

Men

How to find your size

As a general rule, a man's measurement is the same as his size. Where small, medium, large, etc. are concerned, the best way to ensure proper fit is to know your measurements. **Always** consult online merchant's size charts and fit tips.

What you'll need -- A cloth tape measure and a full-length mirror. For best results take body measurements undressed or in lightweight clothing. Keep your arms at your side and have a friend take the measurements. When measuring, keep the tape measure snug, but not tight. Stand up straight!

Neck size

Measure around the base of the neck.

Easier method: Take a shirt that fits great and measure from the center of the button to the far end of the button hole. Inches = Size (If it's 17 1/2 inches, you're a 17 1/2 neck) Round up. For example, if you measure 17 1/4, round up to 17 1/2.

Sleeve measure

Bend your elbow and put your hand on your hip. Have someone measure from middle of back of your neck, around shoulder and elbow to wrist bone.

Easier method: Take a shirt that fits and fold at the elbow 90 degrees and measure from middle back of collar to cuff.

Chest size

Take measurements under armpits, around fullest part of chest and shoulder blades

