



Base Layer How to Measure for a Good Fit

MEN'S

SIZE	CHEST		WAIST		SEAT		HEIGHT	
	Inches	Centimeters	Inches	Centimeters	Inches	Centimeters	Inches	Centimeters
XS (Select Styles Only)	35"-36"	88.9 cm-91.4 cm	27"-28"	68.6 cm-71.1 cm	34"-35"	86.4 cm-88.9 cm	5' 1"-5' 5"	154.9 cm-165.1 cm
S	37"-38"	94.0 cm-96.5 cm	29"-30"	73.7 cm-76.2 cm	36"-37"	91.4 cm-94.0 cm	5' 5"-5' 9"	165.1 cm-175.3 cm
M	39"-40"	99.1 cm-101.6 cm	31"-33"	78.7 cm-83.8 cm	38"-39"	96.5 cm-99.1 cm	5' 9"-5' 11"	175.3 cm-180.3 cm
L	41"-43"	104.1 cm-109.2 cm	34"-35"	86.4 cm-88.9 cm	41"-42"	104.1 cm-106.7 cm	5' 11"-6' 1"	180.3 cm-185.4 cm
XL	44"-46"	111.8 cm-116.8 cm	36"-37"	91.4 cm-94.0 cm	43"-44"	109.2 cm-111.8 cm	6' 1"-6' 3"	185.4 cm-190.5 cm
XXL	47"-49"	119.4 cm-124.5 cm	38"-40"	96.5 cm-101.6 cm	45"-47"	114.3 cm-119.4 cm	6' 3"-6' 5"	190.5 cm-195.6 cm

YOUTH

SIZE	CHEST		WAIST		SEAT		HEIGHT	
	Inches	Centimeters	Inches	Centimeters	Inches	Centimeters	Inches	Centimeters
XS (5-6)	24"-26"	61.0 cm-66.0 cm	22 1/2"-23 1/2"	57.2 cm-59.7 cm	24 1/2"-26 1/2"	62.2 cm-67.3 cm	3' 9 3/4"-4' 2 1/4"	116.2 cm-127.6 cm
S (7-8)	26"-29"	66.0 cm-73.7 cm	23 1/2"-24 1/2"	59.7 cm-62.2 cm	26 1/2"-28 1/2"	67.3 cm-72.4 cm	4' 2 1/4"-4' 6 3/4"	127.6 cm-139.1 cm
M (10-12)	29"-32"	73.7 cm-81.3 cm	24 1/2"-25 1/2"	62.2 cm-64.8 cm	28 1/2"-30 1/2"	72.4 cm-77.5 cm	4' 6 3/4"-4' 11 1/4"	139.1 cm-150.5 cm
L (14-16)	32"-34 1/2"	81.3 cm-87.6 cm	25 1/2"-27 1/2"	64.8 cm-69.9 cm	30 1/2"-33 1/2"	77.5 cm-85.1 cm	4' 11 1/4"-5' 3 3/4"	150.5 cm-161.9 cm
XL (18)	34 1/2"-35 1/2"	87.6 cm-90.2 cm	27 1/2"-29 1/2"	69.9 cm-74.9 cm	33 1/2"-35 1/2"	85.1 cm-90.2 cm	5' 3 3/4"-5' 6 1/4"	161.9 cm-168.3 cm

How to Measure For a Good Fit

CHEST

Measure around the fullest part of your chest, keeping the tape firmly under your armpits and around your shoulder blades.

WAIST

Measure around the natural waist (where your body creases leaning to the left or the right).

SEAT

Measure around the fullest part of the seat.

- For best results, take measurements over undergarments.
- Hold tape measure firmly, not tightly.
- Keep tape measure parallel to the floor.
- Match your measurements to the above size chart. If measurements fall between sizes, go to the next size up.