

# 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 | 33 - 35 | 36 - 39 | 40 - 42 | 43 - 45 | 46 - 48 | 49 - 51 | 52 - 54 | 55 - 57 | 58 - 60 | 61 - 62  | 62 - 63   | 62 - 63   | 62 - 63   |
| Weight | 28 - 30 | 30 - 33 | 34 - 38 | 39 - 43 | 42 - 48 | 52 - 58 | 61 - 68 | 71 - 87 | 85 - 95 | 99 - 110 | 109 - 120 | 118 - 131 | 128 - 142 |
| Chest  | 20½     | 21      | 22      | 23      | 24      | 26      | 27      | 28½     | 30      | 31½      | 33½       | 35½       | 37½       |
| Waist  | 21      | 21½     | 22      | 22½     | 23      | 23½     | 24½     | 25      | 26      | 28       | 30        | 32        | 34        |
| Inseam | 14      | 15¾     | 17¾     | 18¾     | 20¼     | 23¾     | 24¾     | 26      | 27¾     | 29¾      | 29¾       | 29¾       | 29¾       |

### GIRLS' PLUS

| Size   | M 8P    | L 10P   | L 12P    | XL 14P    | XL 16P    | XXL 18P   | XXL 20P   |
|--------|---------|---------|----------|-----------|-----------|-----------|-----------|
| Height | 52 - 54 | 55 - 57 | 58 - 60  | 61 - 62   | 62 - 63   | 62 - 63   | 62 - 63   |
| Weight | 72 - 80 | 81 - 90 | 91 - 108 | 109 - 120 | 121 - 131 | 132 - 142 | 143 - 160 |
| Chest  | 29      | 30      | 32       | 33¾       | 35        | 36½       | 38        |
| Waist  | 28      | 28½     | 30½      | 32        | 34        | 35½       | 37        |
| Inseam | 24      | 25¾     | 27       | 28½       | 28¾       | 28¾       | 28¾       |

### 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 | 40 - 42 | 43 - 45 | 46 - 48 | 49 - 51 | 52 - 54 | 55 - 57 | 58 - 60 | 61 - 62  | 62 - 63   | 62 - 63   | 62 - 63   |
| Weight | 28 - 32 | 33 - 37 | 36 - 43 | 44 - 52 | 53 - 62 | 63 - 79 | 80 - 89 | 90 - 104 | 105 - 114 | 115 - 125 | 126 - 137 |
| Chest  | 20      | 21      | 22      | 24      | 25      | 26      | 27½     | 29       | 30½       | 32        | 34        |
| Waist  | 19¾     | 20¼     | 20¾     | 21¼     | 22      | 23      | 24      | 25       | 26        | 27        | 28½       |
| Inseam | 17¾     | 18¾     | 20¼     | 23¾     | 24¾     | 26      | 27¾     | 29¾      | 29¾       | 29¾       | 29¾       |

\*All measurements are in inches and pounds

## 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 1" 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  $\frac{1}{2}$ " to 1" past the blazer sleeves. The length should cover the backside, and the collar should reveal about  $\frac{1}{2}$ " 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                | 31      | 32      | 33      | 34      | 35      | 36      | 37      | 38½   | 40      | 42      | 44     |
| Arm Length (reg)    | 29¼     | 29½     | 29¾     | 30⅛     | 30½     | 30¾     | 31      | 31⅛   | 31⅝     | 32      | 32¼    |
| Arm Length (petite) | 27¾     | 28      | 28¾     | 28 ⅞    | 29      | 29¼     | 29½     | 29⅞   | 30⅞     | 30½     | 30¾    |
| Arm Length (tall)   | 30¼     | 30½     | 30⅞     | 31⅞     | 31½     | 31¾     | 32      | 32⅞   | 32⅞     | 33      | 33¼    |
| Waist               | 24½-25½ | 25½-26½ | 26½-27½ | 27½-28½ | 28½-29½ | 29½-30½ | 30½-31½ | 32-33 | 33½-34½ | 35½-36½ | 37-38½ |
| Hips                | 34      | 35      | 36      | 37      | 38      | 39      | 40      | 41½   | 43      | 44½     | 46½    |

### 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                | 42½       | 44      | 46      | 48      | 50      | 52      | 54      | 56        | 58        | 60        | 62      |
| Arm Length (reg)    | 31⅞       | 31¾     | 32⅞     | 32½     | 32⅞     | 33⅞     | 33¾     | 33½       | 33⅞       | 33¾       | 33⅞     |
| Arm Length (petite) | 29⅞       | 30¼     | 30⅞     | 31      | 31⅞     | 31⅞     | 31⅞     | 32        | 32⅞       | 32¼       | 32⅞     |
| Waist               | 36½ - 37½ | 38 - 39 | 40 - 41 | 42 - 43 | 44 - 45 | 46 - 47 | 48 - 49 | 50½ - 51½ | 53½ - 54½ | 55½ - 56½ | 58 - 59 |
| Hips                | 44½       | 46      | 48      | 50      | 52      | 54      | 56      | 58        | 60        | 62        | 64      |

