   | 5 ½  | 6   | 6 ½ | 7    | 7 ½ | 8   | 8 ½  |
| EU Size | 37 | 37 ½ | 38  | 38 ½ | 39  | 40  | 40 ½ | 41  | 42  | 42 ½ |

## Glove Sizing

| Unisex Size | S    | M    | L     | XL    | 2XL   |
|-------------|------|------|-------|-------|-------|
| Men's       | 78mm | 90mm | 103mm | 114mm | 127mm |
| Women's     | 71mm | 83mm | 96mm  |       |       |

Measure across the palm of your hand from where your thumb and index meet.

## Hat Sizing

| Hat Size | Measurement       | A-Flex | One Size           |
|----------|-------------------|--------|--------------------|
| 7        | 22" / 55.8 cm     | M/L    | One Size Fits Most |
| 7 1/8    | 22 3/8" / 56.8 cm |        |                    |
| 7 1/4    | 22 3/4" / 57.7 cm |        |                    |
| 7 3/8    | 23 1/8" / 58.7 cm |        |                    |
| 7 1/2    | 23 1/2" / 59.6 cm | L/XL   |                    |
| 7 5/8    | 23 7/8" / 60.6 cm |        |                    |
| 7 3/4    | 24 1/4" / 61.5 cm |        |                    |
| 7 7/8    | 24 5/8" / 62.5 cm |        |                    |

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