

## HOW TO MEASURE UNIFORMS

### Sleeve

With arms at your side, bend elbow slightly. Measure from the center of the neck, (back) over the point of shoulder around elbow and down to the wrist.

### Waist

Measure at the height you prefer to wear your waistband, keep the tape loose but level.

### Outseam

Measure from the top of the waistband to the bottom of the cuff

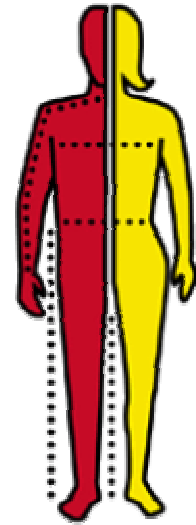
### Chest

Measure around the widest part of the chest, just under the arms and around the shoulder blades, keep the tape firm and level.

### Inseam

Measure from the crotch to the bottom of the leg. For shorts, measure from the crotch to where the shorts will end.

**Sizing Uniforms** (Sleeves are average length on all sizes.)



Adult Garment Size	AS	AM	AL	AXL
Chest	36" - 38"	38" - 40"	40" - 42"	44" - 46"
Waist	28" - 30"	32" - 34"	36" - 38"	40" - 42"
Youth Garment Size	YXS	YS	YM	YL
Chest	26" - 28"	30" - 32"	32" - 34"	34" - 36"
Waist	18" - 20"	20" - 22"	22" - 24"	24" - 26"