# Míduay <br> Fit Chart for Clothing 

Men's Sizes
*Measurements are in inches

| Size | Neck | Chest | Waist | Sleeve |
| :--- | :--- | :--- | :--- | :--- |
| Small | $14-14.5$ | $34-36$ | $28-30$ | $32.5-33$ |
| Medium | $15-15.5$ | $38-40$ | $32-34$ | $33.5-34$ |
| Large | $16-16.5$ | $42-44$ | $36-38$ | $34.5-35$ |
| XL | $17-17.5$ | $46-48$ | $40-42$ | $35.5-36$ |
| $2 X L$ | $18-18.5$ | $50-52$ | $44-46$ | $36.5-37$ |
| $3 X L$ | $19-19.5$ | $54-56$ | $48-50$ | $37.5-38$ |
| Large-Tall | $16-16.5$ | $42-44$ | $36-38$ | $35-36$ |
| XL-Tall | $17-17.5$ | $46-48$ | $40-42$ | $36-37$ |
| $2 X L-T a l l$ | $18-18.5$ | $50-52$ | $44-46$ | $37-38$ |

## Gloves \& Mittens

| Size | Inches |
| :--- | :--- |
| Medium | $8-8.5$ |
| Large | $9-9.5$ |
| XL | 10.10 .5 |

Kids Sizes

| Size | Height | Chest | Waist | Inseam |
| :--- | :--- | :--- | :--- | :--- |
| $\mathrm{S}(7 / 8)$ | $50.5-53.5$ | $25-27$ | $23-24$ | $19.5-22$ |
| $\mathrm{M}(10-12)$ | $54.5-58.5$ | $28-30$ | $25-26$ | $23.5-26$ |
| $\mathrm{~L}(14-16)$ | $61.5-64.5$ | $32-33.5$ | $27-28$ | $27.5-29$ |
| XL (18-20) | $66.5-68.5$ | $35-36.5$ | $29-30$ | $29.5-30.5$ |

Neck: Measure around the base of your neck, insert two fingers between the tape and neck to allow for comfort.

Chest: Measure under your arms around the fullest part of your chest keeping the tape parallel to the ground.

Waist: Measure around your waist where you normally wear your pants, keeping the tape comfortably loose.

Sleeve Length: Place your hand on your hip, with arm bent at 90 degrees. Have someone measure the distance from the center of your back across your shoulder to your elbow and down to your wrist.

Inseam: Select a pair of your best fitting pants. Lay your pants flat and measure from the crotch seam to the bottom of one leg.

Tall Sizes: Sleeve length runs 1.5" longer and shirt length runs 2" longer.
Gloves \& Mittens: With hand flat, measure around the palm at knuckles excluding your thumb.

