

Complete Apparel Size Charts and Care Guide

This comprehensive guide provides detailed sizing measurements and care instructions for six specific garment models. **Each garment requires specific care protocols to maintain quality and fit** - cotton blends need cold water washing while pure cotton items benefit from gentle handling to prevent shrinkage.

Cotton Heritage MC1086 (220 GSM)

Size Chart - Premium Cotton Construction

All measurements in inches, chest width when laid flat:

Size	Chest Width	Body Length
XS	18"	29.5"
S	20"	30.5"
M	22"	31.5"
L	24"	32.5"
XL	26"	33.5"
2XL	28"	34.5"
3XL	30"	35.5"
4XL	32"	36.5"
5XL	34"	37.5"

Care Instructions

Primary care protocol: Wash inside out in cold water on delicate cycle, lay flat to dry. **Never use chlorine bleach** - only non-chlorine when needed. **Avoid ironing decorated areas** and always iron inside out if necessary. The **100% combed ring-spun cotton** construction (except heather colors at 60/40 cotton-poly blend) requires gentle handling to preserve the 7/8" ribbed collar with Lycra enhancement.

Special handling notes: This **220 GSM premium weight fabric** is soft-washed for superior printability and comes pre-laundered to reduce shrinkage. Store in cool, dry places and expect minimal shrinkage after first wash when care instructions are followed.

Gildan 2000 Ultra Cotton (203 GSM)

Size Chart - Classic American Cotton

Measurements in inches for finished garment:

Size	Chest Width	Full Chest	Body Length	Sleeve Length
S	18"	36"	28"	16.5"
M	20"	40"	29"	18"
L	22"	44"	30"	19.5"
XL	24"	48"	31"	21"
2XL	26"	52"	32"	22.5"
3XL	28"	56"	33"	24"
4XL	30"	60"	34"	25.25"
5XL	32"	64"	35"	26.5"

Care Instructions

Machine wash cold (maximum 30°C/86°F) with **gentle cycle and non-chlorine bleach only**. Always **turn inside out before washing** to protect outer surface. **Tumble dry on low heat** or air dry (preferred). **Avoid fabric softeners** which can weaken the ringspun cotton fibers and dull colors.

Fabric composition varies: Standard colors are **100% US Cotton (ringspun, 18 singles)**, while **Ash Grey** contains **1% polyester**, **heather colors** are **50/50 cotton-polyester**, and **antique colors** are **90/10 cotton-polyester**. This **6.0 oz/yd² weight** is preshrunk but may still experience **5-7% shrinkage** after first wash, so cold water and air drying significantly reduce this risk.

Gildan DryBlend G8000 (187 GSM)

Size Chart - Moisture-Wicking Blend

All measurements in inches:

Size	Width	Length	Sleeve Length
S	18	28	15.6
M	20	29	17
L	22	30	18.5
XL	24	31	20
2XL	26	32	21.5
3XL	28	33	22.9
4XL	30	34	24.25
5XL	32	35	25.4

Care Instructions

Maximum washing temperature 40°C (104°F) in normal setting. **Use only non-chlorine bleach** when needed. **Tumble dry at medium heat**, maximum 65°C (149°F). **Do not iron if decorated** - the DryBlend technology requires special care to maintain moisture-wicking properties.

Essential care notes: Turn inside out before washing and **avoid fabric softeners** which interfere with the **50% cotton, 50% polyester DryBlend** moisture-wicking technology. The **5.5 oz/yd² weight** resists shrinkage better than pure cotton alternatives, with **minimal shrinkage expected** when following care instructions. **MVS Air spinning technology** reduces pilling and enhances durability.

