

[http://www.carhartt.com/content/carhartt-faq?ddkey=http:en/carharttus/query/size%20chart#WN\\_Shirt\\_Outerwear\\_bottoms](http://www.carhartt.com/content/carhartt-faq?ddkey=http:en/carharttus/query/size%20chart#WN_Shirt_Outerwear_bottoms)

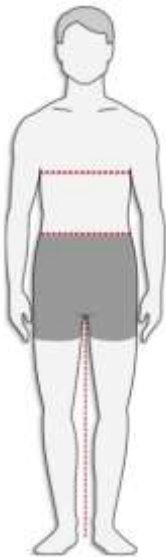


**carhartt.**

## MEN'S SIZE AND FIT GUIDE

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### HOW TO MEASURE



For best results, measure over your undergarments.

**CHEST:**

Measure just under arms and across shoulder blades holding the tape firm and level. If your chest falls between sizes, order the next size up.

**WAIST:**

Measure around your waistline, keeping the tape comfortably loose.

**INSEAM:**

Measure pants that fit you well. Lay them flat, with the front and back creased smooth. Measure along the inseam from crotch to bottom of leg hem. Or, if you don't have pants that fit comfortably, measure from your crotch to your desired pant length.

**DIFFERENCES IN TALL AND SHORT SIZING:**

**OUTERWEAR, LONG-SLEEVE SHIRTS AND SWEATS IN TALL SIZES:**

2" longer in the torso than Regular sizes.

2" longer in the sleeve than Regular sizes.

**SHORT-SLEEVE SHIRTS IN TALL SIZES:**

2" longer in the torso than Regular sizes.

½" longer in the sleeve than Regular sizes.

**COVERALLS IN TALL SIZES:**

1" longer in the torso than Regular sizes.

1" longer than in the sleeve length than Regular sizes.

*Tall sizes in the X06 measure 2" longer in both the torso and sleeve length.*

**COVERALLS IN SHORT SIZES:**

1" shorter in the sleeve than Regular sizes.

## SHIRTS, OUTERWEAR AND THERMAL TOPS

### HOW TO MEASURE

	SMALL		MEDIUM		LARGE		X-LARGE		2X-LARGE		3X-LARGE		4X-LARGE	
	34	36	38	40	42	44	46	48	50	52	54	56	58	60
Chest	34	36	38	40	42	44	46	48	50	52	54	56	58	60
Waist	28	30	32	34	36	38	40½	43	45½	48	51	54	58	62
Hip [Seat]	34	36	38	40	42	44	46	48	50	52	54	56	58	60

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

## SHIRT FIT GUIDE

<b>Original Fit</b>	A working man's fit with the most room to move
<b>Relaxed Fit</b>	A closer fit to the body built for work
<b>Slim Fit</b>	Our leanest fit for those who work tough

## PANTS, SHORTS AND THERMAL BOTTOMS

### HOW TO MEASURE

	SMALL	MEDIUM	LARGE	X-LARGE	2X-LARGE	3X-LARGE	4X-LARGE
	S	M	L	XL	2XL	3XL	4XL
Waist Measurement All Pants & Shorts	28-30	31-34	35-38	39-42	43-46	47-50	51-54

If your normal inseam preference is:	You should order this size:
Inseam Measurement	Overall inseam Measurement
27–28	28
29–30	30
31–32	32
33–34	34
35–36	36

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

Straight Traditional Fit	Slim seat and thigh
Relaxed Fit	Relaxed seat and thigh
Loose Original Fit	Full seat and thigh

## OVERALLS, COVERALLS AND BIBS

**HOW TO MEASURE** For Overall styles FRR43, 100163 and 100445 please refer to the Shirts & Outerwear chart for sizing.

WAIST MEASUREMENT	27	29	31	33	35	37	39	41	43	45	47	49	51	53	55	57
	28	30	32	34	36	38	40	42	44	46	48	50	52	54	56	58
Overall Styles R01/R02/R03/R06/R07/R28/R41 [If Worn Alone]	30	32	34	36	38	40	42	44	46	48	50	52	54	56	58	60
Overall Styles R01/R02/R03/R06/R07/R28/R41 [If Worn Over Other Clothes]	32	34	36	38	40	42	44	46	48	50	52	54	56	58	60	—
Overall Styles FRR44/FRR45/100171	—	28	30	32	34	36	38	40	42	44	46	48	50	52	54	56
Biboverall Styles R33/R38 Overall Style R37	28	30	32	34	36	38	40	42	44	46	48	50	—	—	—	—
Waist Overall Styles B194	—	—	32	34	36	38	40	42	44	46	48	50	—	—	—	—

