



**Alpha-Numeric Sizing Chart: Shirt**

SIZE	NECK	HEIGHT (FEET, INCHES)		WEIGHT (POUNDS)		CHEST
		FROM	TO	FROM	TO	
XS	15	5' 6"	5' 8"	115	135	34
S	15 ½	5' 7"	5' 9"	136	156	36
M	16	5' 9"	5' 10"	157	177	39
L	16 ½	5' 10"	6'	178	198	42
XL	17	5' 10"	6'	199	219	45
2XL	17 ½	5' 10"	6'	220	240	48
3XL	18	5' 10"	6'	241	261	51
4XL	18 ½	5' 10"	6'	262	282	54

**For sizes Large and up**

Height less than 5' 8" – order SHORT\*

Height from 6' 1" to 6' 3" – order TALL

Height from 6' 4" to 6' 6" – order EXTRA TALL\*

**Explanation of Size Differences**

Short – shorter than regular by 1 ½ inches arms, 1 ½ inches legs, and 1 ½ inches body

Tall – longer than regular by 1 ½ inches arms, 1 ½ inches legs, and 1 ½ inches body

Extra Tall – longer than regular by 3 inches arms, 3 inches legs, and 3 inches body

**\*Note: SHORT and EXTRA TALL sizes are not available from stock for all styles. Please check for stock availability.**

**Waist Sizes: Pant**

Actionwear pants are stocked in even waist sizes. The actual waist circumference of the pant equals the stated size. For example, a size 34 waist pant will actually measure 34 inches in circumference.

Because other pant manufactures may have different amounts of "fit room", please use the following procedure to determine the proper waist size to order:

1. Measure the actual waist circumference from a pair of your existing pants that fit well (from button to button hole).
2. Choose the appropriate Actionwear waist size that equals or slightly exceeds this measurement.