

# 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	15⅝	17⅞	18¾	20¼	23⅞	24¾	26	27⅞	29⅞	29⅞	29⅞	29⅞

### 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	25⅝	27	28½	28⅞	28⅞	28⅞

### 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	17⅞	18¾	20¼	23⅞	24¾	26	27⅞	29⅞	29⅞	29⅞	29⅞

\*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

## 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 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.

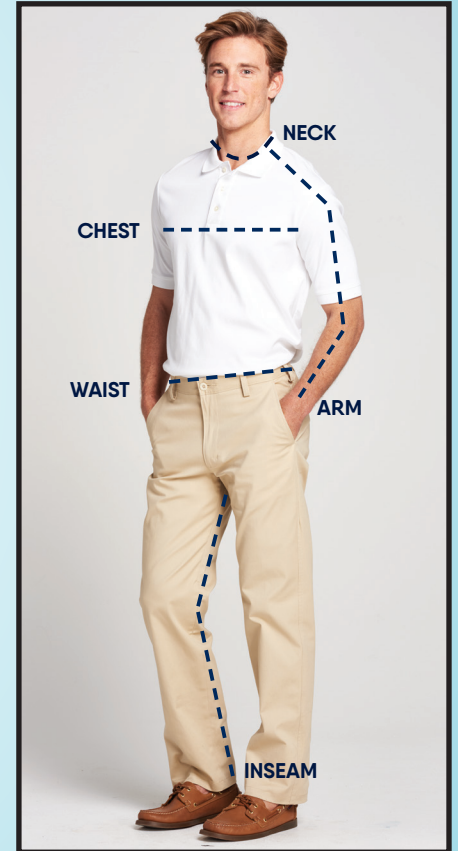
## What to measure to get *the right fit for pants:*

**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	35⅞	36⅞	36¼	36½
Arm Length (tall)	36½	36¾	37	37¼	37⅞	37⅞	37¾	38
Waist	46	48	50	52	54	56	58	60

\*All measurements are in inches