

Measuring tips:

SLEEVE: Place tape measure at the base (center back of the neck) and follow along the top of the shoulder and arm to the wrist.

CHEST: Place tape measure under the arms and run it around the fullest part of the chest and across the shoulder blades. The “FULL MEASURE” on the sizing charts is the distance around the entire chest – front and back.

WAIST: Run tape measure around the natural waistline (the natural crease of the waist when bending to one side).

WHEN USING GILDAN SIZING GUIDES:

The top box labeled “GARMENT MEASUREMENTS” are the actual measurements of the **garment**.

The bottom box labeled “ADULT or YOUTH General Sizing Guide” would be the **individual’s** actual measurements. These measurements are in the size column recommended for the given body measurements. The numbers in the top GARMENT MEASUREMENT box in each size column will always be greater – as the garment must of course be larger than the individual’s actual body measurements to allow for movement within the garment.