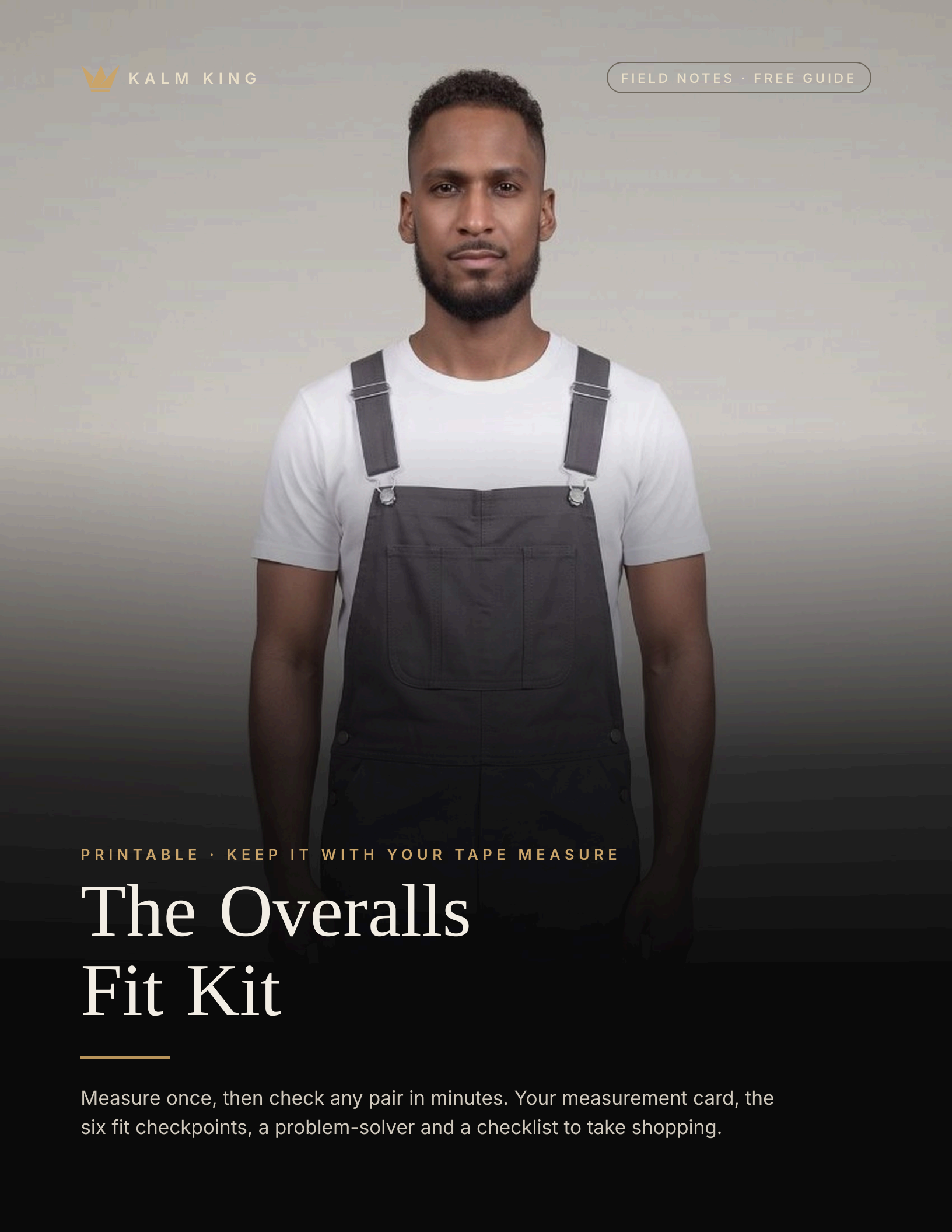
KALM KING

FIELD NOTES · FREE GUIDE



PRINTABLE · KEEP IT WITH YOUR TAPE MEASURE

The Overalls Fit Kit

Measure once, then check any pair in minutes. Your measurement card, the six fit checkpoints, a problem-solver and a checklist to take shopping.

STEP 1

Measure before you buy

Overalls sizing usually starts with trouser measurements, plus one extra variable: your torso. Use a soft tape, follow each brand's own measuring instructions, then compare with that brand's size chart.

Natural waist
Bend side to side and find the natural bend in your body. That's your natural waist, and it may not be the narrowest point.

Seat
Measure around the fullest part, feet together, keeping the tape level.