\*All measurements are in inches

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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 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 | 33 - 35 | 36 - 39 | 40 - 42 | 43 - 45 | 46 - 47 | 48 - 49 | 50 - 53 | 54 - 56 | 57 - 59 | 60 - 62  | 63 - 65   | 66 - 67   | 68 - 69   |
| Weight | 27 - 29 | 30 - 33 | 34 - 38 | 39 - 42 | 43 - 48 | 49 - 54 | 55 - 67 | 68 - 80 | 81 - 94 | 95 - 108 | 109 - 120 | 121 - 132 | 133 - 145 |
| Chest  | 20½     | 21      | 22      | 23      | 24      | 25½     | 26½     | 27½     | 28½     | 30½      | 32        | 33½       | 35        |
| Waist  | 20      | 20½     | 22      | 22½     | 23      | 23½     | 24½     | 25½     | 26½     | 28       | 29½       | 31        | 32½       |
| Inseam | 14      | 14¾     | 17½     | 18¾     | 20¼     | 23¼     | 24¼     | 25      | 27¾     | 29¾      | 31        | 31¾       | 31¾       |

### BOYS' HUSKY

| Size   | M 8H    | L 10H   | L 12H    | XL 14H    | XL 16H    | XXL 18H   | XXL 20H   |
|--------|---------|---------|----------|-----------|-----------|-----------|-----------|
| Height | 50 - 53 | 54 - 56 | 57 - 59  | 60 - 62   | 63 - 65   | 66 - 67   | 68 - 69   |
| Weight | 62 - 75 | 76 - 93 | 94 - 105 | 106 - 119 | 120 - 134 | 135 - 148 | 149 - 161 |
| Chest  | 27½     | 29      | 31       | 33        | 35        | 36½       | 38        |
| Waist  | 25½     | 30½     | 32¾      | 34¾       | 36¾       | 37½       | 38¾       |
| Inseam | 22½     | 24¾     | 27¾      | 28¾       | 30¾       | 30¾       | 31¾       |

### 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 | 40 - 42 | 43 - 45 | 46 - 47 | 48 - 49 | 50 - 53 | 54 - 56 | 57 - 59 | 60 - 62 | 63 - 65  | 66 - 67   | 68 - 69   |
| Weight | 28 - 32 | 33 - 36 | 37 - 42 | 43 - 47 | 48 - 58 | 59 - 71 | 72 - 83 | 84 - 96 | 97 - 109 | 110 - 122 | 123 - 135 |
| Chest  | 20¾     | 21¾     | 22¾     | 23¾     | 25¼     | 26¾     | 28¼     | 29¾     | 31¼      | 32¾       | 34¼       |
| Waist  | 19¾     | 20½     | 20¾     | 21¼     | 21½     | 22½     | 23½     | 24½     | 25½      | 26½       | 28½       |
| Inseam | 17¾     | 18¾     | 20¼     | 20¾     | 22¼     | 24¾     | 27¼     | 28¾     | 30¼      | 31        | 31¾       |

\*All measurements are in inches and pounds

## 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 1" 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.

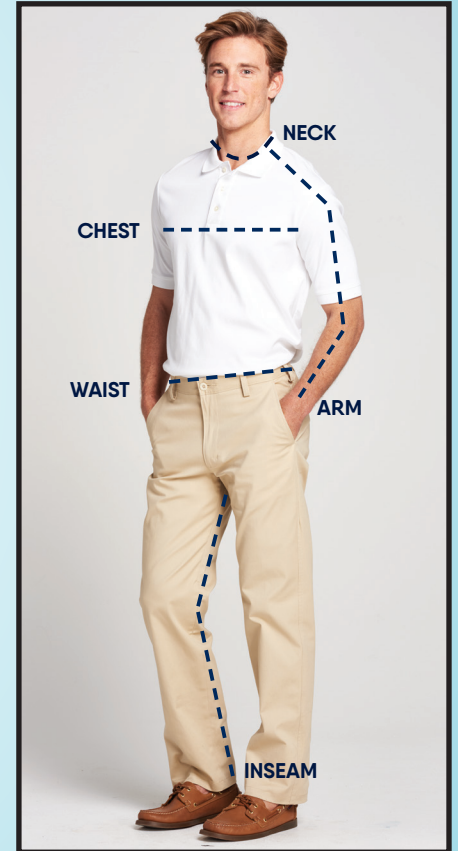
## What to measure to get *the right fit for pants:*

**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 ½" to 1" 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              | 13½ | 14  | 14½ | 15  | 15½ | 16  | 16½ | 17  | 17½ | 18  | 18½ |
| Chest             | 32  | 34  | 36  | 38  | 40  | 42  | 44  | 46  | 48  | 50  | 52  |
| Arm Length (reg)  | 32  | 32½ | 33  | 33½ | 34  | 34½ | 35  | 35½ | 36  | 36½ | 36½ |
| Arm Length (tall) | 33½ | 34  | 34½ | 35  | 35½ | 36  | 36½ | 37  | 37½ | 38  | 38  |
| Waist             | 27  | 29  | 31  | 33  | 35  | 37  | 39  | 41  | 43  | 45  | 47  |

### MEN'S BIG & TALL

| Size              | 2XL | 2XL | 3XL | 3XL | 4XL | 4XL | 5XL | 5XL |
|-------------------|-----|-----|-----|-----|-----|-----|-----|-----|
| Neck              | 18  | 18½ | 19  | 19½ | 20  | 20½ | 21  | 21½ |
| Chest             | 50  | 52  | 54  | 56  | 58  | 60  | 62  | 64  |
| Arm Length (reg)  | 35  | 35¼ | 35½ | 35¾ | 35¾ | 36¼ | 36¼ | 36½ |
| Arm Length (tall) | 36½ | 36¾ | 37  | 37¼ | 37¾ | 37¾ | 37¾ | 38  |
| Waist             | 46  | 48  | 50  | 52  | 54  | 56  | 58  | 60  |

\*All measurements are in inches