

# Fit Guide

## Finding your perfect garment size is easy

### How to Measure

**CHEST:** Measure just under the arms, across fullest part of chest, around shoulder blades holding tape firm and level.

**WAIST:** Measure your natural waistline, keeping one finger between the tape and the waist.

**HIP:** Stand and measure around the fullest point of hips.

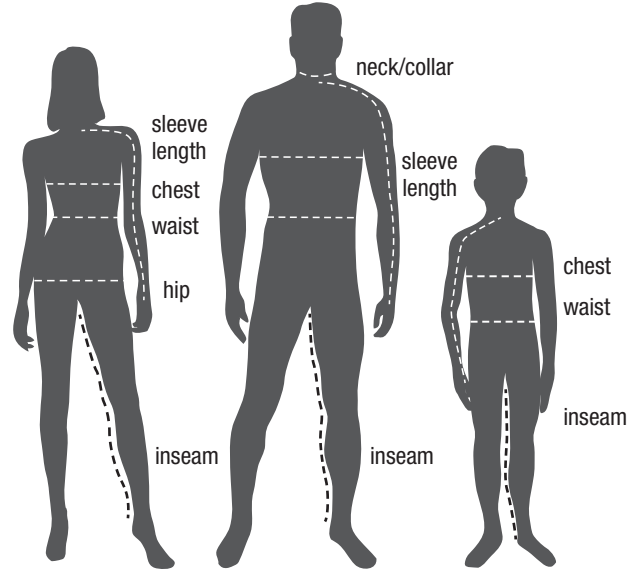
**SLEEVE LENGTH:** With arm relaxed at side and slightly bent, measure from center back neck, over the shoulder, down to the outer wrist.

**INSEAM:** Stand and measure from center crotch to bottom of ankle bone. (Please refer to specific style for garment inseam length.)

**UNISEX:** Men's medium is similar to ladies' large. Sleeve length will be about 1-1½" longer. Body of garment is not form fitting. Unisex medium is equivalent to men's medium through chest and sleeve length.

### TALL SIZES:

Men's garments have added length in the body and sleeves. Short-sleeves are 1" longer, long-sleeves and body length are 2" longer.



MENS / UNISEX GARMENT SIZE	XS	S	M	L	XL	XXL	3X	4X	5X	6X
Neck/Collar Size	13.5" - 14"	14.5" - 15"	15.5" - 16"	16.5" - 17"	17.5" - 18"	18.5" - 19"	19.5" - 20"	20.5" - 21"	21.5" - 22"	
Chest	32" - 35"	35" - 39"	39" - 42"	42" - 46"	46" - 49"	49" - 52"	52" - 56"	56" - 60"	60" - 64"	64" - 68"
Waist	26" - 30"	30" - 32"	32" - 35"	35" - 38"	38" - 41"	41" - 44"	44" - 47"	47" - 50"	50" - 53"	
Sleeve Length (Regular)	32.5" - 33"	33" - 33.5"	34" - 34.5"	35" - 35.5"	36" - 36.5"	37" - 37.5"	38" - 38.5"	38.5" - 39"	39" - 39.5"	39.5" - 40"
Sleeve Length (Tall)				37" - 37.5"	38" - 38.5"	39" - 39.5"	40" - 40.5"	40.5" - 41"	41" - 41.5"	41.5" - 42"
LADIES' GARMENT SIZE	XS	S	M	L	XL	XXL	3X			
Equivalent Ladies' Sizes	2-4	6-8	10-12	14-16	18	20	22			
Chest	31" - 33"	33" - 36"	36" - 38"	38" - 42"	42" - 45"	45" - 49"	50" - 53"			
Waist	23" - 25"	25" - 28"	28" - 30"	30" - 32"	32" - 35"	35" - 38"	38" - 41"			
Hip	33" - 35"	35" - 38"	38" - 40"	40" - 42"	42" - 45"	45" - 48"	48" - 51"			
Sleeve Length	30" - 30.5"	30.5" - 31"	31.5" - 32"	32.5" - 33"	33.5" - 34"	34.5" - 35"	35" - 35.5"			
YOUTH GARMENT SIZE	S (6-8)	M (8-10)	L (10-12)	XL (12-14)						
Chest	26" - 28"	28" - 30"	30" - 32"	32" - 34"						
Waist	23" - 24"	25" - 26"	27" - 28"	29" - 30"						
Sleeve Length	25" - 26.5"	26.5" - 28"	28" - 29.5"	29.5" - 31"						

**M.O.B.B.**  
MOMS OF BLACK BOYS  
**UNITED**