

# Fit Guide

An easier way to find their size!

To see how to measure your kids, watch our fit videos at:  
[landsend.com/article/how-to-measure-your-kids-for-school-uniforms](https://landsend.com/article/how-to-measure-your-kids-for-school-uniforms)

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## How to order *the right size*:

1. Kids grow fast, so measure your child every time you buy.
2. Remove bulky or heavy layers.
3. Begin with height; it's the best indicator to determine a child's size.
4. After height, a child's weight and/or waist measurement is the best gauge if your child needs an extended size (slim or plus).

## Does my child need *an extended size*?

- If you normally buy your child a size 12 to fit their waist, but the inseam is always too long, they may need a 10 Plus (10P). Here's why: a 10P will give them extra room around their waist, yet has a shorter inseam, for a better overall fit in the waist and length.
- If you normally buy your child a size 12 to fit their waist, but the inseam is always too short, they may need a 14 Slim (14S). Here's why: a 14S is slimmer through the waist, yet has a longer inseam, for a better overall fit in waist and length.

\* Be sure to compare your child's measurements with the size chart, as they may need a different size in a slim or plus than their regular size.

## What to measure to get *the right fit*:

**HEIGHT:** Without wearing any shoes, stand straight against a wall with both feet together. Measure from the floor to the top of the head.

**CHEST:** With your child's arms relaxed at their sides, measure the fullest part of their chest, keeping the tape parallel to the floor

**WAIST:** Measure at the natural waistline. Have child bend from side to side; where the body curves is the natural waistline.

**INSEAM:** Measure a similar pair of pants that fits your child well. Measure the pants from the crotch intersection down to the bottom of the pants.



### GIRLS' REGULAR

Size	XXS 2	XXS 3	XS 4	XS 5	S 6	S 7	M 8	L 10	L 12	XL 14	XL 16	XXL 18	XXL 20
Height	83.82-88.9	91.44-99.06	101.6-106.68	109.22-114.3	116.84-121.92	124.46-129.54	132.08-137.16	139.7-144.78	154.94-157.48	154.94-157.48	157.48-160.02	157.48-160.02	157.48-160.02
Weight	71.12-76.2	76.2-83.82	86.36-96.52	99.06-109.22	106.68-121.92	154.94-172.72	154.94-172.72	180.34-220.98	215.9-241.3	251.46-279.4	276.86-304.8	299.72-332.74	325.12-360.68
Chest	52.07	53.34	55.88	58.42	60.96	66.04	68.58	72.39	76.2	80.01	85.09	90.17	95.25
Waist	53.34	54.61	55.88	57.15	58.42	59.69	62.23	63.5	66.04	71.12	76.2	81.28	86.36
Inseam	35.56	39.688	43.498	47.625	51.435	58.74	61.91	66.04	70.17	73.98	75.25	75.25	75.25

### GIRLS' PLUS

Size	M 8P	L 10P	L 12P	XL 14P	XL 16P	XXL 18P	XXL 20P
Height	132.08-137.16	139.7-144.78	147.32-152.4	154.94-157.48	157.48-160.02	157.48-160.02	157.48-160.02
Weight	182.88-203.2	205.74-228.6	231.14-274.32	276.86-304.8	307.34-332.74	335.2-360.68	363.22-406.4
Chest	73.66	76.2	81.28	84.79	88.9	92.71	96.52
Waist	71.12	72.39	77.47	81.28	86.36	90.17	93.98
Inseam	60.96	64.45	68.58	72.39	73.34	73.34	73.34

### GIRLS' SLIM

Size	XS 4S	XS 5S	S 6S	S 7S	M 8S	L 10S	L 12S	XL 14S	XL 16S	XXL 18S	XXL 20S
Height	101.6-106.68	109.22-114.3	116.84-121.92	124.46-129.54	132.08-137.16	139.7-144.78	147.32-152.4	154.94-157.48	157.48-160.02	157.48-160.02	157.48-160.02
Weight	71.12-81.28	76.2-93.98	91.44-109.22	111.76-132.08	134.62-157.48	160.02-200.66	203.2-226.06	228.6-264.16	266.7-289.56	292.1-317.5	320.04-347.98
Chest	50.8	53.34	55.88	60.96	63.5	66.04	69.85	73.66	77.47	81.28	86.36
Waist	50.17	51.435	52.71	53.98	55.88	58.42	60.96	63.5	66.04	68.58	72.39
Inseam	43.50	47.625	51.435	59	62	66	70.17	73.98	75.25	75.25	75.25

\*All measurements are in centimeters and kilograms

## What to measure to get *the right fit for tops:*

**BUST/CHEST:** Measure around the fullest part of your chest, keeping the tape parallel to the floor. (Subtract 1" if you're measuring over clothes.)

