

Practical checklist for choosing Printed Sweatshirts

An operational sheet for comparing use, sizes, fit, fabrics, fabric weight, details and customisation before ordering.

1. Start from the intended use

The most suitable model changes according to who will wear the sweatshirt and how it will be used. Before comparing colours and customisation options, define the main use case.

Scenario	Practical approach	Items to check
Corporate uniforms	Regular or unisex fit; crew neck for offices, retail and reception areas; full zip or half zip for operational staff and people moving between indoor and outdoor environments.	Cotton/polyester blends around 260-300 g/m ² as a balance of comfort, durability and everyday use.
Sport and physical activity	Breathability, stretch and freedom of movement; close or sports fit.	Technical polyester; useful features include raglan sleeves, reinforced seams, zips and, for outdoor use, reflective details or thumb holes.
Events and merchandising	Unisex models, regular fit and mid-range sizes make distribution to large groups easier.	Also consider hood, pockets, zips, colours and branding areas according to the event.
Schools and associations	Age-based sizes are common for children; for large groups, a simple assortment is easier to distribute.	Kids models generally cover ages 2 to 12, with bands such as 5/6 and 9/10 years.

Initial decisions

- ☐ Who will wear the sweatshirts: adults, children or a mixed group.
- ☐ Main use: work, sport, event, merchandising, school or association.
- ☐ Environment: indoor, outdoor or a combination of indoor and outdoor use.
- ☐ Priority: comfort, freedom of movement, protection, essential appearance or rebranding.

2. Sizes and fit

Sizes and fit directly affect comfort, how the garment sits on the body and ease of distribution. For large quantities, it is best to consider the group as a whole rather than a single size.

Target	Indicative range	Most common core	Alternatives
Adults	XS-3XL	S-XXL is the most widely available range.	Mainly alphabetical sizing.
Children	Approx. 2-12	Age bands such as 5/6 and 9/10	Some models use alphabetical sizes

Target	Indicative range	Most common core	Alternatives
	years	years are common.	or centimetres based on height.

Fit comparison

Fit	Characteristics	When to consider it
Regular	Classic, versatile and suitable for different users.	Mixed groups, uniforms, large distributions.
Oversize	Roomier and more relaxed, with a modern, contemporary look.	When a deliberately looser silhouette is preferred.
Close / sports	Cut closer to the body, often with technical or stretch fabrics.	Movement, training and physical activity.

For large quantities

- ☐ Prioritise unisex models, regular fit and mid-range sizes when you need to cover large and varied groups.
- ☐ Also consider extra-small and extra-large sizes according to the group and event.
- ☐ Before ordering, consider sizes, colours, branding areas, pockets, zips, hood and sleeve features together.
- ☐ If available for the product, order a sample to check material, fit, size and colour in person.

3. Fabrics and fabric weights

Fabric affects comfort, breathability, durability, stretch and drying speed. Fabric weight should be assessed together with composition and intended use.

Material	Characteristics indicated in the guide
Cotton	Natural, breathable and comfortable fibre.
Combed cotton	More uniform and softer to the touch.
Organic / recycled cotton	Retains the basic characteristics of cotton, with greater attention to sustainability.
Polyester	Lightweight, durable and quick-drying; widely used in technical garments and fleece.
RPET	Similar characteristics to polyester, but made from recycled material.
Polyamide	Used to improve tear resistance.
Elastane	Used to provide stretch.
Cotton + polyester	Widely used blend for soft, breathable and durable sweatshirts.

Fabric weight: practical guide

Fabric weight	Indicative use stated in the FAQs
155-175 g/m ²	Lightweight garments or layerable fleece.
220-265 g/m ²	Indoor use, events and technical models.
280-300 g/m ²	Versatile range for staff, merchandising and uniforms.
320-350 g/m ²	More structured garments for winter, outdoor use or premium gifts.

Before choosing the fabric weight, also consider composition, sizes and fit: the weight of the fabric is only one part of the decision.

4. Model details and customisation

Zips, pockets, sleeves, hood and neck shape affect practicality and style. The customisation method should be selected according to the material, artwork and area available on the individual product.

Detail	What it changes
Zip	Full length, half length or 1/4. Makes opening and closing easier.
Pockets	Kangaroo or zipped, side or front; particularly useful on workwear.
Sleeves	Set-in, raglan or with thumb holes on some models.
Hood	Adds protection and is common for sport, outdoor use, events and merchandising.
Crew neck	Simple and versatile; also practical under jackets or gilets.
Collar / high neck	Common on technical models.
V-neck	Provides a more elegant appearance.
Removable label	Designed for rebranding and private label where available.

Customisation methods

Technique	Points to consider
Embroidery	Durable, elegant and wash-resistant; not ideal for overly detailed logos. Up to 12 colours in the standard version; no limit in full-colour version.

Technique	Points to consider
Digital transfer	Full colour; can use very large areas where permitted by the product.
DTF on fabric	Suitable for detailed, colourful graphics; also suitable for small quantities.
Transfer printing	Detailed, durable, high-quality graphics; stated limit of 8 solid colours.
Screen printing	Up to 4 colours; among the most economical techniques, with a pleasant raised effect.

Logo size and position vary from product to product. Always check the “Print information” section of the product page before preparing the artwork file.

5. Checklist before ordering

- ☐ Define target and quantity: adults, children, mixed group, staff or event audience.
- ☐ Choose the fit and size mix, including extreme sizes where needed.
- ☐ Compare fabric, composition and fabric weight in relation to the intended environment.
- ☐ Check zip, hood, pockets, sleeve type and other functional details.
- ☐ Check the branding areas available on the individual product page.
- ☐ Choose the technique according to artwork, material, branding area and quantity.
- ☐ Consider ordering a sample to check material, fit, size and colour.
- ☐ For mixed orders, select colours and sizes and check stock availability at the time of purchase.

Useful HiGift resources

Custom Kids' sweatshirts

Custom Zip sweatshirts

Personalised Hoodies

Personalised Jumpers

Printed T shirts

Personalised Backpacks

Personalised Water bottles & Sport bottles

Use this checklist as an operational aid and always check availability, product specifications and customisation options on the page of the product selected.