

# LAB COAT SIZE CHARTS

## FEMALE MEASURING STEPS

**BUST:** Relax arms and measure around the fullest part of the bust, keeping tape measure parallel to floor.

**WAIST:** Measure around the narrowest point of the natural waistline (not over clothing), keeping tape measure snug but not tight.

**HIPS:** Stand straight with feet together and measure around the fullest part of the hips (about 8" below natural waistline), keeping tape measure parallel to floor.

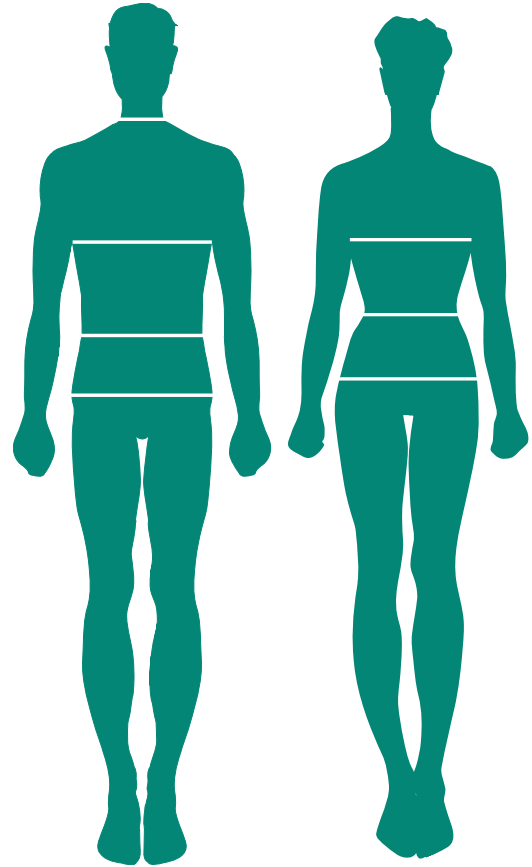
## MALE MEASURING STEPS

**NECK:** Measure around the base of the neck where the collar will sit, keeping tape measure snug.

**CHEST:** Measure the fullest part of the chest, keeping tape measure parallel to floor.

**WAIST:** Measure around the narrowest point of the natural waistline (not over clothing), keeping tape measure snug but not tight.

**HIPS:** Stand straight with feet together and measure around the fullest part of the hips (about 9" below natural waistline), keeping tape measure parallel to floor.



## SIZE CHARTS

### MISSES' SIZING - AVERAGE HEIGHT 5'4"-5'7"

Order size according to the largest of your bust, waist or hip measurements.

Alpha Size	2XS		XS		S		M		L		XL		2XL		3XL		4XL		5XL		6XL	
Numeric Size	0	2	4	6	8	10	12	14	16	18	20	22	24	26	28	30	32	34	36	38	40	42
Bust	32	33	34	35	36	37	38½	40	41½	43½	45½	48½	50½	52½	54½	56½	58½	60½	62½	64½	66½	68½
Waist	25	26	27	28	29	30	31½	33	34½	36½	38½	41½	43½	45½	47½	49½	51½	53½	55½	57½	59½	61½
Hips	35	36	37	38	39	40	41½	43	44½	46½	48½	51½	53½	55½	57½	59½	61½	63½	65½	67½	69½	71½

### MEN'S SIZING - AVERAGE HEIGHT 5'8"-6'0"

\*Coats, Blazers: Give regular coat size or chest measurement. If your size falls in between, order the larger size.

Alpha Size	XS		S		M		L		XL		2XL		3XL		4XL		5XL		6XL	
Chest	30	32	34	36	38	40	42	44	46	48	50	52	54	56	58	60	62	64	66	68
Neck	13	13½	14	14½	15	15½	16	16½	17	17½	18	18½	19	19½	20	20½	21	21½	22	22½
Waist	<b>24</b>	<b>26</b>	<b>28</b>	<b>30</b>	<b>32</b>	<b>34</b>	<b>36</b>	<b>38</b>	<b>40</b>	<b>42</b>	<b>44</b>	<b>46</b>	<b>48</b>	<b>50</b>	<b>52</b>	<b>54</b>	<b>56</b>	<b>58</b>	<b>60</b>	<b>62</b>
Hips	30	32	34	36	38	40	42	44	46	48	50	52	54	56	58	60	62	64	66	68

\*Over 6 feet tall? Order a Tall size for additional length.