Inseam
Crotch to the length you want. Or lay a pair of trousers you like flat and measure from the crotch point to the hem.

Torso
There's no single standard. Check how much strap adjustment the brand lists and whether it offers tall or long-torso options.

My measurement card

MEASUREMENT	MY NUMBER	DATE / NOTES
Natural waist		
Seat		
Inseam (body or favorite trousers)		
Torso notes (long, short, average)		
Leg cut I like (relaxed, straight, tapered)		
Brand + size that fit me		

Between sizes? It depends on the brand. Carhartt, for example, advises sizing up for its bib overalls and sizing to the largest part of your waist. Other brands cut differently, so read their fit notes too.

STEP 2

The six fit checkpoints

Put the overalls on and set the straps first, so the bib sits where it should. Check all six standing up, then repeat the last three sitting down.

1. **Bib height**
   Around mid-chest is a useful starting point for many everyday bibs. Prioritize a position that's comfortable and doesn't pull when you move.

2. **Straps**
   They should lie flat on your shoulders without digging in. Where the adjusters end up doesn't matter on its own; comfort and movement are the real check.

3. **Side openings**
   Standing, they should lie fairly close. A little gap is normal; a wide gape usually means the waist is too big or the layer underneath is too bulky.

4. **Waist and rise**
   Nothing should pull at the crotch when you stand tall. Pulling means the rise or torso is too short for you.

5. **Seat and thigh**
   From behind, the seat should be smooth: no sagging fabric, no horizontal strain lines. Strain across the thighs when you sit means the leg is too narrow.

6. **Length**
   A slight break over the shoe, or one clean roll at the ankle. Length is the easiest fix, so judge everything else first.

THE SIT, SQUAT AND REACH TEST

Sit. Straps shouldn't tighten into your shoulders; the seat shouldn't strain.

Squat. Get down as if to tie a shoe without the crotch or back pulling hard.

Reach. The bib lifts a little but shouldn't drag the garment up into the crotch.

STEP 3

Fit problems and what to try

Adjust the straps first. Many issues change once the straps are set correctly, so judge the size after that.

IF YOU SEE THIS	TRY THIS
Bib too low, even with straps fully shortened	The torso may be too long for you, or the bib shape may not suit you. Try a shorter-torso cut or a different bib; check seat and rise before sizing down.
Crotch pulls and straps dig in	Let the straps out. If it still pulls, try a longer-torso cut or a larger size, rechecking waist and seat. A "tall" label can mean longer legs, not a longer torso.
Side openings gape	Use the side buttons if they adjust, or switch to a thinner layer underneath.
Seat sags	Shorten the straps, then consider a smaller size.
Thighs strain when seated	Size up or choose a more relaxed leg.
Heavy stack at the shoe	Roll once, or have them hemmed.

What a tailor can fix

Hemming the legs is usually straightforward (a tapered leg or special hem can complicate it). Straps already adjust, and some can be shortened.

What a tailor can't easily fix

Rise, seat and torso length are built into the pattern. Buy for those, and treat length as adjustable.

Before you hem: wash first

Cotton can shrink, especially with hot washes and tumble drying, and even pre-shrunk fabric may change slightly. Once you're keeping a pair, wash it as the maker instructs, then remeasure the inseam.

TAKE IT SHOPPING

Quick fit checklist

Run through this every time you try a new pair, in a store or at home. If one point fails, the cause is usually the strap setting, the torso length or the seat.

- [ ] Straps set first, bib at a comfortable height (around mid-chest is a useful start)
- [ ] Straps lie flat on the shoulders without digging in
- [ ] Side openings lie fairly close, standing and sitting
- [ ] No pulling at the crotch when you stand tall, sit, squat or reach
- [ ] Smooth seat, with no sagging fabric or strain lines
- [ ] Thighs comfortable when you sit
- [ ] A slight break or single roll at the hem, judged in your usual shoes
- [ ] Fit checked over the layer you'll wear most

Buying online?

• Measure a pair you already like and compare it with the brand's garment measurements.
• Read the fit notes: relaxed, straight or tapered; size up or down; tall or short options.
• Long or short torso? Check how much strap adjustment the pair offers.
• Check the returns policy before you order.
• Test at home before removing tags or washing. Many retailers won't take back washed items.
• Treat any single review with caution; look for patterns.

Keep going on kalmking.com
The full fit guide, what to wear under overalls, and how to style them for men.
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