

**Sizing for uniforms is not the same as standardized clothing sizes. Please consult the size charts as a guide for specific sizing information.**

**How To Measure For A Correct Fit**

**A. Waist:** Keeping one finger between tape measure and body, measure where you normally wear slacks, skirts, shorts, etc. Keep the tape comfortably loose. Waist sizes are very important for a correct fit.

**B. Chest/Bust:** Measure just under the arms and across shoulder blades. Hold tape firm and level. Girls/ladies measure around the fullest point of bust, under arms and across shoulder blades.

**C. Hips:** Standing with feet together, measure around fullest part of hip area at top of legs.

**D. Inseam:** Measure a well fitting, similarly styled pair of pants. Lay them flat, with the front and back creases smooth. Measure from the crotch to the bottom of the leg hem along the seam.

**E. Neck:** Measure a shirt collar that fits you well. Lay collar flat. Measure from center of collar to the far end of buttonhole. Double that measurement for correct neck size.

**F. Belts:** Order one or two inches bigger than waist size.

**G. Sweaters and Jackets:** Order one size up from shirt or blouse size.