



Your official Helping Hands uniform is a custom vest. This vest will be worn over your own business casual attire. Please check the sizing carefully and order the size you will feel most comfortable in. There is no difference in the style of the vest between the men and ladies. Please order based solely on your measurements.

## MEN'S FULL ZIP VEST

Details	XS	S	M	L	XL	2XL	3XL	4XL	5XL
BODY LENGTH	25 5/8	26 3/8	27 1/8	28	28 6/8	29 4/8	30 3/8	31 1/8	31 7/8
CHEST <i>(double the numbers for a full chest measurement)</i>	18 7/8	20 4/8	22	23 5/8	25 2/8	26 6/8	28 3/8	29 7/8	31 4/8
SHOULDER WIDTH	17 7/8	18 4/8	19 2/8	20	20 7/8	21 4/8	22 2/8	22 4/8	23 2/8
ARM HOLE	8 5/8	9	9 4/8	9 7/8	10 2/8	10 5/8	11	11 6/8	12 2/8

## LADIES' FULL ZIP VEST

Details	XS	S	M	L	XL	2XL	3XL	4XL	5XL
BODY LENGTH	23 2/8	24	24 6/8	25 5/8	26 3/8	27 1/8	28	28 6/8	29 4/8
CHEST <i>(double the numbers for a full chest measurement)</i>	15 3/8	16 4/8	17 6/8	18 7/8	20 1/8	21 2/8	22 4/8	23 5/8	24 6/8
SHOULDER WIDTH	12 5/8	13 3/8	14 1/8	15	15 6/8	16 4/8	17 3/8	18 4/8	19 5/8
ARM HOLE	7 7/8	8 2/8	8 5/8	9	9 4/8	9 7/8	10 2/8	10 5/8	11