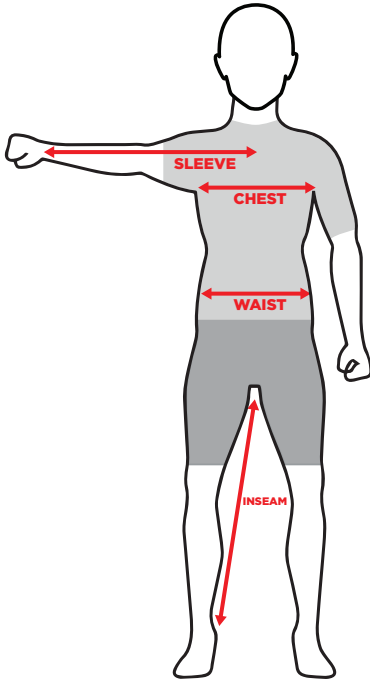


# HOW TO MEASURE FOR YOUR PERFECT REFRIGIWEAR® FIT

## Follow these simple tips to measure for garments and gloves:

- Use a flexible measuring tape to measure against the skin or over a single layer of clothing.
- RefrigiWear® garments should fit loosely, so round all measurements up to the nearest inch.
- Your waist measurement is the most important factor in selecting your size. If your measurements fall between sizes, choose the larger size.



### SLEEVE

Extend your arm straight out to the side, then measure from the center of the back to the wrist.

### CHEST

With arms relaxed at your sides, measure around your chest at the armpits, over the fullest part of your chest or bust and shoulder blades, keeping the tape parallel to the floor.

### WAIST

Measure around the natural waistline, below the last rib and above the hip bones.

### INSEAM

Measure from the center of the crotch seam to the top of the shoe.

## MEN'S SIZES

SIZE	CHEST	WAIST	SLEEVE	INSEAM
XS	30 - 32"	26"	31"	29"
S	34 - 36"	28 - 30"	32"	29.5"
M	38 - 40"	32 - 34"	33"	30"
L	42 - 44"	36 - 38"	34"	30.5"
XL	46 - 48"	40 - 42"	35"	31"
2XL	50 - 52"	44 - 46"	36"	31.5"
3XL	54 - 56"	48 - 50"	37"	32"
4XL	58 - 60"	52 - 54"	38"	32.5"
5XL	62 - 64"	56 - 58"	39"	33"

## WOMEN'S SIZES

SIZE	BUST	WAIST	HIPS	INSEAM	DRESS SIZE
XS	32 - 33"	24 - 26"	34 - 36"	28.5"	0 - 2
S	34 - 36"	27 - 29"	37 - 39"	29"	4 - 6
M	37 - 39"	30 - 32"	40 - 42"	29.5"	8 - 10
L	40 - 43"	33 - 35"	43 - 45"	30"	12 - 14
XL	44 - 47"	36 - 38"	46 - 49"	31"	16 - 18
2XL	48 - 51"	39 - 41"	50 - 53"	31.5"	20 - 22
3XL	52 - 55"	42 - 45"	54 - 57"	32"	24 - 26

This size chart is based on Regulars (5'7"-6'). Tall sizes (6'1"-6'5") are approximately 2" longer in sleeves, inseam and torso. Tall is not available in size small. Short sizes (5'-5'6") are approximately 2" shorter in sleeves, inseam and torso. Custom sizes are available.

If you have any questions regarding fit, sizing, taking measurements, or custom sizes, call RefrigiWear® Customer Service at 800-645-3744.

## BOOT SIZE CONVERSION CHART

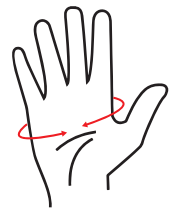
US MEN'S	US WOMEN'S	EU
4	6	36
5	6.5	37
5.5	7	37.5
6	7.5	38
6.5	8	38.5
7	8.5	39
7.5	9	40
8	9.5	41
8.5	10	41.5
9	10.5	42
9.5	11	42.5
10	11.5	43
10.5	12	44
11		45
11.5		45.5
12		46
13		47
14		48
15		49.5

## GLOVE SIZES

SIZE	MEASUREMENT
S	7 - 7.25"
M	7.5 - 8"
L	8.25 - 8.75"
XL	9 - 9.5"
2XL	9.75 - 10.5"

### GLOVE

Measure around the widest part of the dominant hand (right if you are right-handed, left if you are left-handed), just below the knuckles.



## SOCK SIZES

SIZE	MEASUREMENT
S/M	7 - 10
M/L	11 - 14

## HEADWEAR SIZES

SIZE	HEAD CIRCUMFERENCE (INCHES)	FITTED HAT SIZE (FOR COMPARISON)
S/M	20.875" - 22.375"	6.625 - 7.125
L/XL	22.75" - 24.25"	7.25 - 7.75
ONE-SIZE	FITS MOST	FITS MOST

RefrigiWear®

SIZE CHARTS