## **PERFECT GARMENT SIZE**

IS easy ... just refer to our body measurement chart below

**IMPORTANT:** For the most accuracy, follow the

measuring instructions. See diagram at right.

**CHEST:** Measure just under the arms, across fullest

part of chest, around shoulder blades

holding tape firm and level.

**WAIST:** Measure around your natural waistline, keeping

one finger between the tape and the waist.

HIP: In standing position, measure around the fullest

point of hips.

**SLEEVE LENGTH:** With arm relaxed at side and slightly bent,

measure from centre back neck, over the shoulder, down to the outer wrist.

**INSEAM:** In standing position, measure from

centre crotch to bottom of ankle bone.

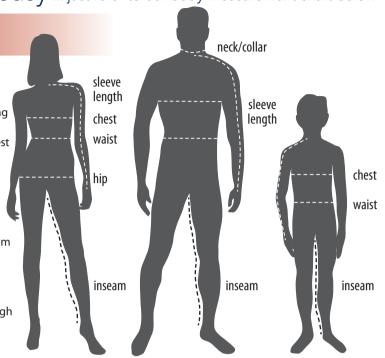
(Please refer to specific style for garment inseam

length.)

**UNISEX:** Men's medium is similar to ladies' large.

Sleeve length will be about 1-1½" longer. Body of garment is not form fitting. Unisex medium is equivalent to men's medium through

chest and sleeve length.



MEN'S GARMENT SIZE	XS	S	M	L	XL	XXL	3X	4X	5X
To fit Body Measurements:									
<ul> <li>Neck/Collar Size</li> </ul>	13.5" - 14"	14.5" - 15"	15.5" - 16"	16.5" - 17"	17.5" - 18"	18.5" - 19"	19.5" - 20"	20.5" - 21"	21.5" - 22"
<ul><li>Chest</li></ul>	33" - 36"	37" - 40"	40" - 43"	43" - 46"	46" - 49"	49" - 52"	52" - 55"	55" - 58"	58" - 61"
<ul> <li>Waist</li> </ul>	26" - 29"	29 " - 32"	32" - 35"	35" - 38"	38" - 41"	41" - 44"	44" - 47"	47" - 50"	50" - 53"
<ul> <li>Sleeve Length</li> </ul>	32.5" - 33"	33" - 33.5"	34" - 34.5"	35" - 35.5"	36" - 36.5"	37" - 37.5"	38" - 38.5"	38.5" - 39"	39" - 39.5"
LADIES' GARMENT SIZE	XS	S	M	L	XL	XXL	3X		
Equivalent Ladies' Sizes	2-4	6-8	10-12	14-16	18	20	22		
To fit Body Measurements:									
<ul><li>Chest</li></ul>	32" - 34"	34" - 36"	36" - 38"	38" - 41"	41" - 44"	44" - 47"	47" - 50"		
<ul><li>Waist</li></ul>	23" - 25"	25" - 27"	27" - 29"	29" - 32"	32" - 35"	35" - 38"	38" - 41"		
• Hip	33" - 35"	35" - 37"	37" - 39"	39" - 42"	42" - 45"	45" - 48"	48" - 51"		
<ul> <li>Sleeve Length</li> </ul>	30" - 30.5"	30.5" - 31"	31.5" - 32"	32.5" - 33"	33.5" - 34"	34.5" - 35"	35" - 35.5"		
YOUTH GARMENT SIZE	S (6-8)	M (8-10)	L (10-12)	XL (12-14)					
To fit Body Measurements:									
<ul><li>Chest</li></ul>	26" - 28"	28" - 30"	30" - 32"	32" - 34"					
<ul><li>Waist</li></ul>	23" - 24"	25" - 26"	27" - 28"	29" - 30"					
<ul> <li>Sleeve Length</li> </ul>	25" - 26.5"	26.5" - 28"	28" - 29.5"	29.5" - 31"					
HAT SIZES	ONE SIZE CAPS								
	The strap is adjustable to cover a circumference ranging between 21¾" to 24" head circumference.								
	STRETCH CAPS								
	<b>S/M</b> - Measuring by specific gauge is 21¾" to 22¼" or a hat size of 7 to 7¼.								

**L/XL** - Measuring by specific gauge is  $22\frac{1}{4}$ " to  $22\frac{3}{4}$ " or a hat size of  $7\frac{3}{8}$  to  $7\frac{5}{8}$ .



## WHAT IS A MODERN FIT?

Garments with this icon feature a sleek, modern, athletic inspired shape. The body and sleeves are cut slightly trimmer and the armholes are built slightly higher. Use the above size chart to find your corresponding size for all our garments. By picking your appropriate size, you can expect a trimmer fit from North End Sport<sup>TM</sup> products.

