

Measuring tips:

SLEEVE: Place tape measure at the base (centre back of the neck) and follow along the top of the shoulder and arm to the wrist.

CHEST: Place tape measure under the arms and run it around the fullest part of the chest and across the shoulder blades. The “FULL MEASURE” on the sizing charts is the distance around the entire chest – front and back.

WAIST: Run tape measure around the natural waistline (the natural crease of the waist when bending to one side).

WHEN USING GILDAN SIZING GUIDES:

The top box labeled “GARMENT MEASUREMENTS” are the actual measurements of the **garment**.

The bottom box labeled “ADULT or YOUTH General Sizing Guide” would be the **individual’s** actual measurements. These measurements are in the size column recommended for the given body measurements. The numbers in the top GARMENT MEASUREMENT box in each size column will always be greater – as the garment must of course be larger than the individual’s actual body measurements to allow for movement within the garment.

YOUTH Pull Over Hoodie Measurements:

GARMENT MEASUREMENTS					
Size	XS	S	M	L	XL
Chest - Half Measure	16"	17"	18"	19"	20"
Chest - Full Measure	32"	34"	36"	38"	40"
Body Length from HPS	19 3/4"	21 1/4"	22 1/2"	24"	25 1/2"
Sleeve Length-CB	23 1/2"	26 1/2"	27 3/4"	30 1/4"	33"

Finished measurements in inches. Refer to "How to Measure" guide for detailed information on measurement instructions.

YOUTH General Sizing Guide					
Size	XS	S	M	L	XL
Numeric Size	2-4	6-8	10-12	14-16	18-20
Chest	24"-26"	26"-28"	28"-30"	30"-32"	32"-35"
Waist	22 1/2"-23 1/2"	23"-24 1/2"	24 1/2"-25 1/2"	25 1/2"-27"	27"-29"
Sleeve Length-CB	24"-25"	25"-26"	26"-27 1/2"	27 1/2"-29"	29 1/2"-31"

ADULT Pull Over Hoodie Measurements:

GARMENT MEASUREMENTS								
Size	S	M	L	XL	2XL	3XL	4XL	5XL
Chest - Half Measure	20"	22"	24"	26"	28"	30"	32"	34"
Chest - Full Measure	40"	44"	48"	52"	56"	60"	64"	68"
Body Length from HPS	26"	27"	28"	29"	30"	31"	32"	33"
Sleeve Length-CB	33"	34"	35"	36"	37"	38"	39"	40"

Finished measurements in inches. Refer to "How to Measure" guide for detailed information on measurement instructions.

ADULT General Sizing Guide								
Size	S	M	L	XL	2XL	3XL	4XL	5XL
Chest	34"-36"	38"-40"	42"-44"	46"-48"	50"-52"	54"-55"	56"-57"	58"-61"
Waist	29"-32"	32"-35"	35"-38"	38"-41"	41"-44"	44"-47"	47"-50"	50"-53"
Sleeve Length-CB	32"-33 1/2"	34"-35"	35"-36"	36"-37"	37"-38"	38"-39"	38 1/2"-39"	39"-39 1/2"

YOUTH T-Shirt Measurements:

GARMENT MEASUREMENTS					
Size	XS	S	M	L	XL
Chest - Half Measure	16"	17"	18"	19"	20"
Chest - Full Measure	32"	34"	36"	38"	40"
Body Length from HPS	20 1/2"	22"	23 1/2"	25"	26 1/2"
Sleeve Length-CB	13 1/2"	14 1/2"	15 1/2"	16 1/2"	17 1/2"

Finished measurements in inches. Refer to "How to Measure" guide for detailed information on measurement instructions.

YOUTH General Sizing Guide					
Size	XS	S	M	L	XL
Numeric Size	2-4	6-8	10-12	14-16	18-20
Chest	24"-26"	26"-28"	28"-30"	30"-32"	32"-35"
Waist	22 1/2"-23 1/2"	23"-24 1/2"	24 1/2"-25 1/2"	25 1/2"-27"	27"-29"
Sleeve Length-CB	24"-25"	25"-26"	26"-27 1/2"	27 1/2"-29"	29 1/2"-31"

ADULT T-Shirt Measurements:

GARMENT MEASUREMENTS								
Size	S	M	L	XL	2XL	3XL	4XL	5XL
Chest - Half Measure	18"	20"	22"	24"	26"	28"	30"	32"
Chest - Full Measure	36"	40"	44"	48"	52"	56"	60"	64"
Body Length from HPS	28"	29"	30"	31"	32"	33"	34"	35"
Sleeve Length-CB	15 5/8"	17"	18 1/2"	20"	21 1/2"	22 7/8"	24 1/4"	25 3/8"

Finished measurements in inches. Refer to "How to Measure" guide for detailed information on measurement instructions.

ADULT General Sizing Guide								
Size	S	M	L	XL	2XL	3XL	4XL	5XL
Chest	34"-36"	38"-40"	42"-44"	46"-48"	50"-52"	54"-55"	56"-57"	58"-61"
Waist	29"-32"	32"-35"	35"-38"	38"-41"	41"-44"	44"-47"	47"-50"	50"-53"
Sleeve Length-CB	32"-33 1/2"	34"-35"	35"-36"	36"-37"	37"-38"	38"-39"	38 1/2"-39"	39"-39 1/2"