

Size Scale Guide – Refers to Body Measurements

When using size scales, please refer to catalog product pages for the sizes offered in the style you are purchasing.

Size Scale B: Men's And Unisex Sweaters

Size	XS	S	M	L	XL	2XL	3XL	4XL	5XL	6XL
Chest	30-32	34-36	38-40	40-42	42-44	46-48	48-50	52-54	54-56	56-58

Size Scale C | Men's Alpha Shirts

Long or short-sleeve	XS	S	M	L	XL	2XL	3XL	4XL	5XL	6XL
Neck size	13/13½	14/14½	15/15½	16/16½	17/17½	18/18½	19/19½	20/20½	21/21½	22/22½
Sleeve length 30-31	*	*	*							
Sleeve length 32-33	*	*	*	*	*					
Sleeve length 34-35			*	*	*	*	*	*T	*T	*T
Sleeve length 36-37 tall				*T	*T	*T	*T	*T	*T	*T
Short-sleeve regular	*	*	*	*	*	*	*			
Short-sleeve tall				*T	*T	*T	*T	*T	*T	*T

T = Talks: Talks have 2" longer body.

Size Scale D | Men's Alpha Shirts

Size	S	M	L	XL	2XL	3XL	4XL	5XL	6XL
Neck size	14/14½	15/15½	16/16½	17/17½	18/18½	19/19½	20/20½	21/21½	22/22½
Regular sleeve length	32	33	35	35	35	35			
Tall sleeve length			37T	37T	37T	37T	37T	37T	37T

T = Talks: Talks have 2" longer body.

Size Scale F | Men's Pants and Shorts

Regular	28	30	32	34	36	38	40	42	44	46	48	50	52	54
Tall		30	32	34	36	38	40	42	44	46				

Regulars will finish maximum 34 hemmed. Talls will finish to maximum 37 hemmed. Hemmed bottoms can be ordered in 1" increment ONLY.

Size Scale G | Men's Blazers and Coats

Short 5'3" - 5'7"	36	38	40	42	44	46								
Regular 5'7" - 6'0"	36	38	40	42	44	46	48	50	52	54	56	58		
Long 6'0" - 6'3"		38	40	42	44	46	48	50	52	54	56	58		
Extra Long 6'3" and taller			40	42	44	46	48							



Size Scale H | Men's Blazers

Size	Alpha	S	M	L	XL	2XL	3XL	4XL
	Numeric	36	38	40	42	44	46	48
Blazers Short 5'3" - 5'7"		36	38	40	42	44	46	
Blazers Regular 5'7" - 6'0"		36	38	40	42	44	46	48
Blazers Long 6'0" and taller			38	40	42	44	46	48

Size Scale H | Shirts and Vests

Size	S	M	L	XL	2XL	3XL	4XL	5XL	6XL
Neck	14½	14¾	15¼	15¾	16¼	16¾	17¼	17¾	18¼
Short Sleeve - Regular (R)	R	R	R	R	R	R	R		
Short Sleeve - Tall (T)			T	T	T	T	T	T	T
Sleeve Lengths - Regular	31, 32, 33	31, 33, 35	33, 35	33, 35	35	35			
Sleeve Lengths - Tall			37T	37T	37T	37T	35T, 37T	35T, 37T	35T, 37T
Chest	36	38	40	42	44	46	48	50	52
Waist	29½	32½	34½	36¾	39	41¼	43½	46	48½

T = Talks: Talks have 2" longer body.

Size Scale H | Men's Pants and Shorts

Size	28	30	32	34	36	38	40	42	44	46	48	50	52	54
Waist	27½	29½	32½	34½	36¾	39	41¼	43½	46	48½	50¾	53	55¼	57½
Low Hip	32½	34½	37½	39½	41¼	43	44½	46	47½	49	51	53	55	57

Regulars will finish maximum 34 hemmed. Talls will finish to maximum 37 hemmed. Hemmed bottoms can be ordered in 1" increment ONLY.

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Size Scale I | Men's Vests

Size	XS	S	M	L	XL	2XL	3XL	4XL	5XL
Chest	32-34	36-38	38-40	42-44	46-48	50-52	54-56	58-60	60-62

Size Scale J | Ladies Alpha Shirts and Vests

Alpha Size	XXS	XS	S	M	L	XL	2XL	3XL
Numeric Size	0	2-4	6-8	10-12	14-16	18-20	22-24	26-28
Bust	32	33-34	35-36	37-38½	40-41½	43½-45½	47-49	51-53

Size Scale K | Ladies Alpha Shirts and Vests

Alpha Size	XXS	XS	S	M	L	XL	2XL	3XL
Numeric Size	0-2	4-6	8-10	12-14	16-18	20-22	24-26	28-30
Bust	33	34-35	36-37	38½-40	41½-43½	45½-47	49-51	53-54

Size Scale L | Ladies Sweaters

Alpha Size	XS	S	M	L	XL	2XL	3XL
Numeric Size	2-4	6-8	10-12	14-16	18-20	22-24	26-28

Size Scale M and N | Ladies Pants, Shorts and Skirts

Size	0	2	4	6	8	10	12	14	16	18	18W	20W	22W	24W	26W	28W
Waist	25	26	27	28	29	30	31½	33	34½	36½	41	43	45	47	49	51
Hips	34	36	37	38	39	40	41½	43	44½	46½	49	51	53	55	57	59



