

# YOUTH APPAREL SIZE CHART

U.S. SIZE	22	24	26	28
INTERNATIONAL SIZE	S	M	L	XL
YEARS	6-7	8-10	11-12	13-14

A. CHEST (CM)	60.5 - 65.5	65.5 - 70.5	70.5 - 75.5	75.5 - 80.5
B. WAIST (CM)	54 - 58	58 - 62	62 - 66	66 - 70
C. HIP (CM)	68 - 72	72 - 76	76 - 80	80 - 84
D. THIGH (CM)	40 - 42	42 - 44	44 - 46	46 - 48
E. INSEAM (CM)	51.1 - 56.5	56.5 - 61.5	61.5 - 66.5	66.5 - 71.5
F. ARM LENGTH (CM)	39 - 43	43 - 47	47 - 51	51 - 55
G. HEIGHT (CM)	109 - 120	120 - 130	130 - 145	145 - 159

A. CHEST (INCHES)	23 <sup>7</sup> / <sub>8</sub> - 25 <sup>3</sup> / <sub>4</sub>	25 <sup>3</sup> / <sub>4</sub> - 27 <sup>3</sup> / <sub>4</sub>	27 <sup>3</sup> / <sub>4</sub> - 29 <sup>3</sup> / <sub>4</sub>	29 <sup>3</sup> / <sub>4</sub> - 31 <sup>3</sup> / <sub>4</sub>
B. WAIST (INCHES)	21 <sup>1</sup> / <sub>4</sub> - 25 <sup>3</sup> / <sub>8</sub>	22 <sup>7</sup> / <sub>8</sub> - 24 <sup>3</sup> / <sub>8</sub>	24 <sup>3</sup> / <sub>8</sub> - 26	26 - 27 <sup>1</sup> / <sub>2</sub>
C. HIP (INCHES)	26 <sup>3</sup> / <sub>4</sub> - 28 <sup>3</sup> / <sub>8</sub>	28 <sup>3</sup> / <sub>8</sub> - 29 <sup>7</sup> / <sub>8</sub>	29 <sup>7</sup> / <sub>8</sub> - 31 <sup>1</sup> / <sub>2</sub>	31 <sup>1</sup> / <sub>2</sub> - 33 <sup>1</sup> / <sub>8</sub>
D. THIGH (INCHES)	15 <sup>3</sup> / <sub>4</sub> - 16 <sup>1</sup> / <sub>2</sub>	16 <sup>1</sup> / <sub>2</sub> - 17 <sup>3</sup> / <sub>8</sub>	17 <sup>3</sup> / <sub>8</sub> - 18 <sup>1</sup> / <sub>8</sub>	18 <sup>1</sup> / <sub>8</sub> - 18 <sup>7</sup> / <sub>8</sub>
E. INSEAM (INCHES)	20 <sup>1</sup> / <sub>8</sub> - 22 <sup>1</sup> / <sub>4</sub>	22 <sup>1</sup> / <sub>4</sub> - 24 <sup>1</sup> / <sub>4</sub>	24 <sup>1</sup> / <sub>4</sub> - 26 <sup>1</sup> / <sub>8</sub>	26 <sup>1</sup> / <sub>8</sub> - 28 <sup>1</sup> / <sub>8</sub>
F. ARM LENGTH (INCHES)	15 <sup>3</sup> / <sub>8</sub> - 16 <sup>7</sup> / <sub>8</sub>	16 <sup>7</sup> / <sub>8</sub> - 18 <sup>1</sup> / <sub>2</sub>	18 <sup>1</sup> / <sub>2</sub> - 20 <sup>1</sup> / <sub>8</sub>	20 <sup>1</sup> / <sub>8</sub> - 21 <sup>5</sup> / <sub>8</sub>
G. HEIGHT (INCHES)	3'7" - 3'11"	3'11" - 4'3"	4'3" - 4'9"	4'9" - 5'3"

## HOW TO MEASURE

### A. Chest

Measure around the fullest part, under the armpits, keeping the tape horizontal.

### B. Waist

Measure around the natural waist line, inline with the navel, keeping the tape horizontal.

### C. Hip

Measure around the fullest part of your hips, about 20cm below waist line, keeping the tape horizontal.

### D. Thigh

Measure around the thigh just below the crotch, keeping the tape horizontal.

### E. Inseam

Stand against a wall, ask someone else to measure from the crotch to the bottom of your leg.

### F. Arm Length

Measure from shoulder (Humerus) to wrist.

### G. Height

Stand against a wall, ask someone else to measure from the floor to the top of your head, keeping the tape vertical.

