

We have updated our sizing charts to more accurately reflect the body standards we build our product to fit, removing ambiguous ranges. The body standards we build product for have not changed, nor has the product. The information update will help to better navigate the Carhartt sizing systems and products. The additional body measurements given will set expectations for all consumers on how the bodies we designed the product for might vary from their own, including those wanting or needing to purchase across gender.

## MEN'S BODY MEASUREMENTS

OUR MEN'S ALPHA-SIZED, REGULAR LENGTH PRODUCTS ARE BUILT FOR A BODY THAT MEASURES:

	XS	S	M	L	XL	2X	3X	4X	5X	6X
Numeric waist equivalent	26	30	34	38	42	46	50	54	58	62
Chest	32	36	40	44	48	52	56	60	64	68
Natural Waist	26-1/2	30-1/2	34-1/2	38-1/2	42-1/2	46-1/2	50-1/2	54-1/2	58-1/2	62-1/2
Low Hip	31-1/2	35-1/2	39-1/2	42-3/4	46	49-1/4	52-1/2	55-3/4	58-7/8	62
Arm Length - CB Neck to Wrist	33	33-1/2	34	34-3/8	34-3/4	35-1/4	35-3/4	36-1/4	36-3/4	37-1/4
Inseam	31-1/2	31-1/2	31-1/2	31-3/8	31-1/8	30-7/8	30-5/8	30-3/8	30-1/8	29-7/8
Total Height	5'10-1/2"	5'10-1/2"	5'10-1/2"	5'10-1/2"	5'10-1/2"	5'10-1/2"	5'10-1/2"	5'10-1/2"	5'10-1/2"	5'10-1/2"

\*MEASUREMENTS IN INCHES

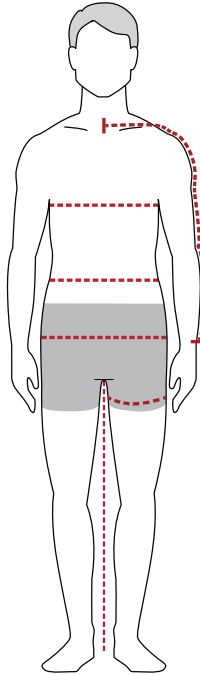
OUR MEN'S NUMERIC-SIZED, REGULAR LENGTH PRODUCTS ARE BUILT FOR A BODY THAT MEASURES:

	28	29	30	31	32	33	34	35	36	38	40
Waist	28-1/2	29-1/2	30-1/2	31-1/2	32-1/2	33-1/2	34-1/2	35-1/2	36-1/2	38-1/2	40-1/2
Low Hip	33-1/2	34-1/2	35-1/2	36-1/2	37-1/2	38-1/2	39-1/2	40-3/8	41-1/8	42-3/4	44-3/8
Thigh	21-1/4	21-5/8	22	22-3/8	22-3/4	23-1/8	23-1/2	23-7/8	24-1/4	25	25-3/4
Inseam	31-1/2	31-1/2	31-1/2	31-1/2	31-1/2	31-1/2	31-1/2	31-1/2	31-1/2	31-3/8	31-1/4

	42	44	46	48	50	52	54	56	58	60	62
Waist	42-1/2	44-1/2	46-1/2	48-1/2	50-1/2	52-1/2	54-1/2	56-1/2	58-1/2	60-1/2	62-1/2
Low Hip	46	47-5/8	49-1/4	50-7/8	52-1/2	54-1/8	55-3/4	57-3/8	58-7/8	60-3/8	62
Thigh	26-1/2	27-1/4	28	28-5/8	29-1/4	29-7/8	30-1/2	31-1/8	31-3/4	32-2/8	33
Inseam	31-1/8	31	30-7/8	30-3/4	30-5/8	30-1/2	30-3/8	30-1/4	30-1/8	30	29-7/8

\*MEASUREMENTS IN INCHES

## HOW TO MEASURE



**Chest:** Measure just under arms and across shoulder blades holding the tape firm and level. If your chest falls between sizes, order the next size up.

**Arm Length:** Measure from the center back base of the neck, over the shoulder and down the arm to the wrist bone.

**Natural Waist:** Bend side to side and find the natural bend in your body; this is your natural waist. **Note:** It may not be the smallest point.

