



## SCRUB FITTING GUIDE - DMD 2024 / DMD AS 2022

### WHAT YOU WILL NEED:

- Measuring tape, with inches
  - If you do not have a measuring tape, use string, twine, or ribbon to measure yourself. Then use a ruler or yard stick to calculate your measurements in inches.
- Paper
- Pen or pencil
- Someone you trust to measure you

For examples of how to take your body measurements, we recommend watching any of the videos below:

[How to take  
measurements  
\(gender neutral\)](#)

[How to measure  
\(women\)](#)

[How to take your  
measurements  
\(women\)](#)

[How to measure  
\(men\)](#)

[How to take your  
measurements  
\(men\)](#)

*Measuring Hack - If you already have a pair of scrubs that fit you well, lay them flat on a hard surface and take measurements. Remember, you may have to double some measurements (i.e. chest/bust, waist, hips) to get the correct number.*

### MY MEASUREMENTS

Fill in your measurements below to help you properly size your scrubs

| Chest/Bust | Waist | Hips | Shoulder Width | Back Length | Inseam |
|------------|-------|------|----------------|-------------|--------|
|            |       |      |                |             |        |

Once you have all these measurements, use the sizing chart provided to determine your scrub top and scrub pants sizing.

### HOW TO TAKE MEASUREMENTS:

- **Bust or chest:** take a deep breath, exhale and measure all the way around the fullest part of your bust/chest. Measuring tape should be under your armpits and across your shoulder blades.
  - For scrub tops, use the bust/chest measurement as your primary guide when selecting your size. If you have more of a pear shape, your hip measurements should be taken into account when selecting your scrub top size.
- **Waist:** find your natural waist (i.e. the smallest part of your waist) and measure all the way around, keeping the measuring tape slightly loose.
- **Hips:** measure around the fullest part of your hips.
- **Shoulder width:** place the end of the measuring tape at the place where your shoulder meets the top of your arm or the boniest part of your shoulder. From there, holding the tape taut, stretch the tape straight across to the tip of your other shoulder blade.
- **Back length:** measure from the back of your neck down to the hem of approximately where you want your scrub top to end. This measurement helps determine whether the scrub top is short for you, especially if you intend to tuck it inside your scrub pants.
- **Inseam:** measure along the inside of the leg, from just below the crotch to about 1 inch below the ankle.

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### WOMEN'S MEASURING GUIDE



BUST

WAIST

HIPS

INSEAM

Measure under the arms  
around the fullest part  
of the bust/chest.

Measure under the natural  
waistline, loosely holding  
the tape measure.

Standing with feet together,  
measure around the fullest  
part of the hips.

Measure along the inside  
of the leg, from just below the  
crotch to 1" below the ankle.

### MEN'S MEASURING GUIDE



CHEST

WAIST

HIPS

INSEAM

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### SCRUBS

*DISCLAIMER: The images are meant to serve as samples and not actual representations of the color of your scrubs. The color shown may vary from the actual color of the scrubs you receive. Slight variations in the shade of each scrub top and scrub bottom is considered normal as these garments may be cut and made from different spools of fabric and have a tendency to reflect different shades of a color under different light. Every computer monitor or printer has a different capability to display colors and individuals may see colors differently. Student Affairs and GSDM cannot guarantee that the color you see accurately portrays the color of the product; we also cannot guarantee that the color of your scrubs will match exactly.*

*DISCLAIMER: It is your responsibility to submit the appropriate size and the correct spelling of your name for your scrubs when placing your order. You will be responsible for payment for any scrubs that must be reordered due to your errors in entering this information.*

### SCRUB TOPS

#### 1 Pocket (#220C)

- Unisex sizing
- V-neck
- Pocket on left chest

DMD 2024 (Hunter Green)



DMD AS 2022 (Royal Blue)



| AREA           | XXS     | XS    | S       | M       | L       | XL      | 2X      | 3X      | 4X      | 5X      |
|----------------|---------|-------|---------|---------|---------|---------|---------|---------|---------|---------|
| Chest/Bust     | 36 in   | 40 in | 43 in   | 46 in   | 49 ½ in | 52 ½ in | 56 in   | 59 in   | 62 in   | 65 ½ in |
| Back Length    | 26 ½ in | 27 in | 27 ½ in | 28 in   | 28 ½ in | 29 in   | 29 ½ in | 30 in   | 30 ½ in | 31 in   |
| Shoulder Width | 17 in   | 18 in | 19 in   | 19 ¾ in | 20 ¾ in | 21 ¾ in | 22 ½ in | 23 ½ in | 24 ½ in | 25 ½ in |
| Hips           | 38 in   | 41 in | 44 in   | 47 in   | 50 ½ in | 53 ½ in | 57 in   | 60 in   | 63 in   | 66 ½ in |

## SCRUB FITTING GUIDE - DMD 2024 / DMD AS 2022

### 2 Pocket (#221C)

- Unisex sizing
- V-neck
- 2 pockets on hips
- Side slits

DMD 2024 (Hunter Green)



DMD AS 2022 (Royal Blue)



| AREA           | XXS     | XS    | S       | M       | L       | XL      | 2X      | 3X      | 4X      | 5X      |
|----------------|---------|-------|---------|---------|---------|---------|---------|---------|---------|---------|
| Chest/Bust     | 37 in   | 40 in | 43 in   | 46 in   | 49 ½ in | 52 ½ in | 56 in   | 59 in   | 62 in   | 65 ½ in |
| Back Length    | 26 ½ in | 27 in | 27 ½ in | 28 in   | 28 ½ in | 29 in   | 29 ½ in | 30 in   | 30 ½ in | 31 in   |
| Shoulder Width | 17 in   | 18 in | 19 in   | 19 ¾ in | 20 ¾ in | 21 ¾ in | 22 ½ in | 23 ½ in | 24 ½ in | 25 ½ in |
| Hips           | 38 in   | 44 in | 47 in   | 48 in   | 53 ½ in | 56 ½ in | 60 in   | 63 in   | 66 in   | 69 ½ in |

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### SCRUB PANTS

#### Cargo, 6-pocket Pant

- Unisex sizing
- Half drawstring and half elastic waist
- 2 side pockets, 3 cargo pockets, and 1 back pocket

DMD 2024 (Hunter Green)



DMD AS 2022 (Royal Blue)



| AREA   | XXS     | XS      | S     | M     | L     | XL    | 2X      | 3X      | 4X      | 5X      |
|--------|---------|---------|-------|-------|-------|-------|---------|---------|---------|---------|
| Waist  | 28 in   | 30 in   | 32 in | 34 in | 36 in | 38 in | 42 in   | 44 in   | 48 in   | 50 in   |
| Hips   | 34 in   | 36 ½ in | 40 in | 44 in | 48 in | 52 in | 56 in   | 60 in   | 64 in   | 71 in   |
| Inseam | 30 ½ in | 32 in   | 32 in | 32 in | 32 in | 32 in | 32 ¼ in | 32 ½ in | 32 ½ in | 32 ¾ in |

#### NOTES:

- If your measurements fall in between sizes, we recommend sizing up
- If your hip measurements are two or more sizes larger than your waist, *use your hip measurement to determine your scrub pants size.*