

SHIRTS/OUTERWEAR**BREECHES**

SIZE	BUST	WAIST	HIP	WAIST	HIP
XXS	32	25	34	24	33
XS	34	27	36	26	35
S	36	29	38	28	37
M	38	31	40	30	39
L	40	33	42	32	41
XL	42	35	44	34	43
XXL	44	37	46	36	45
				38	47

HOW TO TAKE YOUR MEASUREMENTS

It is best to take measurements with a soft measuring tape and a full-length mirror. You should be wearing lightweight clothing, or just undergarments for a more accurate measurement.

**SHOULDER**

Measure from shoulder seam to shoulder seam.

CHEST

Measure the fullest part of the chest all around the front and back.

WAIST

Measure around the smallest part of the waist. The best way to find your waistline is to put your hand on one side, and bend to one side. This is your waist line.

HIPS

Measure around the fullest part of your hip. If you're taking the measurement yourself, use a mirror to ensure the tape measure is level all the way around.

INSIDE LEG LENGTH

Measure from the highest point of your inside thigh to the bottom of your inside ankle. This measurement can be taken with a pair of pants.