

MEN'S SIZING GUIDE

	Height (Feet)	Chest (Inches)	Waist (Inches)	Hip (Inches)
XS	5'5" and under	33-35	26-28	33-35
S	5'4" to 5'8"	35-37	28-30	35-37
M	5'7" - 5'11"	38-40	30-32	38-40
L	5'10" - 6'2"	40-42	32-34	40-42
XL	6'1" -6'5"	42-44	34-36	42-44
XXL	6'3" and up	44-46	36-38	44-46
XXXL	6'3" and up	46-48	38-40	46-48

Help with measuring:

1. **CHEST:** Measure under your arms, holding the tape horizontally, around the fullest part of your chest.
2. **WAIST:** Measure around your natural waistline, which is the narrowest part of your waist. We recommend keeping the tape measure a little loose.
3. **HIP:** Stand with your feet together and measure around the fullest part of your hips, right at the top of your leg.

WOMEN'S SIZING GUIDE

	Height (Feet)	Chest (Inches)	Waist (Inches)	Hip (Inches)
XS	5'2" and under	30-32	22-24	31-33
S	5'1" - 5'5"	32-34	25-27	34-35
M	5'4" - 5'8"	34-36	27-29	36-38
L	5'7" - 5'11"	36-38	30-32	39-41
XL	5'10" and up	39-41	33-35	42-44
XXL	5'10" and up	41-43	36-38	45-47
XXXL	5'10" and up	43-45	38-40	47-50

Help with measuring:

1. **CHEST:** Measure under your arms, holding the tape horizontally, around the fullest part of your chest.
2. **WAIST:** Measure around your natural waistline, which is the narrowest part of your waist. We recommend keeping the tape measure a little loose.
3. **HIP:** Stand with your feet together and measure around the fullest part of your hips, right at the top of your leg.