DTF transfer size chart

Full-front print widths by shirt size, and sizes by placement, as three DTF suppliers publish them. Widths measured across the widest part of the design. Centimetres are converted from the published inches.

Full-front width by shirt size

SHIRT SIZE	DTF TRANSFERS NOW	UPLOADDTF	LIONDTF	PIXELS AT 300 DPI (WIDEST)
Baby 0–6 months	–	5 in · 12.7 cm	4–5 in (NB–24M) · 10.2–12.7 cm	1,500 px
Baby 6–18 months	–	6 in · 15.2 cm	4–5 in (NB–24M) · 10.2–12.7 cm	1,800 px
Toddler 2T–3T	–	6.25 in · 15.9 cm	5–6 in (2T–4T) · 12.7–15.2 cm	1,875 px
Toddler 4T–5T	–	7.25 in · 18.4 cm	5–6 in (2T–4T) · 12.7–15.2 cm	2,175 px
Youth XS	7.5 in · 19.1 cm	8.5 in (XS–S) · 21.6 cm	–	2,550 px
Youth S	7.5–8 in · 19.1–20.3 cm	8.5 in (XS–S) · 21.6 cm	8–9 in (S–L) · 20.3–22.9 cm	2,700 px
Youth M	8 in · 20.3 cm	9 in (M–L) · 22.9 cm	8–9 in (S–L) · 20.3–22.9 cm	2,700 px
Youth L	8–8.5 in · 20.3–21.6 cm	9 in (M–L) · 22.9 cm	8–9 in (S–L) · 20.3–22.9 cm	2,700 px
Youth XL	8.5 in · 21.6 cm	–	–	2,550 px
Adult S	9–9.5 in · 22.9–24.1 cm	10 in (S–L) · 25.4 cm	10–11.5 in (S–XL) · 25.4–29.2 cm	3,450 px
Adult M	9.5–10 in · 24.1–25.4 cm	10 in (S–L) · 25.4 cm	10–11.5 in (S–XL) · 25.4–29.2 cm	3,450 px
Adult L	10–11 in · 25.4–27.9 cm	10 in (S–L) · 25.4 cm	10–11.5 in (S–XL) · 25.4–29.2 cm	3,450 px
Adult XL	10–11 in · 25.4–27.9 cm	11 in (XL–2XL) · 27.9 cm	10–11.5 in (S–XL) · 25.4–29.2 cm	3,450 px
Adult 2XL	11–12 in · 27.9–30.5 cm	11 in (XL–2XL) · 27.9 cm	11.5–12.5 in (L–3XL) · 29.2–31.8 cm	3,750 px
Adult 3XL	12 in · 30.5 cm	13 in (3XL–4XL) · 33 cm	11.5–12.5 in (L–3XL) · 29.2–31.8 cm	3,900 px
Adult 4XL	12–13 in · 30.5–33 cm	13 in (3XL–4XL) · 33 cm	–	3,900 px

Size by placement

PLACEMENT	DTF TRANSFERS NOW	UPLOADDTF	LIONDTF
Left chest	4 × 4 in · 10.2 × 10.2 cm	3–5 in wide · 7.6–12.7 cm wide	3.5–4.5 in wide · 8.9–11.4 cm wide
Centre chest	12 × 8 in · 30.5 × 20.3 cm	–	–
Full front, adult tee	12 × 14 in · 30.5 × 35.6 cm	10–13 in wide · 25.4–33 cm wide	10–12.5 in wide · 25.4–31.8 cm wide
Full back, adult tee	12 × 14 in · 30.5 × 35.6 cm	11–12 in wide · 27.9–30.5 cm wide	11–13.5 in wide · 27.9–34.3 cm wide
Oversize back	–	12–14 in wide · 30.5–35.6 cm wide	–
Upper back	12 × 8 in · 30.5 × 20.3 cm	–	–
Back collar / neck label	3 × 3 in · 7.6 × 7.6 cm	2–2.5 in wide · 5.1–6.4 cm wide	2–3 in wide · 5.1–7.6 cm wide
Short sleeve	3.5 × 3.5 in · 8.9 × 8.9 cm	2–3 in wide · 5.1–7.6 cm wide	3–3.5 in wide · 7.6–8.9 cm wide
Long sleeve, down the arm	3.5 × 15 in · 8.9 × 38.1 cm	10–12 in long · 25.4–30.5 cm long	2.5–3.5 × 12 in · 6.4–8.9 × 30.5 cm
Hoodie front	12 × 11 in · 30.5 × 27.9 cm	11–12 in wide · 27.9–30.5 cm wide	–
Hoodie full back	12 × 16 in · 30.5 × 40.6 cm	–	–
Hoodie pocket area	–	–	4–5 in wide · 10.2–12.7 cm wide
Baseball cap front	4 × 1.75 in · 10.2 × 4.4 cm	–	–
Trucker cap front	3.5 × 1.5 in · 8.9 × 3.8 cm	–	–
Beanie	5 × 1.75 in · 12.7 × 4.4 cm	–	–
Tote bag	–	10–12 in wide · 25.4–30.5 cm wide	–
Sweatpants leg	4 × 20 in · 10.2 × 50.8 cm	–	4–6 in wide · 10.2–15.2 cm wide

Suppliers differ: for an adult S the figures run from 9 to 11.5 in. Ask your own printer for its chart. For a mixed-size order, size one transfer for the smallest shirt.

Sources, read 17 November 2026: DTF Transfers Now: https://dtftransfersnow.com/pages/dtf-size-and-print-guide · UploadDTF: https://uploaddtf.com/pages/dtf-shirt-size-guide · LionDTF: https://liondtf.com/blogs/news/dtf-sizing-chart · Transfer Express: https://blog.transferexpress.com/heat-transfer-placement-and-position-guide/
Endorr · Placement distances, pixel table and notes: endorr.com/resources/dtf-transfer-size-chart