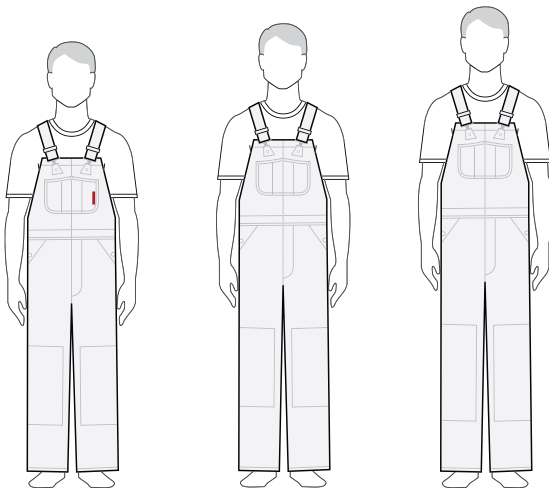
**Hip/Seat:** Measure the fullest point between your natural waist and crotch.

**Thigh:** Measure around one thigh at the widest point.

**Inseam:** Measure from where the leg meets the body, to the bottom of the ankle bone.

For best results, measure over your undergarments.

## HEIGHT CHART



**SHORT**

5'6-1/2"

Typically purchases  
30" Inseam

**REGULAR**

5'10-1/2"

Typically purchases  
32" Inseam

**TALL**

6'2-1/2"

Typically purchases  
34" Inseam

## FITS

### TOPS



RELAXED FIT



LOOSE FIT

← SLIMMEST

→ LOOSEST

### PANTS & SHORTS



STRAIGHT FIT



RELAXED FIT



LOOSE FIT

← SLIMMEST

→ LOOSEST

### OUTERWEAR



RELAXED FIT

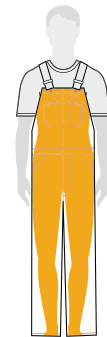


LOOSE FIT

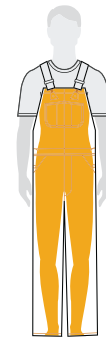
← SLIMMEST

→ LOOSEST

### OVERALLS



RELAXED FIT



LOOSE FIT

← SLIMMEST

→ LOOSEST

We have updated our sizing charts to more accurately reflect the body standards we build our product to fit, removing ambiguous ranges. The body standards we build product for have not changed, nor has the product. The information update will help to better navigate the Carhartt sizing systems and products. The additional body measurements given will set expectations for all consumers on how the bodies we designed the product for might vary from their own, including those wanting or needing to purchase across gender.

## WOMEN'S BODY MEASUREMENTS

OUR WOMEN'S ALPHA-SIZED, REGULAR LENGTH PRODUCTS ARE BUILT FOR A BODY THAT MEASURES:

	XS	S	M	L	XL	XXL
Numeric equivalent	2	6	10	14	18	22
Chest	33	35	37	40	43-1/2	47-1/2
Natural Waist	27	29	31	34	38	42-1/2
Low Hip	36	38	40	43	46-1/2	50-1/2
Arm Length - CB Neck to Wrist	30	30-1/4	30-1/2	31	31-5/8	32-1/4
Inseam	29-3/4	29-3/4	29-3/4	29-3/4	29-3/4	29-3/4
Total Height	5'5-1/2"	5'5-1/2"	5'5-1/2"	5'5-1/2"	5'5-1/2"	5'5-1/2"

\*MEASUREMENTS IN INCHES

OUR WOMEN'S NUMERIC-SIZED, REGULAR LENGTH PRODUCTS ARE BUILT FOR A BODY THAT MEASURES:

	2	4	6	8	10	12	14	16	18	20	22
Waist	27	28	29	30	31	32-1/2	34	35-3/4	38	40-1/4	42-1/2
Low Hip	36	37	38	39	40	41-1/2	43	44-1/2	46-1/2	48-1/2	50-1/2
Thigh	20-3/4	21-1/4	21-3/4	22-1/4	22-3/4	23-2/4	24-3/4	26	27-1/8	28-1/4	29-1/2
Inseam	29-3/4	29-3/4	29-3/4	29-3/4	29-3/4	29-3/4	29-3/4	29-3/4	29-3/4	29-3/4	29-3/4

\*MEASUREMENTS IN INCHES

## A TRUE PLUS FIT FOR GREATER MOVEMENT, COVERAGE, AND COMFORT

At Carhartt, we're proud to build products that serve and protect hardworking Carhartt women, now in a more inclusive size range. Our product development team has perfected our plus size design and fit with comfortable necklines, longer body lengths for coverage, and enhanced shaping built to service a wide range of body types and shapes - all crafted with the same legendary Carhartt quality.

