

SIZE	Womens fit M	Womens fit L	Unisex S	Unisex M	Unisex L	Unisex XL	Unisex XXL	Unisex XXXL	Unisex 4XL	Unisex 5XL
Height of person	157cm	165cm	163cm	170cm	179cm	181cm	183cm	186cm		
Body width (cm)	43	46	49	52	55	58	61	64	67	70
Body width (in)	16.9	18.1	19.3	20.5	21.7	22.8	24	25.2	26.4	27.6
Chest circumference (in)			38.6	40.9	43.3	45.7	48	50.4	52.8	55.1
Length of t-shirt (cm)	61	64	66	70	74	78	82	84	84	84
Lenth of t-shirt (in)	24	25.2	26	27.6	29.1	30.7	32.3	33.1	33.1	33.1
Width across shoulder (cm)	36	38	44	47	50	53	56	59	62	65
Width across shoulder (in)	14.2	15	17.3	18.5	19.7	20.9	22	23.2	24.4	25.6

See website reference: <https://www.seabow.jp/wear/085-cvt>

Notes

Sizes as given (S, M, L etc) are pretty comparable to western sizes

If you want a fairly fitted t-shirt then buy your regular size

If you want baggy or loose-fitting t-shirt then buy up a size or even two