

# RUNNING VEST & T-SHIRTS SIZE GUIDE



Sizes	Unisex/Mens Chest Size	Ladies Chest Size T-Shirts	Ladies Chest Size Vests
Extra Small	35" - 37"	32" - 34" Chest	30" - 31" Chest
Small	37" - 39"	34" - 36" Chest	32" - 33" Chest
Medium	39" - 41"	36" - 38" Chest	34" - 35" Chest
Large	42" - 44"	38" - 40" Chest	37" - 38" Chest
Extra Large	45" - 47"	40" - 43" Chest	40" Chest
Extra Extra Large	48" - 50"	44" - 46" Chest	42" Chest

**Tolerance in cutting of pattern can be 2". If unsure order the next size up.**

