

# Size Chart

Size	XXS	XS	S	M	L	XL	XXL	3XL
Numeric Size	00	0-2	4-6	8-10	12-14	16	18	20
Arm (in)	30	30-30.5	30.5	31	31	31	31.5	31.5
Chest (in)	29-31	31-33	33-35	35-37	37-39.5	39.5-42.5	42.5-45.5	45.5-49.5
Natural Waist (in)	22-24	24-26	26-28	28-30	30-33	33-37	37-41	41-45
Hips (in)	32-34	34-36	36-38	38-40	40-42.5	42.5-45.5	45.5-48.5	48.5-52.5
Equivalent Men's Size	*	XXS	XS	S	M	L	XL	XXL
Size	Short	Regular	Tall					
Body Inseam/ Inside Leg (in)	30.5	32.5	34.5					

All conversions are approximate. Fits may vary by style or personal preference.

# How To Measure

## How To Measure



- Arms**  
Measure the distance from the middle of the back of your neck, over the top of the shoulder, along the outside of your arm, over the elbow to the prominent wrist bone, taken with the arm bent 90 degrees and the hand placed on the hip.
- Chest**  
Place a tape measure under your arms and measure around the fullest part of your chest.
- Natural Waist**  
Measure around your natural waist at the narrowest point.
- Hips**  
Measure around the fullest part of your hips.
- Body Inseam/ Inside Leg**  
Measure from the top of your inner thigh along your leg to the bottom of your ankle. If you like your trousers long, measure down the lower part of your foot.
- Garment Inseam**  
Using a pair of pants that fit well, measure from the crotch seam to the bottom of the leg. For outerwear pants we recommend that cuffs do not pool in the front to stay clear of binding buckles and connection points.