

Recommended Design Sizes for T-Shirts

Below is an approximate guide to design sizes based on age and t-shirt size. These measurements may vary slightly depending on the brand and model of the garment.

CATEGORY	SIZE	RECOMMENDED SIZE
Babies & Kids	0-12 months	4 x 4 in (10 x 10 cm)
	12-24 months	5 x 5 in (12.5 x 12.5 cm)
	2T-4T	6 x 6 in (15 x 15 cm)
	5T-6T	7 x 7 in (17.5 x 17.5 cm)
Kids & Teens	XS (6-8 years)	8 x 8 in (20 x 20 cm)
	S (8-10 years)	9 x 9 in (22.5 x 22.5 cm)
	M (10-12 years)	10 x 10 in (25 x 25 cm)
	L (12-14 years)	11 x 11 in (27.5 x 27.5 cm)
Adults	S	10 x 10 in (25 x 25 cm)
	M	11 x 11 in (27.5 x 27.5 cm)
	L	12 x 12 in (30 x 30 cm)
	XL	12.5 x 12.5 in (31.75 x 31.75 cm)
	2XL	13 x 13 in (33 x 33 cm)
	3XL	14 x 14 in (35.5 x 35.5 cm)

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Medidas Recomendadas para Diseños en Camisetas

A continuación, te comparto una guía aproximada de medidas según la edad y el tamaño de la camiseta.

Estas medidas pueden variar ligeramente dependiendo del modelo y marca de la prenda.

CATEGORÍA	TALLA	MEDIDA RECOMENDADA
Bebés y Niños	0-12 meses	4 x 4 pulgadas (10 x 10 cm)
	12-24 meses	5 x 5 pulgadas (12.5 x 12.5 cm)
	2T-4T	6 x 6 pulgadas (15 x 15 cm)
	5T-6T	7 x 7 pulgadas (17.5 x 17.5 cm)
Niños y Adolescentes	XS (6-8 años)	8 x 8 pulgadas (20 x 20 cm)
	S (8-10 años)	9 x 9 pulgadas (22.5 x 22.5 cm)
	M (10-12 años)	10 x 10 pulgadas (25 x 25 cm)
	L (12-14 años)	11 x 11 pulgadas (27.5 x 27.5 cm)
Adultos	S	10 x 10 pulgadas (25 x 25 cm)
	M	11 x 11 pulgadas (27.5 x 27.5 cm)
	L	12 x 12 pulgadas (30 x 30 cm)
	XL	12.5 x 12.5 pulgadas (31.75 x 31.75 cm)
	2XL	13 x 13 pulgadas (33 x 33 cm)
	3XL	14 x 14 pulgadas (35.5 x 35.5 cm)

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Recommended Sizes for Sleeve and Chest Pocket Designs

Below is an approximate guide to design sizes based on age and t-shirt size. These measurements may vary slightly depending on the brand and model of the garment.

Category	Size	Sleeve (Recommended)	Chest Pocket Style
Babies & Kids	0-12 months	2.5 x 2.5 in (6.5 x 6.5 cm)	3 x 3 in (7.5 x 7.5 cm)
	12-24 months	3 x 3 in (7.5 x 7.5 cm)	3.5 x 3.5 in (9 x 9 cm)
	2T-4T	3.5 x 3.5 in (9 x 9 cm)	4 x 4 in (10 x 10 cm)
	5T-6T	4 x 4 in (10 x 10 cm)	4.5 x 4.5 in (11.5 x 11.5 cm)
Kids & Teens	XS (6-8 years)	4.5 x 4.5 in (11.5 x 11.5 cm)	5 x 5 in (12.5 x 12.5 cm)
	S (8-10 years)	5 x 5 in (12.5 x 12.5 cm)	5.5 x 5.5 in (14 x 14 cm)
	M (10-12 years)	5.5 x 5.5 in (14 x 14 cm)	6 x 6 in (15 x 15 cm)
	L (12-14 years)	6 x 6 in (15 x 15 cm)	6.5 x 6.5 in (16.5 x 16.5 cm)
Adults	S	5.5 x 5.5 in (14 x 14 cm)	6 x 6 in (15 x 15 cm)
	M	6 x 6 in (15 x 15 cm)	6.5 x 6.5 in (16.5 x 16.5 cm)
	L	6.5 x 6.5 in (16.5 x 16.5 cm)	7 x 7 in (17.5 x 17.5 cm)
	XL	7 x 7 in (17.5 x 17.5 cm)	7.5 x 7.5 in (19 x 19 cm)
	2XL	7.5 x 7.5 in (19 x 19 cm)	8 x 8 in (20 x 20 cm)
	3XL	8 x 8 in (20 x 20 cm)	8.5 x 8.5 in (21.5 x 21.5 cm)

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Medidas Recomendadas para Diseños en Mangas y Frente Tipo Bolsillo

Below is an approximate guide to design sizes based on age and t-shirt size.
These measurements may vary slightly depending on the brand and model of the garment.

Categoría	Talla	Manga (Recomendada)	Frente (Tipo Bolsillo)
Bebés y Niños	0-12 meses	2.5 x 2.5 in (6.5 x 6.5 cm)	3 x 3 in (7.5 x 7.5 cm)
	12-24 meses	3 x 3 in (7.5 x 7.5 cm)	3.5 x 3.5 in (9 x 9 cm)
	2T-4T	3.5 x 3.5 in (9 x 9 cm)	4 x 4 in (10 x 10 cm)
	5T-6T	4 x 4 in (10 x 10 cm)	4.5 x 4.5 in (11.5 x 11.5 cm)
Niños y Adolescentes	XS (6-8 años)	4.5 x 4.5 in (11.5 x 11.5 cm)	5 x 5 in (12.5 x 12.5 cm)
	S (8-10 años)	5 x 5 in (12.5 x 12.5 cm)	5.5 x 5.5 in (14 x 14 cm)
	M (10-12 años)	5.5 x 5.5 in (14 x 14 cm)	6 x 6 in (15 x 15 cm)
	L (12-14 años)	6 x 6 in (15 x 15 cm)	6.5 x 6.5 in (16.5 x 16.5 cm)
Adultos	S	5.5 x 5.5 in (14 x 14 cm)	6 x 6 in (15 x 15 cm)
	M	6 x 6 in (15 x 15 cm)	6.5 x 6.5 in (16.5 x 16.5 cm)
	L	6.5 x 6.5 in (16.5 x 16.5 cm)	7 x 7 in (17.5 x 17.5 cm)
	XL	7 x 7 in (17.5 x 17.5 cm)	7.5 x 7.5 in (19 x 19 cm)
	2XL	7.5 x 7.5 in (19 x 19 cm)	8 x 8 in (20 x 20 cm)
	3XL	8 x 8 in (20 x 20 cm)	8.5 x 8.5 in (21.5 x 21.5 cm)

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