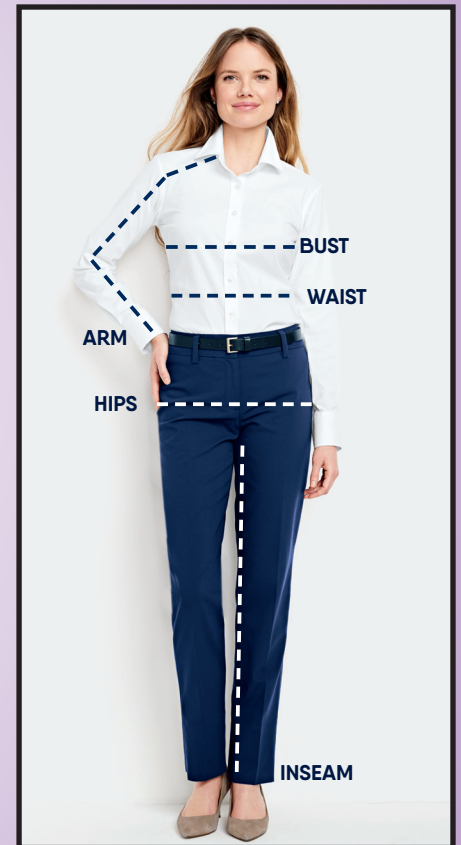
**ARMS:** Place hand on hip. Start at center back of your neck; measure across the shoulder to the elbow and down to the wrist.

## What to measure to get *the right fit for bottoms:*

**WAIST:** Remove your belt and bend to your side. Where your body curves is your natural waist. Measure here even if you wear your pants lower.

**HIPS:** Stand with your legs shoulder-width apart. Measure the fullest part of your hip/thigh area. (Subtract 2.54 cm if you are measuring over clothes.)

**INSEAM:** Start where the insides of your legs meet and measure down the inner leg seam of your pants to your hem, or measure the inseam on your favorite pair of pants.



## Blazer fit tips

When you try on a blazer, shirt sleeves should end 1.27 cm to 2.54 cm past the blazer sleeves. The length should cover the backside, and the collar should reveal about 1/2" of your shirt collar.

### WOMEN'S REGULAR

Size	XXS 00	XXS 0	XS 2	XS 4	S 6	S 8	M 10	M 12	L 14	L 16	XL 18
Bust	78.74	81.28	83.82	86.36	88.90	91.44	93.98	97.79	101.60	106.68	111.76
Arm Length (reg)	74.30	74.93	75.90	76.84	77.47	78.11	78.74	79.71	80.34	81.28	81.92
Arm Length (petite)	70.49	71.12	72.09	72.72	73.66	74.30	74.96	75.90	76.53	77.47	78.11
Arm Length (tall)	76.84	77.47	78.44	79.07	80.01	80.65	81.28	82.25	82.88	83.82	84.46
Waist	62.23-64.77	64.77-67.31	67.31-69.85	68.85-72.39	72.39-74.93	74.93-77.47	77.47-80.01	81.28-83.82	85.09-87.63	90.17-92.71	93.98-97.79
Hips	86.36	88.90	91.44	93.98	96.52	99.06	101.60	105.41	109.22	113.03	118.11

### WOMEN'S PLUS

Size	0X 14W	1X 16W	1X 18W	2X 20W	2X 22W	3X 24W	3X 26W	4X 28W	4X 30W	5X 32W	5X 34W
Bust	107.95	111.76	116.84	121.92	127.00	132.50	137.16	142.24	147.32	152.40	157.48
Arm Length (reg)	79.71	80.65	81.61	82.55	83.52	79.07	84.79	77.47	85.42	85.73	86.06
Arm Length (petite)	75.90	76.84	77.80	78.74	79.71	80.34	80.98	81.28	81.61	81.92	82.25
Waist	92.71-95.25	96.52-99.06	101.60-104.14	106.68-109.22	111.76-114.3	116.84-119.38	121.92-124.46	128.27-130.81	135.89-138.43	140.97-143.51	147.32-149.86
Hips	113.03	116.84	121.92	127.00	132.08	137.16	142.24	147.32	152.40	157.48	162.56

\*All measurements are in centimeters

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4. After height, a child's weight and/or waist measurement is the best gauge if your child needs an extended size (slim or plus).

