

HOW TO MEASURE FOR A SUIT

1. DETERMINE CHEST SIZE

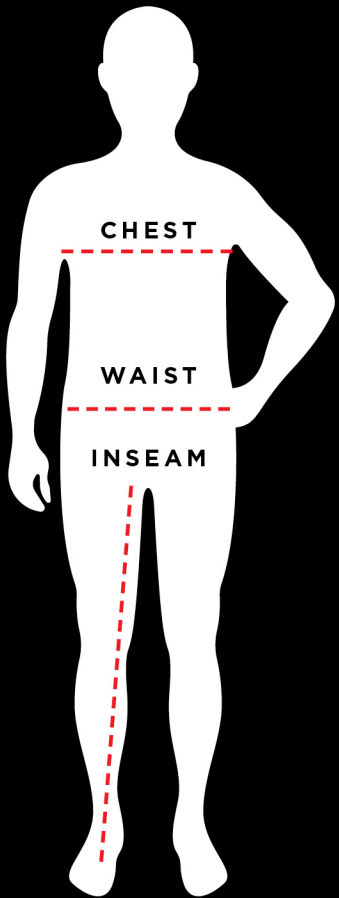
- Place the tape measure under the arms.
- Wrap around fullest part of chest and shoulder blades.
- Ensure tape is snug and parallel to floor.
- Add 1" to the measurement for proper fit and comfort.

2. DETERMINE WAIST SIZE

- Place the tape just above the hipbone and across the navel (natural waistline).

3. DETERMINE IN-SEAM

- Stand with feet 12" apart.
- Hold one end of tape measure at crotch seam.
- Measure to where bottom of pants should be.



CONVERSION CHART

CHEST	HEIGHT		
	5'4"-5'6"	5'7"-5'11"	6'0"-6'3"
36"	36 S	36 R	
37"	37 S	38 R	
38"	38 S	38 R	
39"	39 S	40 R	40 L
40"	40 S	40 R	40 L
41"	41 S	42 R	42 L
42"	42 S	42 R	42 L
43"	43 S	44 R	44 L
44"	44 S	44 R	44 L
45"	45 S	46 R	46 L
46"	46 S	46 R	46 L
47"		48 R	48 L
48"		48 R	48 L
49"		50 R	50 L
50"		50 R	50 L
51"		52 R	52 L
52"		52 R	52 L
53"		54 R	54 L
54"		54 R	54 L

*Sizing varies by body type

More sizes & styles available at [jcp.com](https://www.jcp.com)

HOW TO MEASURE

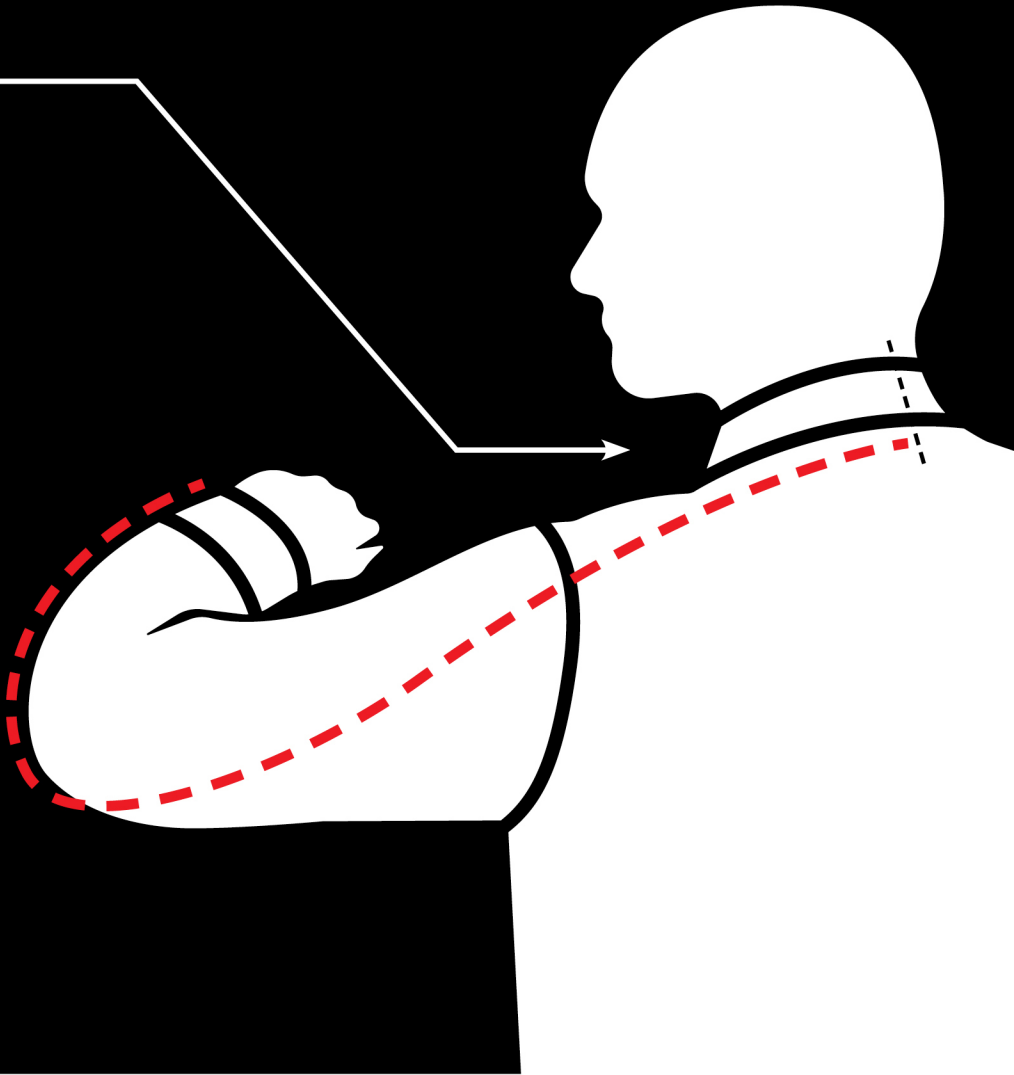
FOR A DRESS SHIRT

1. FIND THE NECK SIZE

- Place tape measure around the neck just below the adam's apple.
- Place a finger between the tape and neck.
- Adjust for comfort.

2. FIND THE SLEEVE LENGTH

- Extend one arm parallel to the ground.
- Bend at the elbow.
- Place tape measure at the back center of the neck.
- Measure around the elbow to wrist bone.



CONVERSION CHART

SIZE	NECK	HEIGHT		
		5'4"-5'6"	5'7"-5'11"	6'0"-6'3"
S	14"-14½"	32-33		
M	15"-15½"	34-35	34-35	
L	16"-16½"		36-37	36-37
XL	17"-17½"		38-39	38-39
2XL	18"-18½"			38-39
3XL	19"-19½"			38-39
4XL	20"-20½"			38-39

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