**NOTE:** If your waist measurement falls between sizes, buy the larger size.

CHEST MEASUREMENT	34	36	38	40	42	44	46	48	50	52	54	56	58	60	62	64	66	68
Coat and Coverall Styles X006/100196/100162/101017	34	36	38	40	42	44	46	48	50	52	54	56	58	60	—	—	—	—
Coverall Styles X01/X02 [If Worn Alone]	38	40	42	44	46	48	50	52	54	56	58	60	—	—	—	—	—	—
Coverall Styles X01/X02 [If Worn Over Other Clothes]	40	42	44	46	48	50	52	54	56	58	60	—	—	—	—	—	—	—

NOTE: If your chest measurement falls between sizes, buy the larger size.

If your body measurement is:	You should order this size:	
Height	Recommended Length of Garment	Length of Coverall Inseam
5'3" to 5'7"	Short*	28
5'7" to 5'11"	Regular	30
5'11" to 6'3"	Tall	32

Available in coveralls and bibs.

**BELTS**  
HOW TO MEASURE

If your Waist Size is:	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50
Order this Belt Size:	34	36	38	40	42	44	46	48*	50*	52*										

\*Sizes 48-54 are only available in select styles

51	52
54*	

## NAIL APRON

### HOW TO MEASURE

	SMALL/MEDIUM	LARGE/X-LARGE	2X-LARGE
<b>Waist Range</b>	Up to 42	Up to 48	Up to 52

## HATS

	MEDIUM/LARGE	LARGE/X-LARGE
<b>Hat Measurement [diameter]</b>	7 – 7 <sup>1</sup> / <sub>4</sub>	7 <sup>3</sup> / <sub>8</sub> – 7 <sup>5</sup> / <sub>8</sub>
<b>Head Measurement</b>	22 – 22 <sup>3</sup> / <sub>4</sub>	23 <sup>1</sup> / <sub>4</sub> – 23 <sup>3</sup> / <sub>4</sub>

## SOCKS

	Men's Shoe Size
<b>SMALL [7-9]</b>	–
<b>MEDIUM [9-11]</b>	5 – 10
<b>LARGE [10-13]</b>	6 – 12
<b>X-LARGE [13-15]</b>	11 – 15

## GLOVES



### 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	X-LARGE
<b>Hand Length</b>	7 <sup>1</sup> / <sub>4</sub> – 7 <sup>5</sup> / <sub>8</sub>	7 <sup>5</sup> / <sub>8</sub> – 8	8 – 8 <sup>3</sup> / <sub>8</sub>	8 <sup>3</sup> / <sub>8</sub> – 8 <sup>3</sup> / <sub>4</sub>
<b>Palm Width</b>	3 <sup>1</sup> / <sub>2</sub> – 3 <sup>3</sup> / <sub>4</sub>	3 <sup>3</sup> / <sub>4</sub> – 3 <sup>7</sup> / <sub>8</sub>	3 <sup>7</sup> / <sub>8</sub> – 4 <sup>1</sup> / <sub>8</sub>	4 <sup>1</sup> / <sub>8</sub> – 4 <sup>3</sup> / <sub>8</sub>

# SCRUBS

## HOW TO MEASURE

MENS	SMALL		MEDIUM		LARGE		X-LARGE		2X-LARGE		3X-LARGE		4X-LARGE		5X-LARGE	
<b>Chest</b>	34	36	38	40	42	44	46	48	50	52	54	56	58	60	62	64
<b>Waist</b>	28	30	32	34	36	38	40	42	44	46	48	50	52	54	56	58
<b>Hip [Seat]</b>	34	36	38	40	42	44	46	48	50	52	54	56	58	60	62	64

**NOTE:** Regular Inseam is 32", Tall inseam is 34".

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

**NOTE:** Regular Inseam is 31".