

Red Kap Measuring Guidelines

Measuring: Taking correct measurements is important for proper fit. No one should take his/her own measurements.

Tips:

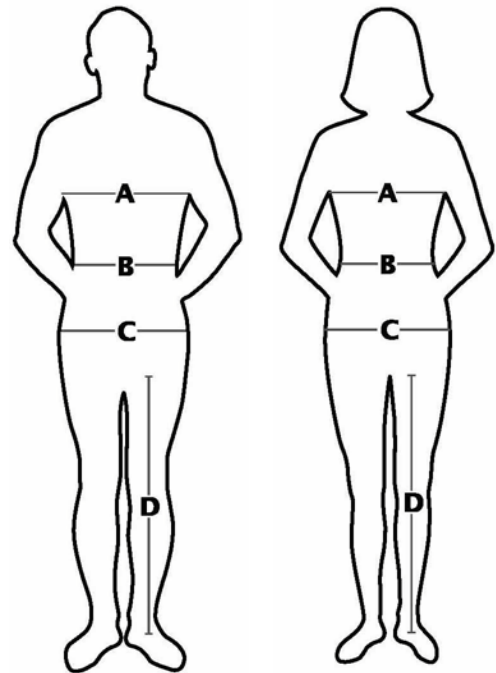
- DO try to have the individual wear shoes that will actually be worn with the uniform for the fitting. The style and type of shoe worn with a uniform will affect the pant length.
 - Please keep this in mind when measuring
- DO NOT adjust the measurement to allow for shrinkage. Potential shrinkage has already been figured into the sizing of each garment.
- DO order the larger size if measurements fall between two sizes (unless the individual prefers their uniforms to fit a little tighter).

A. Chest/Bust: Standing to his/her side and holding tape firmly under one arm, measure around the shoulder blades, under arms and around the fullest part of the chest. Arms should be kept as close to the side of the body as much as possible – it will affect the measurement if they are raised too high. The number of inches shown is the chest/bust size.

B. Waist: Standing to his/her side, measure around the natural waistline. The number of inches shown is the waist size.

C. Seat (hips): Standing to his/her side, measure around the fullest part of the hips. Start seven to eight inches below the natural waistline. If the tape cannot be moved up and down, it is not the fullest part. The number of inches shown is the seat (or hip) measurement.

D. Inseam: Standing in front of the individual, have him/her stand with both feet flat on the ground with legs straight and slightly apart. Have him/her hold one end of the tape measure at the base of the crotch seam. You will straighten the tape down the inside of the leg to the top of the shoe. The number of inches shown is the inseam length. Remember – this measurement will be more accurate if he/she is wearing the actual shoes to be worn with the uniform.





Measuring Charts

Shirt Charts

| Men's Alpha/Numeric Conversion for Shirts | | | | | | | | |
|---|--------|--------|--------|--------|--------|--------|--------|--------|
| Size | XS | S | M | L | XL | 2XL | 3XL | 4XL |
| Neck | 13-13½ | 14-14½ | 15-15½ | 16-16½ | 17-17½ | 18-18½ | 19-19½ | 20-20½ |

| Men's Industrial Shirts (Industrial, Cotton, Western, Specialized & Patterned) | | | | | | | | | |
|--|-----|--------|--------|--------|--------|--------|--------|--------|--------|
| Size | | S | M | L | XL | 2XL | 3XL | 4XL | 5XL |
| Neck | | 14-14½ | 15-15½ | 16-16½ | 17-17½ | 18-18½ | 19-19½ | 20-20½ | 21-21½ |
| Sleeve Length | RG | 33 | 33 ½ | 34 | 34 ½ | 35 | 35 | 35 | 35 |
| | LN | 35 ½ | 35 ½ | 36 | 36 | 36 | 36 | 36 | 36 |
| | XLN | 37 | 37 | 37 | 37 | 37 | 37 | 37 | 37 |
| Back Length: <i>Regular</i> – regular back length; <i>Long</i> – plus 1 ½"; <i>X-Long</i> – plus 4" | | | | | | | | | |

| Men's Uniform Shirts (Security, Broadcloth and Solid Dress Uniform Shirts) | | | | | | | | | |
|--|--------------------|--------|--------|--------|--------|-------------------------------|--------|--------|--|
| Size | | S | M | L | XL | 2XL | 3XL | 4XL | |
| Neck | | 14-14½ | 15-15½ | 16-16½ | 17-17½ | 18-18½ | 19-19½ | 20-20½ | |
| Sleeve Length & Back Length | 32" – 33" LS & SS | | | | | regular back length | | | |
| | 34" – 35" LS | | | | | regular back length plus 1 ½" | | | |
| | 36" – 37" LS & SSL | | | | | regular back length plus 4" | | | |



