

Fruit of the Loom Sizing Guide

Men's Activewear

Size	S	M	L	XL	XXL	3XL	4XL
Chest	34-36	38-40	42-44	46-48	50-52	54-56	58-60
Waist	28-30	32-34	36-38	40-42	44-46	48-50	52-54
Neck	14-14½	15-15½	16-16½	17-17½	18-18½	19-19½	20-20½
Sleeve	32½-33	33½-34	34½-35	35-35½	35½-36	36-36½	36½ - 37

Men's Undershirts

Size	S	M	L	XL	XXL	3XL
Chest	34-36	38-40	42-44	46-48	50-52	54-56

Men's Underwear

Size	S	M	L	XL	XXL	3XL
Waist	30-32	34-36	38-40	42-44	46-48	50-52

Women's Bottoms

Size	4-XS	5-S	6-M	7-L	8-XL	9	10
Hips	34-35	36-37	38-39	40-41	42-43	44-45	46-47
Hips (CM)	86-89	91-94	97-99	102-104	107-109	112-114	117-119
Dress	2-4	4-6	8-10	12-14	14-16	16-18	18-20

Fit For Me Bottoms

Size	9	10	11	12	13
Hips (in)	45-46.5"	47-48.5"	49-51.5"	52-55.5"	56-59.5"
Hips (cm)	114-118	119-123	124-131	132-141	142-151
Dress	16W	18W/20W	22W/24W	26W/28W	30W-32W

Boys' Activewear

Size XS (6-7) S (8-9) M (10-11) L (14-16) XL (18-20)

Chest 24½-26 26½-28 28½-30 30½-33 33½-36

Waist 20½-22 22½-24 24½-26 26½-29 29½-32

Seat 24-25½ 25½-27 27½-30 30½-34 34½-37

Height 43-46½ 47-52½ 51-58½ 59-64½ 65-68½

Boys' Tops

Size 2T/3T 4T S (2-4) M (6-8) L (10-12) XL (14-16)

Height (in) 27-34 35-38 34-40 41-50 51-58 59-64

Chest (in) 34-38 39-42 21-23 24-26 27-29 30-32

Boys' Underwear

Size 2T/3T 4T XS(2-4) S(6-8) M(10-12) L(14-16) XL(18-20)

Weight (lbs) 27-34 35-38 27-41 42-56 57-89 90-118 119-138

Waist (in) 20.5 21.5 20-22 22-24 24-26 26-28 28-30

Girls' Tops

Size 2T/3T 4T S (4-6) M (8-10) L (12-14) XL (16)

Chest (in) 20-21" 22" 24-26" 27-29" 30-32" 33"

Chest (cm) 51-53 56 61-66 69-74 76-81 84

Girls' Bottoms

Size 2T/3T 4T 4 6 8 10 12 14

Waist (in) 20-20.5" 21" 21" 22" 23" 24" 25" 26"

Waist (cm) 51-52 53 53 56 58 61 64 66

Weight (lbs) 25-32 33-36 30-38 39-49 50-67 68-83 84-95 96-107

Weight (kg) 11-14 15-16 14-17 18-22 23-30 31-37 38-43 44-48

Socks

Category	Men's		Ladies'		Boy's		Girl's			Infant-Toddler		
Size	Large	X-Large	Medium	Large	Medium	Large	Small	Medium	Large	Small	Medium	Large
Sock Size	10-13	13-15	9-11	10-12	7-8½	9-11	6-7½	7½-9	9-11	3-5	5-6½	6-7½
Shoe Size	6-12	12-16	4-10	8-12	9-2½	3-9	6-10½	10½-4	4-10	1½-4	4-8½	7½-11

Body Measurement Methods

Chest: Measure under arms and around the fullest part of your chest, keeping the tape straight across your back.

Waist: Measure around the smallest part of your waistline.

Neck: Measure around the base of your neck. Pull the tape tight enough for a snug but comfortable fit.

Sleeve: Bend elbow and measure from the center of neck on the backside, to the elbow and down to wrist.

Inseam: Measure from the crotch point to ankle bone.