

# Determine Your **Shirt Size:**

## Chest Measurement (Figure 1):

- Choose a button-down shirt that fits well
- Lay it flat
- Measure across the chest approximately 1 inch below the underarm

## Shoulder Measurement (Figure 2):

- Choose a shirt that fits well
- Lay it flat
- Measure across from shoulder seam to shoulder seam (the shoulder seam is where the sleeves are sewn onto the shirt)
- It is best to take this measurement from the back of the shirt

## Tapered Fit Notice:

The Slim Cut Uniform Shirts have been designed with a slightly tapered fit. If you are between sizes, we recommend you go to the next larger size.

<b>SLIM CUT</b>					
Youth Shirt Sizes	XS	S	M	L	XL
Across Shoulder	14.5	15	15.5	16	16.5
Chest (1" below armhole)	15.5	16.5	17.5	18.5	20
Adult Shirt Sizes	S	M	L	XL	
Across Shoulder	17.5	18	18.5	19	
Chest (1" below armhole)	21.5	22.5	23.5	24.5	

<b>FULL CUT</b>								
Adult Shirt Sizes	S	M	L	XL	2XL	3XL	4XL	5XL
Across Shoulder	18	20.5	21.75	23	24.5	26	27.5	29
Chest (1" below armhole)	21	23	25	27	29	31	33	35

*(If you are in between sizes we recommend going up to the next larger size.)*

# Determine Your **Pant Size:**

Youth and Adult pant waist sizes are standard numerical. Please order your regular waist size. These uniform pants are a relaxed fit. In order to provide the best fit and to allow the pants to "grow" with the Trailman, the uniform pants are unhemmed.

*(If you are between sizes we recommend you go to the next larger size.)*

\* If you are having issues determining your correct size, you can contact Trail Life at [store@trailifeusa.com](mailto:store@trailifeusa.com) or Corporate Clothier at [custserv@corporateclothier.com](mailto:custserv@corporateclothier.com)

**Figure 1**  
Chest Measurement  
(Full Cut Shirt Shown)



**Figure 2**  
Shoulder Measurement  
(Slim Cut Shirt Shown)



**Variance Notice**  
There is a +/- 0.5" variance on shirt and pant sizes.