| Men's Dress Uniform Shirts (Stripes and Solids) | | | | | | | |
|---|---------|---------|---------|---------|---------|---------|---------|
| Size | S | M | L | XL | 2XL | 3XL | 4XL |
| Neck | 14-14 ½ | 15-15 ½ | 16-16 ½ | 17-17 ½ | 18-18 ½ | 19-19 ½ | 20-20 ½ |
| Regular | 33 | 33 ½ | 34 | 34 ½ | 35 | 35 | 35 |
| Long | 35 ½ | 35 ½ | 36 | 36 | 36 | 36 | 36 |
| Short Sleeve Back Length: SS – regular back length; SSL – plus 4" | | | | | | | |

| Men's Executive Dress Shirts | | | | | | | | | | | |
|------------------------------|--------------------|------|----|------|----|------|----|-------------------------------|------|----|--|
| Size | 14 | 14 ½ | 15 | 15 ½ | 16 | 16 ½ | 17 | 17 ½ | 18 ½ | 19 | |
| Sleeve Length & Back Length | 32" – 33" LS & SS | | | | | | | regular back length | | | |
| | 34" – 35" LS | | | | | | | regular back length plus 1 ½" | | | |
| | 36" – 37" LS & SSL | | | | | | | regular back length plus 4" | | | |

| Knit Shirts | | | | | | | | |
|-------------|-------|-------|-------|-------|-------------|-------|-------------|-------------|
| Size | XS | S | M | L | XL | 2XL | 3XL | 4XL |
| Chest | 33-35 | 36-38 | 39-41 | 43-45 | 47 ½ - 49 ½ | 52-54 | 56 ½ – 58 ½ | 60 ½ - 62 ½ |

| Women's Sizes – Alpha/Numeric Conversion | | | | | | | | | | | | | |
|--|--------|--------|--------|--------|-----------|---------|---------|---------|---------|------------|-----------|-----------|-----------|
| | XS | S | | M | | L | | XL | | 2XL | | 3XL | |
| Size | 4 | 6 | 8 | 10 | 12 | 14 | 16 | 18 | 20 | 22 | 24 | 26 | 28 |
| Chest | 33½-33 | 33½-34 | 34½-35 | 35½-36 | 36½-37½ | 38-39 | 39½-40½ | 41½-42½ | 43½-44½ | 45 ½ - 46½ | 47½ - 48½ | 49½ - 50½ | 51½ - 52½ |
| Waist | 24-24½ | 25-25½ | 26-26½ | 27-28 | 28½ - 29½ | 30-31 | 31½-32½ | 33-34½ | 35-36½ | 37- 38½ | 39-40½ | 41-42½ | 43-44½ |
| Hips | 34-34½ | 35-35½ | 36-36½ | 37-37½ | 38-39 | 39½-40½ | 41-42 | 42½-44 | 44½-46 | 46½ - 48 | 48½-50 | 50½-52 | 52½-54 |



Other Charts

| Men's Height Conversion | | | | | |
|-------------------------|---------|--------------|------------|--------|--------------|
| SH | Short | 5'3" – 5'7" | LN | Long | 5'11" – 6'3" |
| RG | Regular | 5'7" – 5'11" | XLN | X-Tall | 6'3" – 6'7" |

| Men's Pants and Slacks | |
|--|--|
| Pant and slack size is determined by waist and inseam measurements. Specify waist and inseam measurements in inches. | |

| Men's Professional Cover-ups | | | | | | | | |
|---|----|-------|-------|-------|-------|-------|-------|-----|
| Chef's, Lab, Lapel/Counter, Shop, Butcher, Specialized, Pocketless Lab, Specialized Lab, Pocketless Lab, Specialized Lapel/Counter, Trim Cut Butcher & Tech | | | | | | | | |
| Size | XS | S | M | L | XL | 2XL | 3XL | 4XL |
| Chest | 34 | 36-38 | 40-42 | 44-46 | 48-50 | 42-54 | 46-58 | 60 |

| Men's Insulated Coveralls | | | | | |
|---------------------------|-------|-------|-------|-------|-------|
| Size | S | M | L | XL | 2XL |
| Chest | 34-36 | 38-40 | 42-44 | 46-48 | 50-52 |