## Does my child need *an extended size*?

- If you normally buy your child a size 12 to fit their waist, but the inseam is always too long, they may need a 10 Husky (10H). Here's why: a 10H will give them extra room around their waist, yet has a shorter inseam, for a better overall fit in the waist and length.
- If you normally buy your child a size 12 to fit their waist, but the inseam is always too short, they may need a 14 Slim (14S). Here's why: a 14S is slimmer through the waist, yet has a longer inseam, for a better overall fit in waist and length.

\* Be sure to compare your child's measurements with the size chart, as they may need a different size in a slim or plus than their regular size.

## What to measure to get *the right fit*:

**HEIGHT:** Without wearing any shoes, stand straight against a wall with both feet together. Measure from the floor to the top of the head.

**CHEST:** With your child's arms relaxed at their sides, measure the fullest part of their chest, keeping the tape parallel to the floor

**WAIST:** Measure at the natural waistline. Have child bend from side to side; where the body curves is the natural waistline.

**INSEAM:** Measure a similar pair of pants that fits your child well. Measure the pants from the crotch intersection down to the bottom of the pants.



### BOYS' REGULAR

Size	XXS 2	XXS 3	XS 4	XS 5	S 6	S 7	M 8	L 10	L 12	XL 14	XL 16	XXL 18	XXL 20
Height	83.82-88.9	91.44-99.06	101.6-106.68	109.22-114.3	116.84-119.38	121.92-124.46	127-134.62	137.16-142.24	144.78-149.86	152.4-157.48	160.02-165.1	167.64-170.18	172.72-175.26
Weight	68.58-73.66	76.2-83.82	86.36-96.52	99.06-106.68	109.22-121.92	124.46-137.16	139.7-170.18	172.72-203.02	205.74-238.76	241.3-274.32	276.86-304.8	307.34-335.28	337.82-368.3
Chest	20½	53.34	55.88	58.42	60.96	64.77	67.31	69.85	72.39	77.47	81.28	85.09	88.90
Waist	50.80	52.07	55.88	57.15	58.42	59.69	62.23	64.77	67.31	71.12	74.93	78.74	82.55
Inseam	35.56	37.15	43.50	47.63	51.44	59.06	61.60	63.50	69.55	75.56	78.74	79.07	80.65

### BOYS' HUSKY

Size	M 8H	L 10H	L 12H	XL 14H	XL 16H	XXL 18H	XXL 20H
Height	127-134.62	137.16-142.24	144.78-149.86	152.4-157.48	160.02-165.1	167.64-170.18	172.72-175.26
Weight	157.48-190.5	193.04-236.22	238.76-266.7	269.24-302.26	304.8-340.36	342.9-375.92	378.46-408.94
Chest	69.85	73.66	78.74	83.82	88.90	92.71	96.52
Waist	64.77	77.47	81.92	86.99	92.08	95.25	98.43
Inseam	56.21	62.56	68.91	72.72	79.07	78.44	80.34

### BOYS' SLIM

Size	XS 4S	XS 5S	S 6S	S 7S	M 8S	L 10S	L 12S	XL 14S	XL 16S	XXL 18S	XXL 20S
Height	101.6-106.68	109.22-114.3	116.84-119.38	121.92-124.46	127-134.62	137.16-142.24	144.78-149.86	152.4-157.48	160.02-165.1	167.64-170.18	172.72-175.26
Weight	71.12-81.28	83.82-91.44	93.98-106.68	109.22-119.38	121.92-147.32	149.86-180.34	182.88-210.82	213.36-243.84	246.38-276.86	279.4-309.88	312.42-342.9
Chest	52.71	55.25	57.79	60.33	64.14	67.95	71.76	75.56	79.38	83.19	86.99
Waist	50.17	52.07	52.71	53.98	54.61	57.15	59.69	62.23	64.77	67.31	72.39
Inseam	43.50	47.63	51.44	52.71	56.52	62.87	69.22	73.03	76.84	78.74	80.65

\*All measurements are in centimeters and kilograms

## What to measure to get *the right fit for shirts & blazers:*

**NECK:** Measure around midpoint of the neck. Put a finger inside the tape when measuring to allow for a comfortable fit.

