Sweet 'N Dill DESIGNS

DTF Transfer Sizing Guide

RECOMMENDED PRINT SIZES

Use this guide for the best starting size for your DTF transfers.
Sizes are based on average apparel and are slightly larger for a bold, retail look.
Always consider the design, shirt style, and your personal preference.



NEWBORN	0 – 3 MONTHS	3 – 6 MONTHS	6 – 12 MONTHS	12 – 18 MONTHS	18 – 24 MONTHS
W: 4.5" H: 4.5"	W: 5.0" H: 5.0"	W: 5.5" H: 5.5"	W: 6.0" H: 6.0"	W: 6.5" H: 6.5"	W: 7.0" H: 7.0"



2T – 3T	4T	YOUTH XS (4 – 5)	YOUTH S (6 – 8)	YOUTH M (10 – 12)	YOUTH L (14 – 16)	YOUTH XL (18 – 20)
W: 7.5" H: 7.5"	W: 8.0" H: 8.0"	W: 8.0" H: 8.5"	W: 8.5" H: 9.0"	W: 9.0" H: 9.5"	W: 9.5" H: 10.0"	W: 10.0" H: 10.5"



ADULT S	ADULT M	ADULT L	ADULT XL	ADULT 2X	ADULT 3X	ADULT 4X	ADULT 5X	ADULT 6X
W: 10.5" H: 11.0"	W: 11.0" H: 11.5"	W: 11.5" H: 12.0"	W: 12.0" H: 12.5"	W: 12.5" H: 13.0"	W: 13.0" H: 13.5"	W: 13.5" H: 14.0"	W: 14.0" H: 14.0"	W: 14.5" H: 15.0"

IMPORTANT NOTES

- Sizes may vary to keep the design proportional.
- The width listed is a recommended maximum width. The height will adjust based on the design's proportion.
- Do not force a design into an exact width × height (e.g., 10" × 15") if it changes the look or stretches the artwork.
- Measure your actual shirt for the best fit, as styles and brands can vary.
- Large or tall designs (over 13" wide or 13" tall) may need to be resized or split depending on your printer's capacity.

OTHER COMMON SIZES

Pocket / Left Chest (Logo Only)	Hat / Cap (Logo Only)	Koozie	Sleeve Design
3.0" × 3.0"	3.0" × 3.0"	2.5" – 3.5" (Wide or Tall)	2.0" – 3.0"

Tip: When in doubt, go slightly bigger! It gives a bolder, retail-quality look.