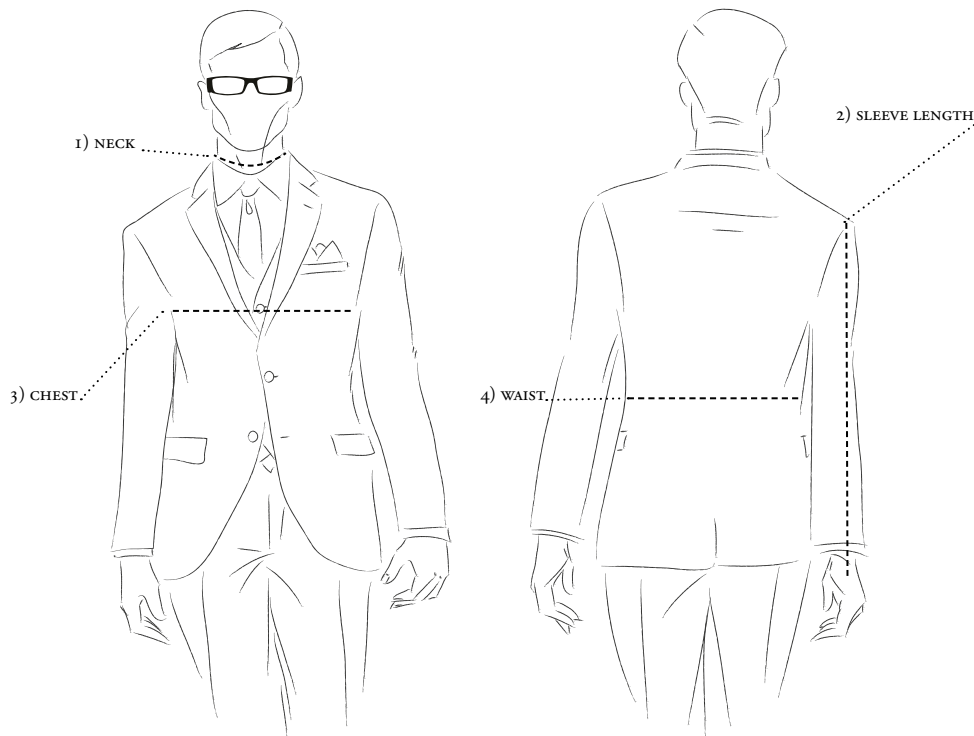


# J. HARVEST & FROST

C O R P O R A T E   S H I R T M A K E R

*measurements*





## How To Measure Your Body

### 1) NECK

Place the measuring tape around the neck at the height where the collar would normally rest. This will be just below your Adam's apple. Stand relaxed. Do not crane your neck out or squeeze your chin down. The tape should be resting lightly on the skin, not squeezing it. Hold one finger under the tape measure to ensure some room for comfort.

### 2) SLEEVE LENGTH

Place one end of the measuring tape at the tip of the shoulder, where you imagine the shoulder seam of the shirt will be. Let your arm hang down at side, and run the measure tape along with it. Measure to the center of the meaty part of your palm. If you don't have a partner, measure a shirt with sleeves that is the right length.

### 3) CHEST

Run the measuring tape around the fullest part of your chest, tight up under your armpits and over the shoulder blades. Let your arms hang down in a relaxed, natural pose. Do not puff out your chest or arch your back in any sort of pose that isn't natural or sustainable.

### 4) WAIST

Run the tape around the fullest part of the belly. This is usually around the level of the belly button. The measuring tape should be snug on the skin, but not squeezing in. Let your arms hang down, and stand in a relaxed, natural pose. Do not puff out your stomach or try holding it in.

*All measurements are indicative with minimum tolerance of 1 cm.*

## Size Maps

### Shirts

REGULAR	XS	S	M	L	XL	XXL	XXXL	4XL	5XL
SIZE	35/36	37/38	39/40	41/42	43/44	45/46	47/48	49/50	51/52
NECK	36	38	40	42	44	46	48	50	52
CHEST	100	106	112	118	124	130	138	146	154
WAIST	96	102	108	114	120	126	134	142	150
BACK C. LENGTH*	77,5	79	80,5	82	83,5	84	86	88	90
SLEEVE-LENGTH	64	65	66	67	68	68	69	69	69

\* 3 cm shorter B.C Length for Indigo Bow

SLIM	XS	S	M	L	XL	XXL
SIZE	35/36	37/38	39/40	41/42	43/44	45/46
NECK	36	38	40	42	44	46
CHEST	94	100	106	112	118	124
WAIST	86	92	98	104	110	116
BACK C. LENGTH*	76	78	79,5	81	82,5	83
SLEEVE-LENGTH	64	65	66	67	68	68

