

## T-SHIRT SIZING GUIDE

For best fit, take a T-shirt that fits you well, lay it flat and measure across the chest, 1 inch below armhole.

	XS	S	M	L	XL	2XL	3XL	4XL
Men's/Unisex		20"	21 ½"	23"	24 ½"	26"	28"	30"
Ladies	18"	19"	20"	21 ½"	23"	24 ½"	26 ½"	28 ½"

Alternately with arms down at the side, measure around the upper body under the arms and over the fullest part of the chest.

	XS	S	M	L	XL	2XL	3XL	4XL
Men's/Unisex		35-37"	38-40	41-43"	44-46	47-49"	50-53"	54-57"
Ladies	32-34"	35-36"	37-38"	39-41"	42-44"	45-47"	48-51"	52-55"