

TRUE NORTH / FIT GUIDE

The measurements below refer to body size, not garment dimensions. To find your size, follow the illustrated instructions and use your measurements to locate your size on the cahrt. For in-between sizes, we recommend ordering the smaller size for knit styles and shirts, and ordering the larger size for pants, skirts and outerwear.



- Chest:** Measure under your arms, around the fullest part of your chest with your arms at your side.
- Waist:** Measure around the narrowest part of your torso near your waist.
- Hips:** With your feet together, measure around the fullest part of your hips.
- Sleeve:** With your elbow slightly bent, measure from the center back of your neck, across your shoulder, and down to your wrist.
- Inseam:** Using pants that fit well, measure from the crotch seam to the bottom of the leg.

MEN	S	M	L	XL	2XL	3XL
Chest	93	97	101	105	109	115
Waist	80	84	88	92	96	102
Hip	92	96	100	104	108	114
Sleeve	79	79	79	79	79	79
Inseam	82	82	83	83	84	84



- Chest:** Measure under your arms, around the fullest part of your chest with your arms at your side.
- Waist:** Measure around the narrowest part of your torso.
- Hips:** With your feet together, measure around the fullest part of your hips.
- Inseam:** Using pants that fit well, measure from the crotch seam to the bottom of the leg.

WOMEN	XS	S	M	L	XL	2XL
Chest	82	86	90	94	98	102
Waist	64	68	72	76	80	84
Hip	88	92	96	100	104	110
Sleeve	71	71	71	71	71	71
Inseam	77	77	78	78	79	79