\* 3 cm shorter B.C Length for Indigo Bow

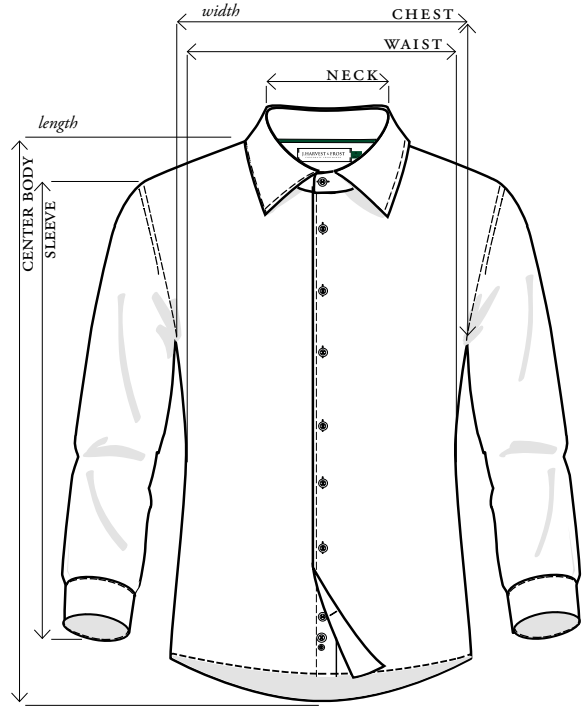


WOMAN	XXS	XS	S	M	L	XL	XXL	XXXL	4XL
SIZE	32	34	36	38	40	42	44	46	48
NECK	37	38	39	40	41	42,5	44	46	48
CHEST	86	90	94	98	102	106	110	118	126
WAIST	75	79	83	87	91	95	99	107	115
BACK C. LENGTH	63	64,5	66	67,5	69	70,5	72	74	76
SLEEVE-LENGTH	58,5	59,5	60,5	61,5	62,5	63	63,5	64	64

WOMAN RELAXED	XS	S	M	L	XL	XXL	XXXL	4XL
SIZE	34	36	38	40	42	44	46	48
NECK	38,5	39,5	40,5	41,5	42,5	43,5	44,5	45,5
CHEST	103	107	111	115	119	123	127	131
WAIST	103,4	107,4	111,4	115,4	119,4	123,4	127,4	131,4
BACK C. LENGTH	70,5	72	73,5	75	76,5	78	79,5	81
SLEEVE-LENGTH	59,5	60,5	61,5	62,5	63,5	64,5	65,5	66,5

CONVERTER

CM NECK	36	38	40	42	44	46	48	50	52
SIZE	XS	S	M	L	XL	XXL	XXXL	4XL	5XL
INCHES	14	15	15 3/4	16 1/2	17 1/2	18	19	19 3/4	20 1/2



Jackets

BLAZERS

MAN	44	46	48	50	52	54	56	58	60	62	64
CHEST	100	104	108	112	116	120	124	129	135	141	147
MID WAIST	88	92	96	100	104	108	112	120	130	140	150
BACK C. LENGTH	70	71	72	74	76	78	79	80	80,5	81	81,5
SLEEVE LENGTH	61,5	63	64,5	65,5	66,5	67,5	68	68	68,5	68,5	69



WOMAN	32	34	36	38	40	42	44	46	48
CHEST	82	86	90	94	98	102	107	112	118
MID WAIST	73	77	81	85	89	93	98	103	109
BACK C. LENGTH	58	59	60	61	62	63	64	64,5	65
SLEEVE LENGTH	59	60	61	62	63	64	65	65,5	65,5

Pants

PANTS

MAN	42	44	46	48	50	52	54	56	58	60	62
WAIST	74	78	82	86	90	94	98	102	106	110	114
INSEAM LENGTH	78,7	79,7	80,7	81,7	82,7	83,7	84,7	85,7	86,7	87,7	88,7



Coats

HYBRID WOOLCOAT

MAN	XS	S	M	L	XL	XXL	XXXL
CHEST	98	104	110	116	124	132	140
MID WAIST	92	98	104	110	118	128	138
BACK C. LENGTH	80,5	83,5	86,5	89,5	92,5	94,5	96,5
SLEEVE LENGTH	64	65,5	67	68,5	70	71	72



WOMAN	34	36	38	40	42	44	46
CHEST	95	100	105	110	117	125	133
MID WAIST	87	92	97	102	109	117	125
BACK C. LENGTH	77,5	79	80,5	82	83,5	85	86,5
SLEEVE LENGTH	62	63	64	65	66	67	68

TECHNICAL CITYCOAT

MAN	XS	S	M	L	XL	XXL	XXXL
CHEST	101	107	113	119	127	135	143
MID WAIST	94	100	106	112	121	130	139
BACK C. LENGTH	80,5	83,5	86,5	89	92	94	96
SLEEVE LENGTH	65	66,5	68	69,5	71	72	73



WOMAN	34	36	38	40	42	44	46
CHEST	95	100	105	110	117	125	133
MID WAIST	87	92	97	104	111	119	127
BACK C. LENGTH	77,5	79	80,5	82	83,5	85	86,5
SLEEVE LENGTH	72	74	76	78	80	81,5	83

TECHNICAL PARKA

MAN	XS	S	M	L	XL	XXL	XXXL
CHEST	112	116	120	124	128	132	137
MID WAIST	108	112	116	120	124	128	133
BACK C. LENGTH	95	97	99	101	103	105	107
SLEEVE LENGTH	63,5	65	66,5	68	69,5	71	72



WOMAN	34	36	38	40	42	44	46
CHEST	101	105	109	113	117	121	126
MID WAIST	95	99	103	107	111	115	120
BACK C. LENGTH	85,5	87,5	89,5	91,5	93,5	95,5	97,5
SLEEVE LENGTH	63	64,5	66	67,5	69	70,5	72

