

Choose your T-shirt size by measuring one you already own!

Step 1

Find a regular t-shirt that fits you and lay it out, face up, on a table. Make sure it is not folded up or stretched out. Just smooth it out.

Step 2

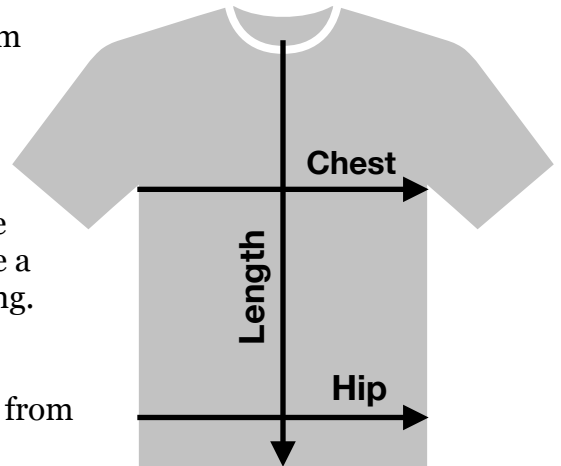
Measure the LENGTH with a tape measure or ruler from the top of the back neck at the center and down to the bottom of the hem.

Step 3

Measure the CHEST from left to right side seams where the bottom of the sleeve meets the side. This will only be a half of the true measurement, but that's what we're using.

Step 4

Measure the HIP from left to right side seams, 5 inches from the bottom hem.



Step 5

Select your size from the chart below, using the measurements you took from your own shirt. If you are in between measurements, choose the larger size as there will be some shrinkage of the cotton t-shirts after washing.

T-Shirt Size to Order	Length	Chest*	Hip*
S	25.5"	16.5"	18"
M	27"	19"	19.5"
L	30"	21.5"	21.75"
XL	31"	23"	24"
2XL	31.5"	25"	25.5"
3XL	32"	27"	28"

*Chest and Hip dimensions are 1/2 of the actual, as measured on a flat t-shirt.