Size Scale O | Ladies Tops and Blazers

Size	XXS		XS		S		M		L		XL		2XL		3XL	
Blazers – Regular 5'8" and shorter	0	2	4	6	8	10	12	14	16	18	20	22	24	26	28	
Blazers – Tall 5'8" and taller			4T	6T	8T	10T	12T	14T	16T	18T						
Bust	32½	33½	34½	35½	36½	37½	38½	40½	41½	43½	45½	47½	49½	51½	53½	
Waist	25½	26½	27½	28½	29½	30½	32½	34	35½	38½	40½	43½	45½	48	50½	
High Hip	31	32	33	34	35	36	37½	39½	41	43½	46	48½	51	53½	55½	
Low Hip	34½	35½	36½	37½	38½	39½	41	42½	44	46	48	50	52	54	56	

Size Scale O | Ladies Pants, Skirts and Alpha Belt

Alpha Size	XXS	XS		S		M		L		XL		2XL		3XL	
Numeric Size	0	2	4	6	8	10	12	14	16	18	20	22	24	26	28
Waist	25½	26½	27½	28½	29½	30½	32½	34	35½	38½	40½	43½	45½	48	50½
High Hip	31	32	33	34	35	36	37½	39½	41	43½	46	48½	51	53½	55½
Low Hip	34½	35½	36½	37½	38½	39½	41	42½	44	46	48	50	52	54	56

Size Scale S | Ladies Blazers and Coats

Regular 5'8" and shorter	0	2	4	6	8	10	12	14	16	18	20	22	24	26	28
Tall 5'8" and taller			4T	6T	8T	10T	12T	14T	16T	18T					
Bust	32	33	34	35	36	37	38½	40	41½	43½	45½	47	49	51	53
Waist	25	26	27	28	29	30	31½	33	34½	36½	38½	41	43	45	47
Hips	34	36	37	38	39	40	41½	43	44½	46½	48½	49	51	53	55

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Size Scale U | Housekeeping Unisex Apparel

Size	S	M	L	XL	2XL	3XL	4XL
Bust	34-36	38-40	42-44	46-48	50-52	54-56	58-60
Waist	29-31	32-34	35-38	39-42	42-46	47-50	51-54
Hip	36-38	39-41	42-45	46-49	50-53	54-57	58-61

Size Scale V | Men's, Ladies & Unisex Shirts, Polos

Size	XXS	XS	S	M	L	XL	2XL	3XL	4XL	5XL	6XL
To fit men's neck sizes	12/12½	13/13½	14/14½	15/15½	16/16½	17/17½	18/18½	19/19½	20/20½	21/21½	22/22½
To fit Ladies sizes	0	2-4	6-8	10-12	14-16	18-20	22-24	26-28			

Size Scale W | Ladies Housekeeping Dresses and Tunics

Size	AA	A	B	C	D	E
Ladies size	0-2	4-8	10-14	16-20	22-26	28-30
Bust	32-33	34-36	37-40	41½-45½	47-51	53-57

Size Scale X | Ladies Housekeeping Tunics and Pants

Alpha size	XXS	XS	S	M	L	XL	2XL	3XL
Numeric size	0-2	4-6	8-10	12-14	16-18	20-22	24-26	28-30
Bust	32-33	34-35	36-37	38½-40	41½-43½	45½-47	49-51	53-54
Waist	24-26	27-28	29-30	31½-33	34½-36½	38½-41	43-45	47-51
Hip	34-36	37-38	39-40	41½-43	44½-46½	48½-49	51-53	55-59

Size Scale Y | Men's Housekeeping Service Shirts

Size	S	M	L	XL	2XL	3XL	4XL
Chest	34-36	38-40	42-44	46-48	50-52	54-56	58-60
Neck	14/14½	15/15½	16/16½	17/17½	18/18½	19/19½	20/20½

Size Scale Z | Belts

Unisex alpha size	S		M		L		XL		2XL		3XL		4XL	
Order unisex belt size	30	32	34	36	38	40	42	44	46	48	50	52	54	56
To fit men's pant size	28	30	32	34	36	38	40	42	44	46	48	50	52	54
To fit Ladies pant size	0-4	6-8	10	12-14	16	18	18W	20W	22W	24W	26W	28W		
Ladies alpha size	XS		S		M		L		XL		2XL		3XL	
To fit Ladies pant size	0-2	4	6	8	10	12	14	16	18-18W	20W	22W	24W	26W	28W

Size Scale AA | Unisex Sizing for Chef Coats and Chef Shirts

Alpha size	XS	S	M	L	XL	2XL	3XL	4XL	5XL	6XL
Chest/Bust	32-34	36-38	40-42	44-46	48-50	52-54	56-58	60-62	64-66	68-70

Size Scale AB | Ladies Chef Coat

Alpha size	XS	S	M	L	XL	2XL	3XL
Chest/Bust	32-33	33-34	35-37	37-40	39-43	45-48	48-51
Waist	22-23	23-25	25-28	28-31	31-35	35-39	39-43
Hip	32-34	34-36	36-39	39-42	42-46	46-50	50-53

Size Scale AC | Chef Pants (Baggy, Traditional & Ultimate)

Size	XS	S	M	L	XL	2XL	3XL	4XL	5XL	6XL
Waist	24-26	26-30	32-34	36-38	40-42	44-46	48-50	52-54	56-58	60-62
Inseam	32	33	33	34	34	34	34	34	34	34
Hip	32-36	36-40	42-44	46-48	50-52	54-56	58-60	62-64	66-68	70-72

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