STEP ONE: MEASURE YOURSELF

Make sure to take your body measures and not the measures of your existing cloths. Measure your chest circumference (A) and your arm length (B). Measure the arm length from your neck to the point on your wrist where you want the sleeve to end. If you intend to wear additional layers underneath the jacket or sweater, measure yourself wearing additional layers.

STEP TWO: DEFINE YOUR SIZE

Use the chart below to determine your jacket, sweater or shirt size based on your body measurements. If you're on the borderline between two sizes, order the smaller size for a tighter fit or the larger size for a looser fit.

SIZE	(A) CHEST CIRCUMFERENCE (cm)	(B) ARM LENGTH (cm)
XS	80 - 85	72 - 76
S	86 - 91	74 - 78
M	92 - 97	76 - 80
L	98 - 103	78 - 82
XL	104 - 109	80 - 84
2XL	110 - 115	82 - 86
3XL	116 - 121	82 - 86
4XL	122 - 126	82 - 86