

Adult Spectrum T-Shirt Size Guide

Size	S	M	L	XL	XXL	3XL	4XL	5XL
Blue Step: Chest (to fit) inches:	36	40	44	48	52			
Previous supplier: Chest (to fit) inches:	35/37	38/40	41/43	44/46	47/49	50/52	53/55	56/58

Kids Spectrum T-Shirt Size Guide

Age	3-4	5-6	7-8	9-11
Height	104	116	128	140
Chest (to fit):	22/24	26/28	30	32

Blue Step:

Size: Y/XS Y/S Y/M Y/L Y/XL

Age: 3-4 5-6 7-8 9-11 12-13

Chest (to fit inches): 24/26 26/28 30/32 32/34 34/36