| Jackets & Liners – Alpha Size/Numeric Conversion | | | | | | | |
|--|-------|-------|-------|-------|-------|-------|-------|
| Size is determined by chest measurement. Specify alpha size and length. If waist is large than chest, use waist measurement as size. | | | | | | | |
| Size | XS | S | M | L | XL | 2XL | 3XL |
| Numeric | 32-34 | 36-38 | 40-42 | 44-46 | 48-50 | 52-54 | 56-58 |
| Cut Size | 34 | 38 | 42 | 46 | 50 | 54 | 58 |
| Lengths: Jackets and Liners are available in both Regular and Long. | | | | | | | |



| Parka | | | | | | | | |
|-------|----|----|----|----|----|-----|-----|-----|
| Size | XS | S | M | L | XL | 2XL | 3XL | 4XL |
| Chest | 43 | 47 | 51 | 55 | 59 | 63 | 67 | 71 |

| Unisex Sizing Chart – Tech Coats, Wraps, Lab Coats & Vests | | | | | | | |
|--|----------|----------|-----------|----------|-----------|---------|----------|
| Tech Coats, Unisex Lab Coats and Vests. Size is determined by chest measurement. To order, specify alpha size. If waist is larger than chest, use waist measurement as size. | | | | | | | |
| Size | XS | S | M | L | XL | 2XL | 3XL |
| Chest | 30 ½-34 | 34 ½-38 | 38 ½ - 42 | 42 ½-46 | 46 ½-50 | 50 ½-54 | 54 ½-58 |
| Hip | 33½ - 36 | 36½ - 39 | 39½ - 42 | 42½ - 46 | 46½ - 50½ | 51-55 | 55½- 59½ |

| Men's Cook Shirts | | | | | | | | |
|-------------------|---------|---------|---------|---------|---------|---------|-----------------------------|--|
| Size | S | M | L | XL | 2XL | 3XL | 4XL | |
| Neck | 14-14 ½ | 15-15 ½ | 16-16 ½ | 17-17 ½ | 18-18 ½ | 19-19 ½ | 20-20 ½ | |
| Half Sleeve | | | | | | | Regular back length | |
| SSL | | | | | | | Regular back length plus 4" | |

| Baggy Chef Pants | | | | | |
|------------------|-------|-------|-------|-------|-------|
| Size | S | M | L | XL | 2XL |
| Waist | 28-30 | 32-34 | 36-38 | 40-42 | 44-46 |



Women's Chef Coat Sizing

Conversions are based on chest measurements.

| Suggested Women's Size | | ...with hips measuring up to: | Actual Garment Size | |
|------------------------|---------|-------------------------------------|---------------------|---------|
| Alpha | Numeric | | Alpha | Numeric |
| | 6 | 35 | XS | 32 |
| S | 8 | 36 | XS | 34 |
| | 10 | 37 | S | 36 |
| M | 12 | 38 ½ | S | 38 |
| | 14 | 40 | M | 40 |
| L | 16 | 41 ½ | M | 42 |
| | 18 | 43 ½ | L | 44 |
| XL | 20 | 45 ½ | L | 46 |
| | 22 | 47 ½ | XL | 48 |
| 2XL | 24 | 49 ½ | XL | 50 |
| | 26 | 51 ½ | 2XL | 52 |
| 3XL | 28 | 53 ½ | 2XL | 54 |
| | 30 | 55 ½ | 3XL | 56 |
| 4XL | 32 | 57 ½ | 3XL | 58 |



| Lee ® Woven & Denim Shirts | | | | | |
|----------------------------|--------|--------|---|--------|--------|
| Men's | Sleeve | Collar | Women's | Sleeve | Collar |
| S | 34 | 15 | S | 30 | 15 ½ |
| M | 35 | 16 | M | 31 | 16 |
| L | 36 | 17 | L | 32 | 16 ½ |
| XL | 37 | 18 | XL | 33 | 17 |
| 2XL | 38 | 19 | Women's Defined Twill Shirt sleeve length is + ½" longer than indicated in chart. | | |
| 3XL | 38½ | 20 | | | |
| 4XL | 39 | 21 | | | |
| 5XL | 39½ | 22 | | | |
| XLT | 39 | 18 | | | |
| 2XLT | 39½ | 19 | | | |

Note: Sizes may vary by color/item. Sizes are based on actual body measurements in inches. Styles and sizes are subject to change or withdrawal without notice.