

How do I find the size/fit I need?

Below you will find Alternative's size charts. Based on your measurements, this will determine your size for all of our products. If you need help finding your measurements, please scroll down ([or click here](#)) and you will find our model diagrams to show you how and where to find accurate measurements.

For Women And Men: When selecting tops/tees, we recommend that you use the chest/bust measurement to best determine your size. When selecting bottoms, we recommend using the waist measurement.

For Babies And Toddlers: We recommend you use height as the best determining factor for your child's size. You can always choose one size larger – remember, those kids are always growing!

Once you have found your size (please note that your size for women or men may be different than your size in unisex items), please refer to the item's fit located in the item description.

Slim Fit: This garment will fit very close to the body and hug your curves. Good to wear as bottom layer. For a more regular fit, buy one size larger.

Regular Fit: This garment will skim the body. It will not be too loose or too tight.

Oversize Fit: This garment will be loose and roomy, and it will drape over the body. For a more regular fit, buy a smaller size than normal.

All measurements are listed in inches.

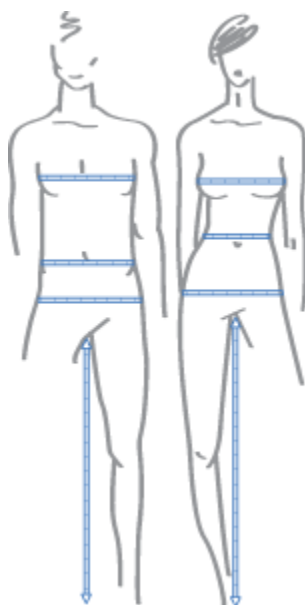
Women's Size Chart					
	XS	S	M	L	XL
Bust	30 - 32	32 - 34	34 - 36	36 - 38	39 - 40
Waist	24 - 26	26 - 28	28 - 30	30 - 32	32 - 34
Hip	34 - 36	36 - 38	38 - 40	40 - 42	42 - 44

Men's Size Chart					
	S	M	L	XL	XXL
Chest	36 - 38	39 - 41	42 - 44	45 - 47	48 - 50
Waist	29 - 31	32 - 34	35 - 37	38 - 40	41 - 43
Hip	34 - 36	37 - 39	40 - 42	43 - 45	46 - 48

Unisex Size Chart							
	XXS	XS	S	M	L	XL	XXL
Chest	32 - 34	34 - 36	36 - 38	39 - 41	42 - 44	45 - 47	48 - 50
Waist	23 - 25	26 - 28	29 - 31	32 - 34	35 - 37	38 - 40	41 - 43
Hip	28 - 33	31 - 36	34 - 39	37 - 42	40 - 45	43 - 48	46 - 51

Baby / Toddler Size Chart							
	0 - 3M	3 - 6M	6 - 12M	12 - 18M	2T	3T	4T
Height	19 - 23	23 - 27	27 - 29	31 - 39	33 - 36	36 - 39	39 - 42
Weight	7 - 12	12 - 17	17 - 22	22 - 27	30 - 33	33 - 36	36 - 40

Men's Size Reference Chart	
Chest	Measure Around 1 - 2 Inches Below Armpit
Waist	Measure Around 1 Inch Below Navel
Hip	Measure Around The Largest Point at Hip
Inseam	Measure From Crotch To Bottom of Ankle



Women's Size Reference Chart	
Chest	Measure Around Your Bust at Apex
Waist	Measure Around The Smallest Natural Point at Waist
Hip	Measure Around The Largest Point at Hip
Inseam	Measure From Crotch To Bottom of Ankle