## PLUS BODY MEASUREMENTS

OUR WOMEN'S PLUS ALPHA-SIZED, REGULAR LENGTH PRODUCTS ARE BUILT FOR A BODY THAT MEASURES:

	1X	2X	3X
Numeric equivalent	18W	22W	26W
Chest	46	50	54
Natural Waist	40-3/4	44-3/4	54
Low Hip	48-1/2	52-1/2	56-1/2
Arm Length - CB Neck to Wrist	31-5/8	32-1/4	33-1/8
Inseam	30	30	29-3/4
Total Height	5'5-1/2"	5'5-1/2"	5'5-1/2"

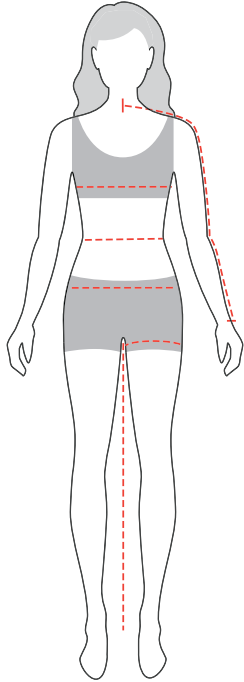
\*MEASUREMENTS IN INCHES

OUR WOMEN'S PLUS NUMERIC-SIZED, REGULAR LENGTH PRODUCTS ARE BUILT FOR A BODY THAT MEASURES:

	16W	18W	20W	22W	24W	26W
Waist	38-3/4	40-3/4	42-3/4	44-3/4	46-3/4	48-3/4
Low Hip	46-1/2	48-1/2	50-1/2	52-1/2	54-1/2	56-1/2
Thigh	26	27-1/8	28-1/4	29-1/2	30-5/8	31-7/8
Inseam	30	30	30	30	29-7/8	29-3/4

\*MEASUREMENTS IN INCHES

## HOW TO MEASURE



**Bust:** Measure the fullest part of your bust, keeping the measuring tape parallel to the floor

**Arm Length:** Measure from the center back base of the neck, over the shoulder and down the arm to the wrist bone.

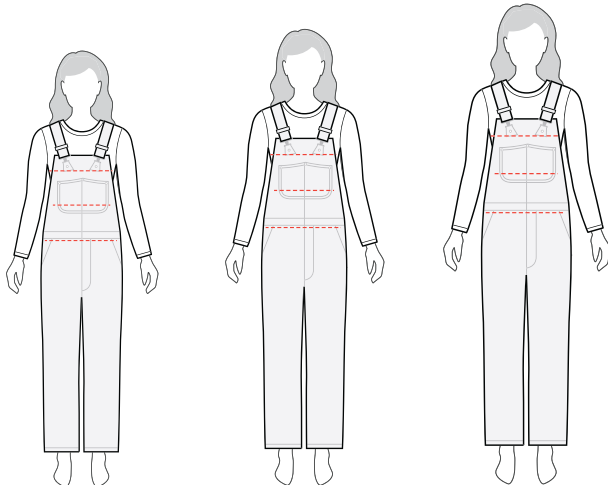
**Natural Waist:** Bend side to side and find the natural bend in your body; this is your natural waist. **Note:** It may not be the smallest point.

**Hips:** Measure the fullest part of your hips, approximately 8" below the natural waist.

**Inseam:** Measure from where the leg meets the body, to the bottom of the ankle bone.

For best results, measure over your undergarments.

## HEIGHT CHART



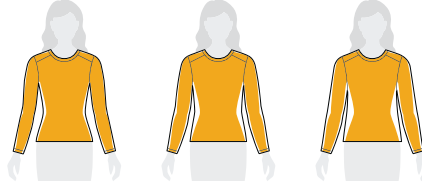
**SHORT**  
5'1-1/2"

**REGULAR**  
5'5-1/2"

**TALL**  
5'9-1/2"

## FITS

### TOPS



SLIGHTLY FITTED

RELAXED FIT

LOOSE FIT

← SLIMMEST

LOOSEST →

### PANTS



FITTED

SLIM FIT

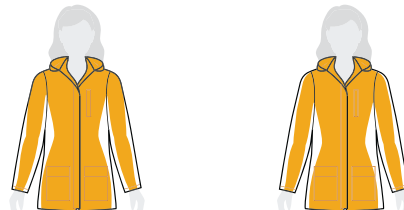
RELAXED FIT

LOOSE FIT

← SLIMMEST

LOOSEST →

### OUTERWEAR



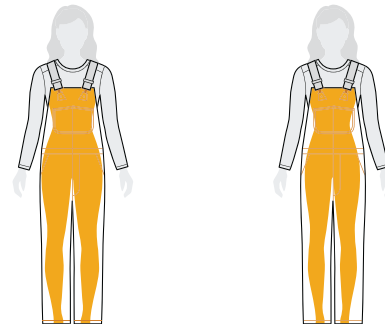
RELAXED FIT

LOOSE FIT

← SLIMMEST

LOOSEST →

### OVERALLS



RELAXED FIT

LOOSE FIT

← SLIMMEST

LOOSEST →