**CHEST:** Measure around the fullest part of your chest at the armpits, keeping the tape parallel to the floor. (Subtract 2.54 cm if you are measuring over clothes.)

**ARM:** Place hand on hip. Start at center back of your neck; measure across the shoulder to the elbow and down to the wrist.

**OVERARM (FOR BLAZERS):** With your upper arms flat at your sides, measure around your chest and arms. If this measurement is 7 or more inches larger than your chest measurement, order the next size up for a better fit.

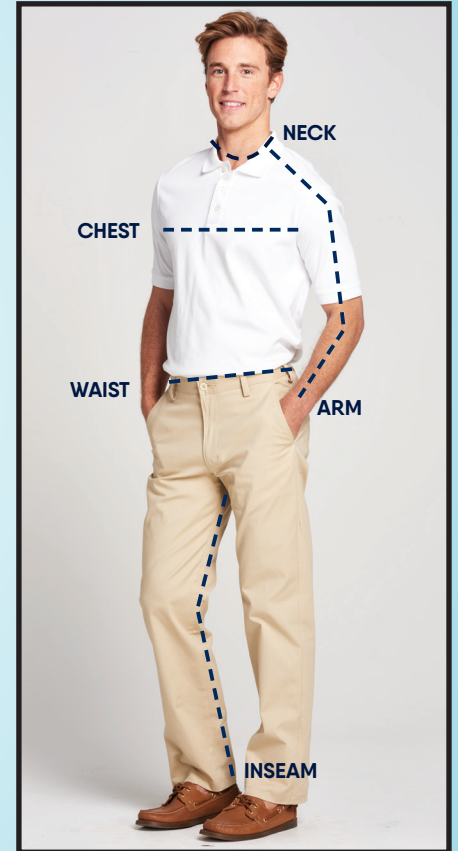
## What to measure to get *the right fit for pants:*

**WAIST:** Remove your belt and bend to your side. Where your body curves is your natural waist. Measure here even if you wear your pants lower.

**INSEAM:** Start where the insides of your legs meet and measure down the inner leg seam of your pants to your hem, or measure the inseam on your favorite pair of pants.

## Blazer fit tips

When you try on a blazer, shirt sleeves should end 1.27 cm to 2.54 cm past the blazer sleeves. The length should cover the backside, and the collar should reveal about ½" of your shirt collar.



### MEN'S REGULAR & TALL

Size	XS	S	S	M	M	L	L	XL	XL	XXL	XXL
Neck	34.29	35.56	36.83	38.10	39.37	40.64	41.91	43.18	44.45	45.72	46.99
Chest	81.28	86.36	91.44	96.52	101.60	106.68	111.76	116.84	121.92	127.00	132.08
Arm Length (reg)	81.28	82.55	83.82	85.09	86.36	87.63	88.90	90.17	91.44	92.71	92.71
Arm Length (tall)	85.09	86.36	87.63	88.90	90.17	91.44	92.71	93.98	95.25	96.52	96.52
Waist	68.58	73.66	78.74	83.82	88.90	93.98	99.06	104.14	109.22	114.30	119.38

### MEN'S BIG & TALL

Size	2XL	2XL	3XL	3XL	4XL	4XL	5XL	5XL
Neck	45.72	46.99	49.53	49.53	50.80	52.07	53.34	54.61
Chest	127.00	132.08	137.16	142.24	147.32	152.40	157.48	162.56
Arm Length (reg)	88.90	89.54	90.17	90.75	91.14	91.77	92.08	92.71
Arm Length (tall)	92.71	93.35	93.98	94.62	94.95	96.22	95.89	96.52
Waist	116.84	121.92	127.00	132.08	137.16	142.24	147.32	152.40

\*All measurements are in centimeters