



GARMENT SIZING CHART

Garment size should be ordered such that it fits snug to the user's body for optimum thermal transfer. To determine the optimum garment size, measure your torso diameter below the breast then select the appropriate garment size from the chart at the bottom of this page.



Garments are made of a 91% cotton and 9% Lycra blend. The Lycra will stretch to form fit various body shapes and sizes.

Torso Diameter	Garment Size
27" - 30" (69cm - 76cm)	Extra Small (XS)
30" - 33" (76cm - 84cm)	Small (S)
33" - 36" (84cm - 91cm)	Medium (M)
36" - 39" (91cm - 97cm)	Large (L)
39" - 44" (97cm - 112cm)	Extra Large (XL)
44" - 50" (112cm - 127cm)	Extra Extra Large (XXL)