



# MEASUREMENT INSTRUCTIONS

Take your measurements over your basic undergarments normally worn. Stand erect without shoes with your feet shoulder width apart. For circumference measurements, make sure to keep the tape measure parallel to the floor. Determine your measurements following the directions below.

## TIPS FOR ACCURATE MEASUREMENTS:

- For best accuracy, have someone else take your measurements.
- Take your measurements over the undergarments you typically wear.
- Stand straight but relaxed, with feet placed shoulder width apart.
- Take measurements barefoot or in socks.
- Use a flexible cloth measuring tape.
- Make sure the measuring tape is parallel to the floor when you take your measurements.
- When taking inseam measure-ments, stand tall and look straight ahead. If you look down at your feet, the measurement may come in shorter than it should!

**100% MADE IN THE USA**



**BERRY AMENDMENT COMPLIANT**



## CORPORATE HEADQUARTERS

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## NEED SUPPORT?

We are here for you.  
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# MEASUREMENT CHARTS



All measurements are in inches. The measurements provided refer to body size, not to garment dimensions. Size up if you are between measurements - or size down if you prefer a tighter fit. Refer to the Measurement Guide for instructions on how to find your measurements.

Men's Alpha Sizing Information (Inches)								Men's Inseam Lengths	
	XS	S	M	L	XL	2XL	3XL		
CHEST	30-33	33-37	37-41	41-45	45-49	49-53	53-58	SHORT	30
WAIST	25-27	27-31	31-35	35-39	39-45	45-51	51-57		
HIP	32-34	34-37	37-40	40-44	44-48	48-52	52-57	LONG	34
THIGH	19-20	20-21	21-23	23-25	25-27	27-29	29-32		

\*Men's alpha sizing information (centimeters) is available on our website.

Women's Alpha Sizing Information (Inches)								Women's Inseam Lengths	
	XS	S	M	L	XL	2XL	3XL		
CHEST	32-34	34-36	36-38	38-41	41-44	44-48	48-52	SHORT	30
WAIST	26-27	27-29	29-31	31-34	34-38	38-42	42-46		
HIP	34-36	36-38	38-41	41-44	44-47	47-51	51-55	LONG	34
THIGH	20.5-21.5	21.5-22.5	22.5-24	24-25.5	25.5-28	28-30.5	30.5-33		

\*Women's alpha sizing information (centimeters) is available on our website.

### \*Tip: Length Sizing for Tops

**Long** Massif tops generally feature an extra 1" of length than a **Regular** at the bottom hem and an extra 1.5" of sleeve length.

**Short** tops are generally 1" shorter than a **Regular** at the bottom hem and 1.5" shorter on the sleeve.

**What that means to you:** In general, if your sleeves are around your knuckles when your arms are down, or if you are constantly pushing your sleeves up, consider a **Short**. If you are sitting on your jacket when you sit down, that is also a good time to consider a **Short**. If your sleeves tend to sit above your wrists when your arms are down, consider a **Long**. When you raise your arms above your head if your stomach is showing, you should also consider a **Long**.

**Please note:** Since body proportions vary from person to person, and it is not unusual for someone to need a different length top than they need in a pants. In other words, if you require a top in **Long** that does not automatically translate to needing a **Long** pant.

\*Men's numerical sizing information for Hellman Combat Pant, MASSIF® Utility Uniform, and the M20 Hot Weather Uniform are also available on our website.

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