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WOMEN'S SIZE AND FIT GUIDE

HOW TO MEASURE



For best results, measure over your undergarments.

BUST:

Measure the fullest part of your bust, keeping the tape level to the floor.

NATURAL WAIST:

Bend side to side and find the natural bend in your body; this is your natural waist.

NOTE:

It may not be the smallest point.

HIPS:

Measure at the fullest part of your hips, approximately 8" below the natural waist.

INSEAM:

Measure from your crotch to the desired length on body. You may also measure pants that you currently own and like. Lay the garment flat and smooth out. Measure on the front from the crotch point along seam to the hem for the inseam length.

SHIRTS, OUTERWEAR AND BOTTOMS

HOW TO MEASURE

	X-SMALL	SMALL		MEDIUM		LARGE		X-LARGE		XXL
	2	4	6	8	10	12	14	16	18	20
Bust	33	34	35	36	37	38½	40	41½	43½	45½
Waist	27	28	29	30	31	32½	34	35½	38	40½
Hip [Seat]	36	37	38	39	40	41½	43	44½	46½	48½

NOTE: If your bust and/or waist measurement falls between sizes, buy the larger size.

SHIRT FIT GUIDE

Relaxed Fit	Most ease over body; has subtle shape.
Slightly Fitted	Some ease over body; flows over the contours of the body; gives shape without being tight.
Fitted	Fits close to the body, follows the contours of the body; least amount for ease over body.

PANT FIT GUIDE

Slim Fit [Modern]	Fitted through the hips and thigh; low rise sits below the waist; contoured waistband prevents gapping in back; [leg silhouette will vary: Straight Leg, Boot Cut, Slim Straight Leg]
Original	Slightly fitted through the hips and thigh; mid rise sits just below the waist; contoured waistband prevents gapping in back; [leg silhouette will vary: Straight Leg, Boot Cut, Slim Straight Leg]
Relaxed	Relaxed through hips and thigh; mid rise sits just below the waist; contoured waistband prevents gapping in back; [leg silhouette will vary: Straight Leg, Boot Cut, Slim Straight Leg]

If your normal inseam preference is:	You should order this size:	
Inseam Measurement	Overall inseam Measurement	
29–30	30	Short
31–32	32	Regular
33–34	34	Tall

NOTE: *If your inseam length falls between sizes, buy the longer size.*

BELTS

HOW TO MEASURE

If your Waist Size is:	29	30	31	32	33	34	35	37	38.5	40.5	42	44.5
If your Pant Size is:	0–2		4–6		8–10		12–14		16–18		20	
Order this Women's Belt Size:	XS		S		M		L		XL		XXL	

HATS

	OSFA	SMALL/MEDIUM	MEDIUM/LARGE
Head Measurement	21½ – 23¼	21½ – 22¼	22½ – 23¼

SOCKS

	Women's Shoe Size
SMALL [7-9]	4 – 9
MEDIUM [9-11]	5½ – 11½
LARGE [10-13]	9 – 12
X-LARGE [13-15]	—

GLOVES



PALM UP

HAND LENGTH:

Measure from the tip of your middle finger to the base of your palm just before your wrist.

PALM WIDTH:

With your palm flat and facing up, measure from the crook of your thumb to the outer edge of your palm.

	SMALL	MEDIUM	LARGE
Hand Length	6 – 6½	6½ – 7	7 – 7½
Palm Width	2½ – 2¾	2¾ – 3	3 – 3½

SCRUBS

HOW TO MEASURE

	X-SMALL		SMALL		MEDIUM		LARGE		X-LARGE		2X-LARGE		3X-LARGE		4X-LARGE		5X-LARGE	
WOMENS	0	2	3	4	5	10	12	14	16	18	20	22	24	26	28	30	32	34
Bust	32	33	34	36	37	39	40	43	44	47	48	51	52	55	56	59	60	63
Waist	24	25	26	28	29	31	32	35	36	39	40	43	44	47	48	51	52	55
Hip [Seat]	34	35	36	38	39	41	42	45	46	49	50	53	54	57	58	61	62	65

NOTE: Regular Inseam is 31", Petite is 28".

UNISEX	X-SMALL		SMALL		MEDIUM		LARGE		X-LARGE		2X-LARGE		3X-LARGE		4X-LARGE		5X-LARGE	
Chest	32	33	34	36	37	39	40	43	44	47	48	51	52	55	56	59	60	63
Waist	24	25	26	28	29	31	32	35	36	39	40	43	44	47	48	51	52	55
Hip [Seat]	34	35	36	38	39	41	42	45	46	49	50	53	54	57	58	61	62	65

NOTE: *Regular Inseam is 31".*