

Men

For men, as a general rule, the number of inches measured will equal your size, when measured correctly. Be sure to measure your body. Do not measure over shirts or slacks.

Neck: Measure around base of neck (lowest part). Number of inches equals neck size.

Sleeve Length: Start from the center of the back of the neck and measure across the shoulder to the elbow and down to the wrist.

Chest: With arms at sides, measure across fullest part of chest, under arms and across shoulder blades. Keep tape measure straight across back.

Waist: Measure your natural waist at the height you normally wear your pants. Keep tape measure firm but not tight.

Inseam: Measure inside of leg from crotch down to top of shoe. Or measure a similar style of pants that fit well. Measure from the crotch seam to the hem.

Women

Be sure to measure your body. Do not measure over shirts or slacks. Hold tape measure close but not tight against body.

Bust: Measure across fullest part of bust/chest keeping arms relaxed at sides. Keep tape measure straight and parallel to the floor.

Waist: Measure at your natural waistline at its smallest part.

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SIZE	XS/S	M	LG	XL	2XL	3XL	
CHEST/BRA	32	34	36	38	40	42	

MENS UNIFORMS_

SIZE	XS	S	M	LG	XL	2XL	3XL
CHEST	36	38	40	42	44	46	48
NECK	13.5	14.5	15.5	16.5	17.5	18.5	19.5

^{*}Neck measurements are in inches

_ WOMENS UNIFORMS_

ALPHA	XS	S	М	LG	XL	2XL	
SIZE	0-3	3-5	6-9	9-11	11-13	15-16	
BUST	32	34	36	38	40	42	
WAIST	24	25	27	29	31	32	
HIPS	32-33	34-35	36-37	38-40	41-42	43-44	
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^{*}Bust, waist, and hips are measured in inches

_ WOMENS CHEF UNIFORMS_

	SIZE	XS	S	М	LG	XL	2XL	3XL	
-	BUST	32-33	33-34	34-37	37-40	40-44	44-48	48-51	
COAT	WAIST	22-23	23-25	25-28	28-31	31-35	35-39	39-43	
	HIPS	32-34	34-36	36-39	39-42	42-46	46-50	50-53	

^{*}Bust, waist, and hips are measured in inches

	SIZE	XS	S	M	LG	XL	2XL	3XL	
NTS	WAIST	22-23	23-25	26-28	28-31	31-35	35-39	39-43	
PAI	INSEAM	33	33	33	34	34	34	34	
	HIPS	32-34	34-36	36-39	39-42	42-46	46-50	50-53	

MENS CHEF UNIFORMS_

COAT	SIZE	XS	S	Μ	LG	XL	2XL	3XL
8	CHEST	32-34	36-38	40-42	44-46	48-50	52-54	56-58
	SIZE	XS	S	M	LG	XL	2XL	3XL
PANTS	WAIST	24-26	28-30	32-34	36-38	40-42	44-46	48-50
PA	INSEAM	33	33	33	34	34	34	34
	HIPS	32-36	38-40	42-44	46-48	50-52	54-56	58-60

CAPEZIO TIGHTS

