

## Child/Youth Sizes

Size	Age	Shoulder (in)	Chest (in)	Pant Length (in)
22	5 years	12	27	24
24	6 years	13	29	27
26	7 years	13.5	31	29
28	8 years	14	33	30
30	9 years	15	35	33
32	10 years	16	37	36
34	11 years	17	39	39

Note: 1) the measurement for Shoulder, Chest and Pant Length is in inches  
2) if in doubt about the fit, select a size up.

## Adult Sizes

Size	Chest (cm)	Waist (cm)
S	88-92	76-80
M	96-100	84-88
L	104-108	92-96
XL	112-116	100-104
2XL	120-124	108-112

Note: 1) the measurements given are in centimetres  
2) the shirt size is equivalent to H&M's Regular Fit.  
therefore it is possible to try a H&M t-shirt to check the size.