

# U.S. & International Apparel Sizing

## WOMEN'S

REGION		XS	S		M		L		XL		XXL	1X		2X		3X	
US/CANADA		2	4	6	8	10	12	14	16	18	20	22	24	26	28	30	32
UK		6	8	10	12	14	16	18	20	22	24	26	28	30	32	34	36
FIT		XS	S		M		L		XL		XXL	1X		2X		3X	
CHEST	INCHES	33	34	35	36	37	38½	40	41½	43	45-47	45	46	49	50	54	55
WAIST		26	27	28	29	30	31½	33	34½	36	38-40	37½	39½	41½	43½	45½	47½
HIP		36	37	38	39	40	41½	43	44½	46	48-50	47½	49½	51½	53½	55½	57½
SLEEVE		30½	30¾	31	31¼	31½	31¾	32	32¼	32½	32¾	32¾	32¾	32¾	32¾	32¾	32¾

### MEASUREMENT GUIDE

**CHEST** Measure around the shoulder blades, under the armpits and over the fullest part of the chest.

**WAIST** Find your natural waistline and measure.

**HIP** Measure the fullest part of the hip, usually 7-9 inches below the waist.

**SLEEVE** Bend your arm 90 degrees and put your hand on your hip. Hold the tape measure at the center back of your neck and measure across your shoulder to your elbow, and then down to your wrist.

