

## *Sewhot Embroidery & Heat Transfers Sizing Chart*

<b>ADULTS</b>	<b>XS</b>	<b>S</b>	<b>M</b>	<b>L</b>	<b>XL</b>	<b>2XL</b>	<b>3XL</b>	<b>4XL</b>
<b>CHEST</b>	<b>34</b>	<b>36</b>	<b>38-40</b>	<b>42-44</b>	<b>46</b>	<b>48-50</b>	<b>52</b>	<b>54-56</b>
<b>WAIST</b>	<b>24</b>	<b>26-28</b>	<b>30-32</b>	<b>34-36</b>	<b>38-40</b>	<b>42-44</b>	<b>46-48</b>	<b>50-52</b>
<b>LADIES</b>	<b>XS</b>	<b>S</b>	<b>M</b>	<b>L</b>	<b>XL</b>	<b>2XL</b>		
<b>CHEST</b>	<b>32-33</b>	<b>34-35</b>	<b>36-37</b>	<b>38-39</b>	<b>40-41</b>	<b>42-43</b>		
<b>WAIST</b>	<b>24-25</b>	<b>26-27</b>	<b>28-29</b>	<b>30-31</b>	<b>32-33</b>	<b>34-35</b>		
<b>YOUTHS</b>	<b>S</b>	<b>M</b>	<b>L</b>	<b>XL</b>				
<b>RANGE</b>	<b>8</b>	<b>10</b>	<b>12</b>	<b>14</b>				
<b>CHEST</b>	<b>26</b>	<b>28</b>	<b>30</b>	<b>32</b>				
<b>WAIST</b>	<b>24</b>	<b>26</b>	<b>28</b>	<b>30</b>				

**1. CHEST MEASUREMENT:**

MEASURE APPROXIMATELY 1" BELOW UNDERARMS ACROSS THE SHOULDER BLADES,  
WOMEN ARE TO MEASURE AT THE FULLEST PART OF THEIR BODY.

**2. WAIST MEASUREMENT:**

MEASURE LOOSELY AROUND THE MIDDLE OF YOUR BODY.

3. LADIES GARMENTS WITH CONTOUR FIT WILL BE @ 1-2 SIZES SMALLER THAN THE ABOVE MEASUREMENTS.



**“Sewhot Embroidery & Heat Transfers”**

1125 Hwy 5 N.

Valemount, BC

Phone: 250-566-9096

Cell: 250-612-2820

Fax: 250-566-8456

Wendy Gropler