

## MENS ICEBREAKER SIZING GUIDE

Measurements refer to body size, not garment dimensions.

In instances when your body measurements are midway between two sizes, go for the smaller size for a tighter fit or the larger size for a looser fit.

### Upper Body Measurements

(inches)	S	M	L	XL	2XL
<b>Chest</b>	38	40	42	44	46
<b>Height</b>	5'7.5	5'9	5'10.5	6'0	6'2

(cm)	S	M	L	XL	2XL
<b>Chest</b>	96.5	101.5	106.5	111.5	116.5
<b>Height</b>	171.5	175.5	179.5	183.5	187.5

### How To Measure

Chest	Place a tape measure across your back, underneath your arms and then across the fullest part of the chest.
Height	This is your true height, without the assistance of shoes.

In instances when your body measurements for chest and height are in two different suggested sizes, we recommend going with the size from your chest measurement.

### Lower Body Measurements

(inches)	S	M	L	XL	2XL
<b>Waist</b>	31.5	33.5	35.5	37.5	39.5
<b>Hip</b>	39	41	43	45	47

(cm)	S	M	L	XL	2XL
<b>Waist</b>	80	85	90	95	100
<b>Hip</b>	99	104	109	114	119

### How To Measure

Chest	Measure at your navel.
Height	Place the measuring tape around the body at the fullest part of the hip, feet together.

In instances when your body measurements for waist and hip are in two different suggested sizes, we recommend going with the size from your hip measurement.