

# Gildan T-Shirt Sizing Guide

ADULT							
Size	S	M	L	XL	2XL	3XL	4XL
Chest	34-36	38-40	42-44	46-48	50-52	54-55	56-57
Waist	29-32	32-35	35-38	38-41	41-44	44-47	47-50
Sleeve Length from C-B	32-33 1/2	34-35	35-36	36-37	37-38	38-39	38 1/2-39

LADIES					
Size	S	M	L	XL	2XL
Numeric Size	4-6	8-10	12-14	16	18-20
Bust	35-36	37-38	39-41	42-44	45-47
Waist	26-27	28-30	30-32	33-35	36-38
Hip	35-37	37-39	39-41	42-44	45-47
Sleeve Length from C-B	30 1/2-31	31 1/2-32	32 1/2-33	33 1/2-34	34-34 1/2

YOUTH				
Size	S (6-8)	M (10-12)	L (14-16)	XL (18-20)
Chest	16	17	18	19
Body Length (HPS)	20 1/2	22	23 1/2	25
Sleeve Length from C-B	13 1/2	14 1/2	15 1/2	16 1/2

*All dimensions in Inches*