

DTF transfer size chart

Reference widths, not universal standards. Measure the actual garment and confirm with your chosen print shop. This is a reference table, not a life-size placement ruler.

GARMENT / SIZE	PLACEMENT	WIDTH: IN / CM	HEIGHT GUIDANCE	SOURCE
Infant 0-6 months	Front	5 in 12.70 cm	Keep proportional; measure the garment panel.	[1] Upload DTF
Infant 6-18 months	Front	6 in 15.24 cm	Keep proportional; measure the garment panel.	[1] Upload DTF
Toddler 2T-3T	Front	6.25 in 15.88 cm	Keep proportional; measure the garment panel.	[1] Upload DTF
Toddler 4T-5T	Front	7.25 in 18.42 cm	Keep proportional; measure the garment panel.	[1] Upload DTF
Youth XS-S	Front	8.5 in 21.59 cm	Keep proportional; measure the garment panel.	[1] Upload DTF
Youth M-L	Front	9 in 22.86 cm	Keep proportional; measure the garment panel.	[1] Upload DTF
Adult S	Front	9-9.5 in 22.86-24.13 cm	Suggested 12 in (30.48 cm). Not a maximum.	[2] Transfers Now
Adult M	Front	9.5-10 in 24.13-25.40 cm	Suggested 12-13 in (30.48-33.02 cm). Not a maximum.	[2] Transfers Now
Adult L	Front	10-11 in 25.40-27.94 cm	Suggested 12-13 in (30.48-33.02 cm). Not a maximum.	[2] Transfers Now
Adult XL	Front	10-11 in 25.40-27.94 cm	Suggested 12-13 in (30.48-33.02 cm). Not a maximum.	[2] Transfers Now
Adult 2XL	Front	11-12 in 27.94-30.48 cm	Suggested 13-14 in (33.02-35.56 cm). Not a maximum.	[2] Transfers Now
Adult 3XL	Front	12 in 30.48 cm	Suggested 13-14 in (33.02-35.56 cm). Not a maximum.	[2] Transfers Now
Adult 4XL	Front	12-13 in 30.48-33.02 cm	Suggested 13-14 in (33.02-35.56 cm). Not a maximum.	[2] Transfers Now
Adult Measure garment	Left chest	3-5 in 7.62-12.70 cm	Keep proportional. Pocket prints may need less space.	[1] Upload DTF
Adult Measure garment	Back	11-12 in 27.94-30.48 cm	Keep proportional; check seams and usable panel height.	[1] Upload DTF

Measurement: all widths are the widest point of the design. Preserve its proportions. Suggested heights are guidance, not a maximum usable panel height.

Different sources: [2] lists adult S at 9-9.5 in; [1] groups S-L at 10 in. Recommendations are not averaged. Seams, pockets, garment fit and artwork shape affect the usable area.

[1] Upload DTF: uploaddtf.com/pages/dtf-shirt-size-guide

[2] DTF Transfers Now: dtftransfersnow.com/pages/dtf-size-and-print-guide

Source review: 2026-10-11 / Dataset version 1 / Live tool: printcraft.io/dtf-transfer-size-chart/