

Body Measurements - How to Measure Yourself

Step 1 - Collar



Measure around the lower portion of the neck (just under the Adam's apple), where the collar usually sits. Allow two fingers to fit the gap between the tape and your neck.

Note: If you are comfortable with your standard collar size, enter that here instead.

inches

cm

Step 2 - Chest



Measure around the upper (largest) portion of your chest, just under the armpits. Try to inhale when measuring, this will ensure that your measurement accounts for your chest at it's fullest.

inches

cm

Step 3 - Waist



Just above the beltline, measure around the fullest part of the waist.

Note: This measurement will typically be larger than your pant size.

inches

cm

Body Measurements - How to Measure Yourself - Continued

Step 4 - Seat



Measure around the fullest part of your hips, just below the hip bone.

inches

cm

Step 5 - Sleeves



With your arm at your side, measure from the tip of the shoulder to the lower wrist or to the desired length (slightly longer is better than slightly shorter). Perform this for each sleeve to account for any difference in length.

Right Sleeve

inches

cm

Left Sleeve

inches

cm

Step 6 - Bicep



With your arms at your side, measure around your arm (2-3 inches under the armpit). Do not contract your muscles.

inches

cm

Body Measurements - How to Measure Yourself - Continued

Step 7 - Wrist



Measure around your wrist (at the bone) where a watch would typically be worn. If you wear a large watch add $\frac{1}{2}$ inch to the measurement.



inches



cm

Step 8 - Back



Measure across the back, from one edge of the shoulder to the other. Make sure that you take into account the curved contour of the shoulders (as shown).



inches



cm

Step 9 - Length



Measure from the base of the neck (where the lower collar would be) to the desired length. Typically, this is measured to the bottom of the seat.



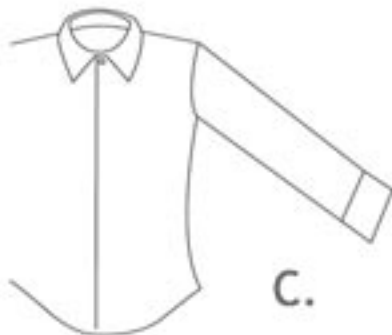
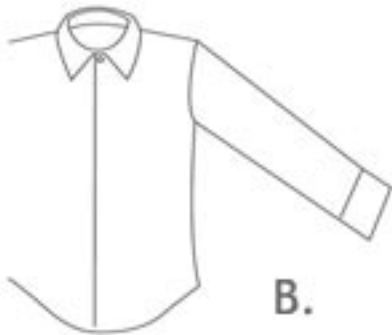
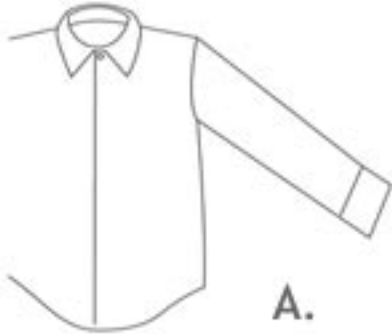
inches



cm

How to Measure Your Existing Shirt - Continued

Step 10 - Cut



Select from one of three cut types:

A. Traditional - The fullest body cut offered. Shirt body is wider and extends slightly further than our normal fit.

B. Normal - Our most common cut, best suited for the majority of men. Fit is slightly more tapered along shirt body and arms.

C. Athletic - The most tapered fit offered. Shirt body, shoulders, and arms are draped firmly to the body. Meant for those with broader shoulders and slimmer waists.

Additional Information

Height

inches

cm

Weight

pounds

kgs