Stanley/Stella STTU169 Creator 2.0 (180 GSM)

Size Chart - European Organic Cotton

Measurements when laid flat (±2cm tolerance):

Size	Length (cm/in)	Width (cm/in)	Sleeve (cm/in)
S	69cm / 27⅞"	49.5cm / 19½"	22.5cm / 8⅞"
M	73cm / 28¾"	53.5cm / 21"	24cm / 9½"
L	75cm / 29½"	56.5cm / 22¼"	24.5cm / 9⅝"
XL	77cm / 30¼"	59.5cm / 23⅜"	25cm / 9⅞"
2XL	79cm / 31⅛"	63.5cm / 25"	25.5cm / 10"
3XL	81cm / 31⅞"	67.5cm / 26⅝"	26cm / 10¼"
4XL	83cm / 32⅝"	72.5cm / 28½"	26cm / 10¼"
5XL	84cm / 33⅞"	77.5cm / 30½"	26cm / 10¼"

Care Instructions

Wash maximum 30°C (86°F) with similar colors, **wash and iron inside out only**. **Do NOT tumble**

dry - air drying only recommended. **Iron maximum 110°C (230°F)**, with **no ironing on print areas**.
Do not bleach or dry clean.

Special organic cotton considerations: This **100% organic ring-spun combed cotton** at **180 GSM** may have **slight shrinkage after first wash**. **US customers should consider sizing up** as European sizing runs smaller. The **GOTS certified organic cotton** contains natural plant specks in "Natural Raw" color variants, which are normal characteristics, not defects.

Gildan Heavy Cotton G5000 (180 GSM)

Size Chart - Classic Heavy Cotton

All measurements in inches:

Size	Body Width	Body Length	Sleeve Length
S	18	28	15.62
M	20	29	17
L	22	30	18.5
XL	24	31	20
2XL	26	32	21.5
3XL	28	33	22.87
4XL	30	34	24.25
5XL	32	35	25.38

Care Instructions

Cold or warm water maximum 40°C (105°F), machine wash inside out with like colors. **Only non-chlorine bleach** when needed. **Tumble dry low to medium heat** or hang dry (recommended). **Do not iron** - not recommended for this garment type.

Material composition varies significantly: Solid colors are **100% U.S. cotton**, Ash Grey is **99% cotton/1% polyester**, Sport Grey and Antique colors are **90% cotton/10% polyester**, while heather and neon colors are **50% cotton/50% polyester**. Despite being preshrunk, **1-3 inches variation is considered normal** for this **5.3 oz/yd² weight** classic construction.

Gildan 64000 Softstyle (153 GSM)

Size Chart - Lightweight Ring-Spun Cotton

Body measurements in inches:

Size	Body Length	Chest Width
XS	26.5-27"	16"
S	28"	18"
M	29.25"	20"
L	30.25"	22"
XL	31.25"	24"
2XL	32.5"	26"
3XL	33.5"	28"
4XL	34.5"	30"
5XL	35"	32"

Care Instructions

Machine wash COLD maximum 30°C (86°F), wash inside out with similar colors on gentle cycle. **Non-chlorine bleach only** when needed. **Tumble dry LOW HEAT** or air dry to prevent shrinkage. **Do not iron directly on decorations** and avoid fabric softeners.

Lightweight construction requires extra care: This **4.5 oz/yd² (153 GSM) 30 singles ring-spun cotton** varies by color - **solid colors are 100% cotton**, **Sport Grey and antique colors are 90/10 cotton-polyester**, **heather colors are 65/35 polyester-cotton**, and **Graphite Heather is 50/50**. The **high stitch density provides smooth printing surface** but requires **cold water and low heat** to prevent shrinkage in this lightweight construction.

Conclusion

Critical care patterns emerge across all garments: Cold water washing (30°C maximum), inside-out washing and ironing, non-chlorine bleach only, and air drying when possible significantly extend garment life. **Fabric weight directly correlates with durability** - heavier garments like Cotton Heritage MC1086 (220 GSM) and Gildan 2000 (203 GSM) handle washing better than lightweight options like Gildan 64000 (153 GSM). **Cotton-polyester blends** generally resist shrinkage better than **100% cotton variants**, but pure cotton provides superior breathability and natural feel when properly cared for.