

How to calculate you T-Shirt size

To calculate your size:

- Take a similar garment from your wardrobe and lay it flat on the table.
- Smooth it out with no wrinkles.
- Measure from just under the sleeve seam, across the chest to the other sleeve seam.
- This is a half chest measurement.
- All T-Shirt sizes in the International Events System are in half chest measurements.
- Keep in mind that Scouts and Venturers may experience growth before the commencement of the event.

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| YOUTH: | 12 (W6) | 14(W8) |
| ½ CHEST | 46 | 48.5 |

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|----------------|-----------------|----------------|----------------|----------------|-----------------|-----------------|
| ADULT: | XS (W10) | S (W12) | M (W14) | L (W16) | XL (W18) | 2XL(W20) |
| ½ CHEST | 51 | 53.5 | 56 | 58.5 | 61.5 | 64.5 |

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|----------------|------------------|------------------|------------------|------------------|------------------|
| ADULT: | 3XL (W22) | 4XL (W24) | 5XL (W26) | 6XL (W28) | 7XL (W30) |
| ½ CHEST | 67.5 | 70.5 | 73.5 | 76.5 | 79.5 |

